



The slapping Snapping Turtle Workout



Created by Johann Wang

Training for muscle up

16 min.
50 sec.

Difficulty
3.4



0%



15%



38%



45%

8
Exercises

Tags: Upper Body Legs Abs

Runde



Burpees 20Reps



Diamond Crunches 20Reps



One Leg Pushup 15Reps



Atomic Situps 15Reps



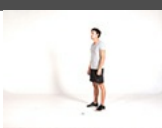
Spider Pushup 10Reps



Hips Lift Bridge 10Reps



Candlestick Dipper 5Reps



Hips Raise Crunch 5Reps

Runde



Burpees 20Reps



Diamond Crunches 20Reps



One Leg Pushup

15Reps



Atomic Situps

15Reps



Spider Pushup

10Reps



Hips Lift Bridge

10Reps



Candlestick Dipper

5Reps



Hips Raise Crunch

5Reps

Runde



Burpees

20Reps



Diamond Crunches

20Reps



One Leg Pushup

15Reps



Atomic Situps

15Reps



Spider Pushup

10Reps



Hips Lift Bridge

10Reps



Candlestick Dipper

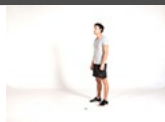
5Reps



Hips Raise Crunch

5Reps

Runde



Burpees

20Reps



Diamond Crunches

20Reps



One Leg Pushup

15Reps



Atomic Situps

15Reps



Spider Pushup

10Reps



Hips Lift Bridge

10_{Reps}



Candlestick Dipper

5_{Reps}



Hips Raise Crunch

5_{Reps}

Description

As fast as you can workout. Only take breaks when needed and try to push yourself! YOU CAN DO IT!

Exercise descriptions



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.



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.



One Leg Pushup

Perform pushups while keeping one leg in the air. Keep your back straight.



Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



Spider Pushup

Like pushups but one arm and the opposite leg are moved to the front. Change sides after each repetition.



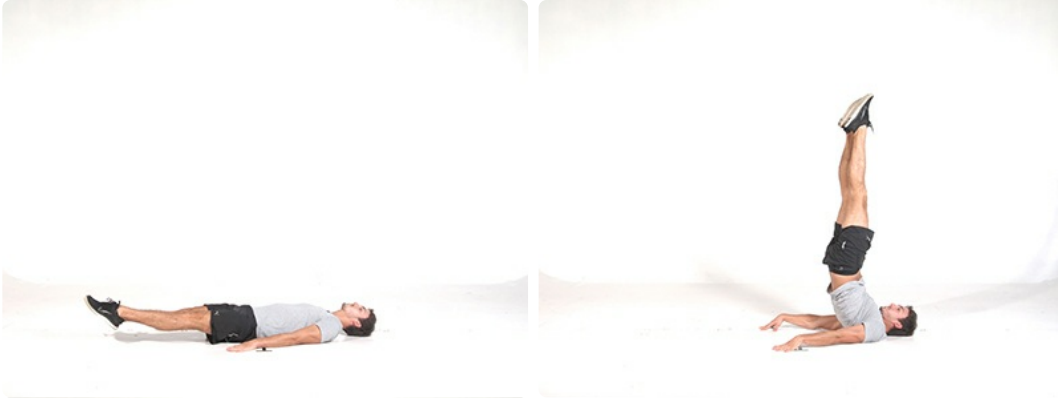
Hips Lift Bridge

Lift your hips until they form a straight line with your shoulders and knees. Use your arms and hands as shown for balance. Let your hip dip down and push it up again.



Candlestick Dipper

One leg is outstretched while you knee down with your other leg. Slowly bend over to one side, holding your body under tension the whole time. Switch sides in the middle.



Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.

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.