



10 x 25 x 2 = 500 Lucky Moments Full Body



Created by Carina

19 min.
25 sec.Difficulty
3.3

0%



58%



27%



14%

9
Exercises

Tags: Full Body Lunges Pushup Pull up Squats

Runde



Forward Lunges

25Reps



Pushup

25Reps



Atomic Situps

25Reps



Pullup

25Reps



Jump overs

25Reps



Triceps Dip

25Reps



Atomic Situps

25_{Reps}



Deep Squats

25_{Reps}



Jump ups

25_{Reps}



Arm Circles

25_{sec.}

Runde



Forward Lunges

25_{Reps}



Pushup

25_{Reps}



Atomic Situps

25_{Reps}



Pullup

25_{Reps}



Jump overs

25_{Reps}



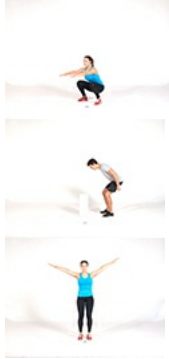
Triceps Dip

25_{Reps}



Atomic Situps

25_{Reps}



Deep Squats

25_{Reps}

Jump ups

25_{Reps}

Arm Circles

25_{sec.}

Description

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.



Pushup

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



Pullup

Have a shoulder wide grip with palms facing away from you and pull yourself up so that your chin reaches over the bar. Lower yourself slowly down until your arms are outstretched.



Jump overs

Do a controlled jump over a bench or something elevated. Be sure to land softly for the sake of your knees.



Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



Deep Squats

Similar to normal squats but all the way down. 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.



Jump ups

Jump on something elevated and make sure to land with your whole feet on the thing to be stable. Then outstretch your legs and come down again.



Arm Circles

Stand upright and spread your arms horizontally. Start with slow circle movements and enlarge slowly.

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.