



Good Morning
World



Created by Fridolin

Ich liebe Sport, da es mir den Ausgleich gibt!

4 min.
52.5 sec.

Difficulty
3.0



Flexibility

0%



Strength

0%



Muscle End.

100%



Cardio

0%

3
Exercises

Tags: Abs Early Bird Morning Workout Pushup

3 x Round 1

Pushup	15Reps
Squats	15Reps
Crunches	15Reps

Description

Wollte mal mein Morgenworkout mit euch teilen

Exercise descriptions



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.



Squats

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.



Crunches

Just your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.