



## Jello Legs



Created by Philipp Mae

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

3 min.  
40 sec.

Difficulty  
3.0



0%



0%



100%



0%

2  
Exercises

Tags: Legs Thighs

### Runde



Forward Lunges

10<sub>Reps</sub>



Squats

10<sub>Reps</sub>

### Runde



Forward Lunges

9<sub>Reps</sub>



Squats

9<sub>Reps</sub>

### Runde



Forward Lunges

8<sub>Reps</sub>



Squats

8<sub>Reps</sub>

### Runde



Forward Lunges

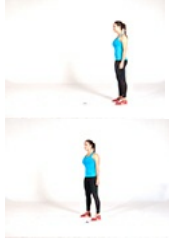
7<sub>Reps</sub>



Squats

7<sub>Reps</sub>

### Runde



Forward Lunges

6<sub>Reps</sub>

Squats

6<sub>Reps</sub>

Runde



Forward Lunges

5<sub>Reps</sub>

Squats

5<sub>Reps</sub>

Runde



Forward Lunges

4<sub>Reps</sub>

Squats

4<sub>Reps</sub>

Runde



Forward Lunges

3<sub>Reps</sub>

Squats

3<sub>Reps</sub>

Runde



Forward Lunges

2<sub>Reps</sub>

Squats

2<sub>Reps</sub>

Runde



Forward Lunges

1<sub>Reps</sub>

Squats

1<sub>Reps</sub>

## Description

Do this Workout while holding something heavy (3kg-9kg) in front of your chest, a medicine ball for example. y'You can rest if you need to while holding it, but DONT DROP IT! If you drop it, you have to do 5 Burpees penalty! Let's go!

Exercise descriptions



### Forward 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 after each repetition.



### 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.

*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.*