

Ziraldi

Bester Moment nach dem Sport... Wenn man die Treppe zu den Umkleiden erklommen hat.

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3.2



0%



15%



3 0%

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Tags: Full Body

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Pullup 50

Pushup 100

Crunches 150

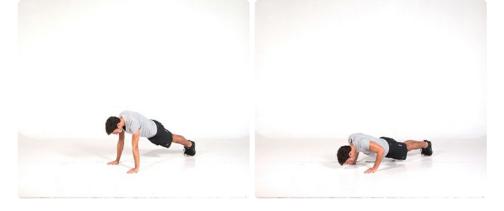
Squats 200

Just finish this plan as fast as you can. Follow the order, but rest as needed. You can break this workout down to 25/50/75/100 reps, or push yourself a little further with 100/200/300/400 reps.





Pullup



Pushup

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

Crunches

Just 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.



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.

