The cultured Crocodile Workout

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8
15

3.7

 9%
Flexibility

 16%
Muscle Str.

 64%
Muscle End.

 9%
Cardio

10

Tags:

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Exercise	Reps
Decline Pushups	10
Superman	10
Squats	20
Wide Pushup	10
Back Bridge	10
Wall Sit	10
Pullup	10
Pushup	10
Starfish Superman	10
Burpees	15
Pullup	10

Decline Pushups

Go into a pushup position in which your feet are places higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.

Superman

Lie on your stomach and lift your arms and legs slowly. Hold this position for the time and do not raise your limbs too high.

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.

Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.

Back Bridge

Lie on your back, outstreching your arms behind your back. Now create body tension to lift your lower back off the ground and hold this position.

Wall Sit

Sit against a wall so that your legs build a 90° angle. Hold this position and let your arms hang down. If too difficult, put your hands on your thighs as support or go a bit up to increase the angle of your legs.

Pullup

Have a shoulder wide grip with palms facing away from you and pull yourself up so that your chin reaches over the bar. Lower yourself slowly down until your arms are outstretched.
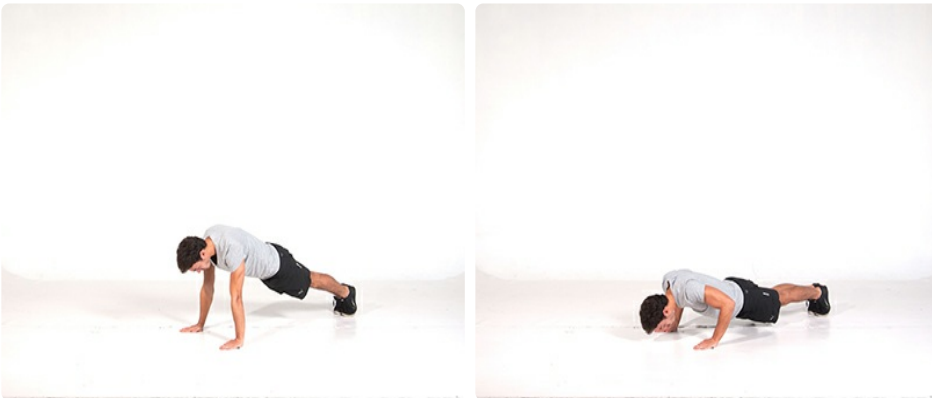
Pushup

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

Starfish Superman

Start from a superman position and outstretch arms and legs t to the sides and return to the superman.

Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.