



Ladyfit Workout



Created by Carina

19  
0 min.  
sec.

Difficulty  
2.4



9%



27%



36%



27%

4  
Exercises

Tags: Core Abs Endurance cardio Lose weight Girls Women

Runde



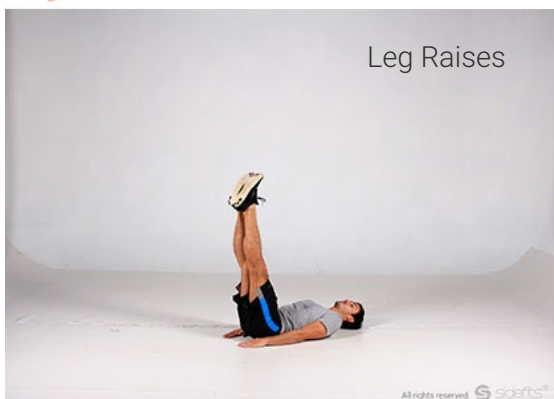
Jumping Jacks

75Reps



Knee Pushups

25Reps



Leg Raises

25Reps



Jumping Jacks

75Reps



Crunches

25Reps



Knee Pushups

25Reps

Runde



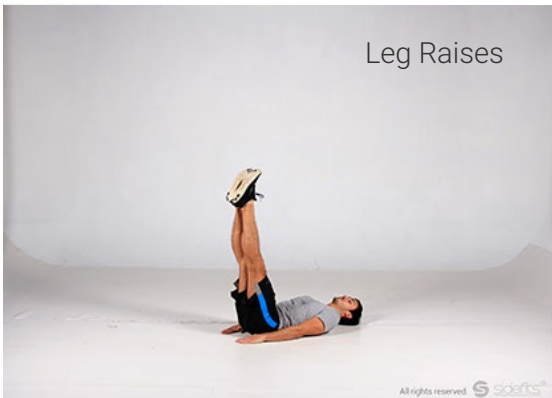
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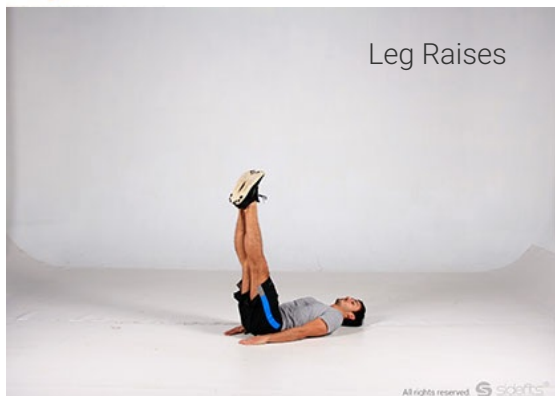
Jumping Jacks

75Reps



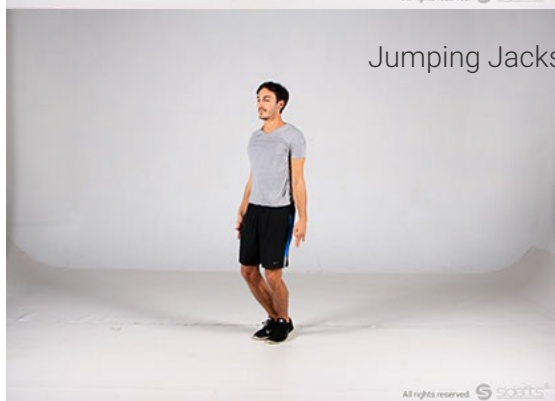
Knee Pushups

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Leg Raises

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Jumping Jacks

75Reps



Crunches

25Reps



Knee Pushups

25Reps

## Description

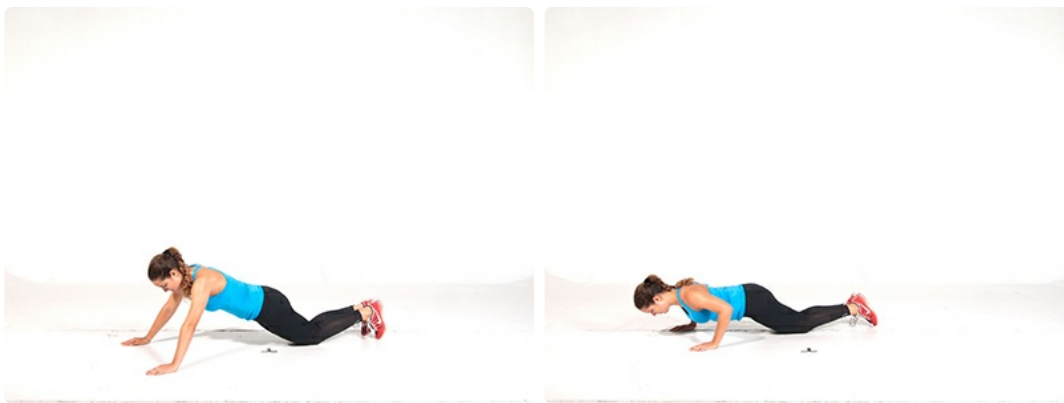
This is an endurance and cardio workout, especially suitable for women! It's also good for guys! They can replace the knee pushups with normal pushups!

## Exercise descriptions



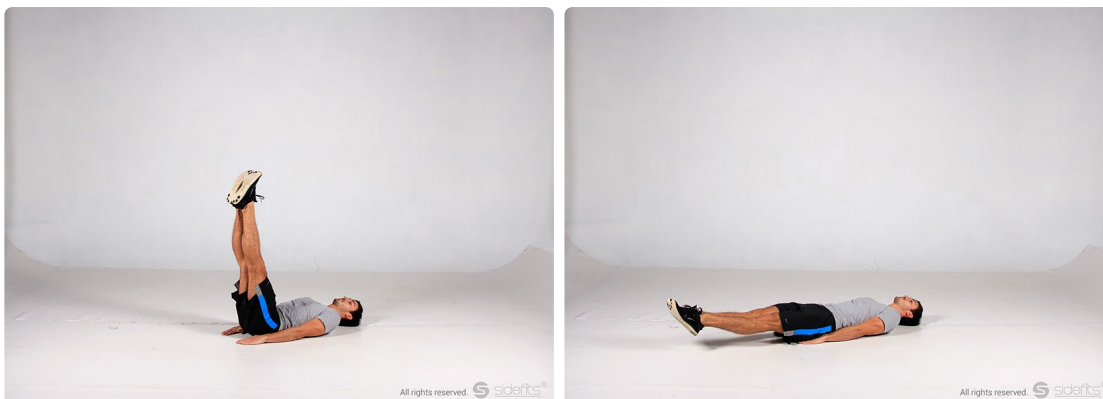
## Jumping Jacks

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.



## Knee Pushups

Go on your knees and take a shoulder wide stance with your arms. Go down until your arms reach a 90 degree angle. Keep your back straight.



## Leg Raises

Lie on your back and outstretch your legs vertically. Then lower them down and raise them up again, without touching the ground. Don't go into a hollow back, place your palms on the ground, slightly below your butt to avoid this.



## Crunches

Jus your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.

*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.*

