



Aphrodite for Women

Created by *Melanie*

13 min.  
30 sec.

Difficulty  
3.0



0%



0%



68%

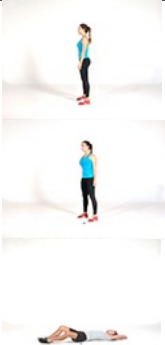


31%

3  
Exercises

Tags: cardio freeletics Full Body Girls Women

Runde



Easy Burpee

40Reps

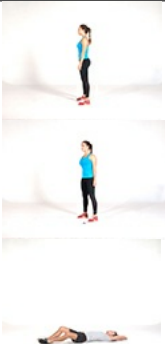
Squats

40Reps

Diamond Crunches

40Reps

Runde



Easy Burpee

30Reps

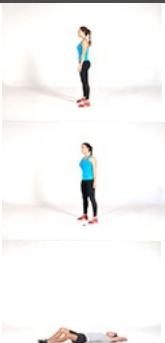
Squats

30Reps

Diamond Crunches

30Reps

Runde



Easy Burpee

20Reps

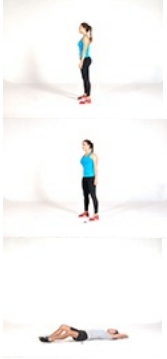
Squats

20Reps

Diamond Crunches

20Reps

Runde



Easy Burpee

10<sub>Reps</sub>

Squats

10<sub>Reps</sub>

Diamond Crunches

10<sub>Reps</sub>

## Description

### Exercise descriptions



#### Easy Burpee

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup hold position without going down, then immediately return the feet to the squat position. Leap up and clap your hands above the head before moving back into the pushup hold portion.



#### 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.



#### Diamond Crunches

Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.

*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.*

Made by Sidefits with ♥ in Hamburg/ Copenhagen