



The Clean Turkey



Created by Philipp Mae

The moment after a good workout is the best feeling ever!

17 min.
0 sec.

Difficulty
3.3



0%



34%



33%



31%

9
Exercises

Tags:

Legs

Upper Body

Runde

180 Degree Jump Squat

10Reps



Jumping Lunges

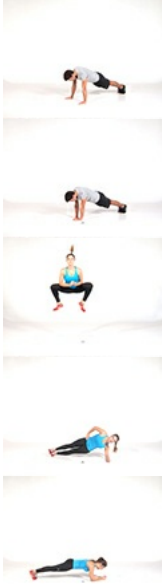
10Reps



Jumping Jacks

15Reps





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}

Side Plank Hip Dip

20_{sec.}



Runde

180 Degree Jump Squat

10_{Reps}



Jumping Lunges

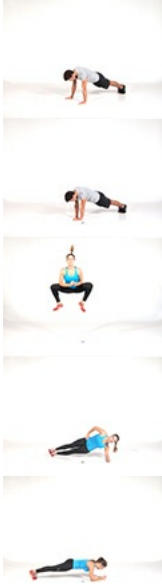
10_{Reps}



Jumping Jacks

15_{Reps}





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}

Side Plank Hip Dip

20_{sec.}



Runde

180 Degree Jump Squat

10_{Reps}



Jumping Lunges

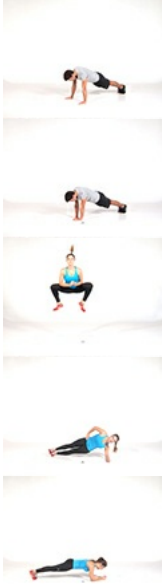
10_{Reps}



Jumping Jacks

15_{Reps}





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}

Side Plank Hip Dip

20_{sec.}



Runde

180 Degree Jump Squat

10_{Reps}



Jumping Lunges

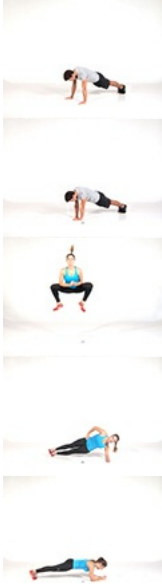
10_{Reps}



Jumping Jacks

15_{Reps}





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}

Side Plank Hip Dip

20_{sec.}



Runde

180 Degree Jump Squat

10_{Reps}



Jumping Lunges

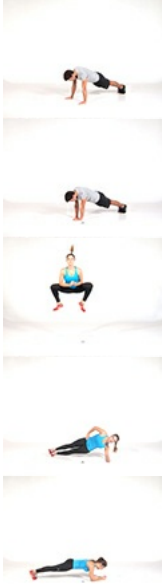
10_{Reps}



Jumping Jacks

15_{Reps}





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}

Side Plank Hip Dip

20_{sec.}



Runde

180 Degree Jump Squat

10_{Reps}



Jumping Lunges

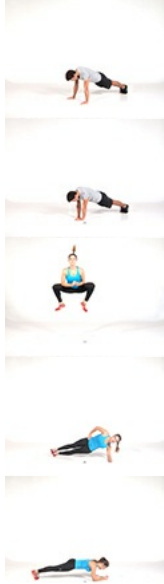
10_{Reps}



Jumping Jacks

15_{Reps}





Pushup

6_{Reps}

Diamond Pushup

4_{Reps}

Jump

10_{Reps}

Side Plank

20_{sec.}

Plank

20_{sec.}



Side Plank Hip Dip

20_{sec.}

Description

Nice full body workout with focus on legs! Take rest if needed but keep it to a minimum!

Exercise descriptions



180 Degree Jump Squat

Go as low with the squats as 90° and then explosively jump up and turn 180° in the air to slowly land in a squat position again.



Jumping Lunges

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Pay attention to a straight back and change sides by jumping up and switching while in the air.



Jumping Jacks

Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.



Pushup

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



Diamond Pushup

These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.



Jump

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



Side Plank

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.



Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.



Side Plank Hip Dip

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Let your hip dip down and get back up again repeatedly.

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.

