



Dirty 100's

Created by Steven

11 min.
0 sec.

Difficulty
3.4



0%



41%



58%



0%

3
Exercises

Tags: Full Body Metcon

Runde



Pushup

100_{Reps}

Squats

100_{Reps}

Atomic Situps

100_{Reps}

Description

Du brauchst wahrscheinlich Pausen dazwischen, nimm sie dir ruhig!

Exercise descriptions



Pushup

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



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.



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.

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.