



RunOut #5: Erste
Genugtuung



Sidefits Team

We strive to make the best out of your sports experience!

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1
50

3



Flexibility

0%



Muscle Str.

42%



Muscle End.

42%



Cardio

14%

4

Tags: Legs Tabata

1 x Round 1

High Squat Toe Tip	20
Pause	10
Heisman Shuffle	20
Pause	10
Quibber	20
Pause	10
Jump	20

Das wird das erste Workout beim RunOut #5 in Hamburg sein!



High Squat Toe Tip

Start from a high squat position and keep it throughout the exercise. Push yourself repeatedly up with your toes for the whole time.



Heisman Shuffle

Start from a 90° squat position and seesaw from one leg to the other. If too hard, take a higher squat position. Pay attention to a straight back.



Quibber

Take a deep squat position and go up and down on your toes.



Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.

Made by Sidefits with ♥ in Hamburg/ Copenhagen