

# Urban Cross Training

Urban Cross Training is an advanced outdoor crossfit-style group class. During this class you will improve your endurance, strength, strength endurance and your technique of complex exercises. The class will start with a good warming-up to prepare you for the workout. The class will go on with a skill- or technique-training. You will get advice and exercises to improve, for example, your squat or clean. After that you're going to do the 'Workout Of the Day' (WOD). During this part you're going to do a mix of cardio, strength and explosive exercises. To finish the class we do a cooling down to improve the recovery.

