



Full Body 20ies MAX 13-01-16



Created by Josch

--- Work Hard - Work Out Harder ---

Contact: josch@sidefits.com

15 min.
35 sec.

Difficulty
3.2



0%



44%



37%



17%

8
Exercises

Tags: Full Body ToTheLimit

Runde



High Jump

25Reps



Pullup

15Reps

Runde



High Jump

25Reps



Pullup

15Reps

Runde



Triceps Dip

20Reps



Toe to Bar

15Reps

Runde



Triceps Dip

20Reps



Toe to Bar


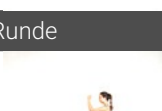




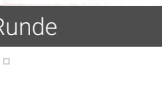
15Reps

Runde



Lunge Kickback

30Reps

	Runners Crunches	20 _{Reps}
Runde		
	Lunge Kickback	30 _{Reps}
	Runners Crunches	20 _{Reps}
Runde		
	Backrow	20 _{Reps}
	Wide Pushup	20 _{Reps}
Runde		
	Backrow	20 _{Reps}
	Wide Pushup	20 _{Reps}

Description

"Designed for reaching the limit" - Nicht so intensiv ausführen wie eine HIT Einheit (also durchaus Pausen einlegen), aber schon an das Maximum gehen. Ggf. die Wdh. anpassen, sodass Du in der ersten Runde bereits Schwierigkeiten hast, die Übungen ohne Unterbrechung durchzuführen.

Exercise descriptions



High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



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.



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.



Toe to Bar

Hold onto a pullup bar and bring your legs up so that your toes touch the bar in between your hands. Try not to swing with your body. To prevent this, intentionally flex your abs and create body tension.



Lunge Kickback

Alternately make a wide step forward with your right and left leg so that your front knee is above the center of your foot and your back knee touches the ground. When going up again, lift your front knee up and keep it close to your body.



Runners Crunches

Try making small movements back and forth as if you were „running“.



Backrow

Lie on your stomach and lift your outstreched arms and legs slowly. Then pull your arms back, keeping them close to your body.



Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.

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.