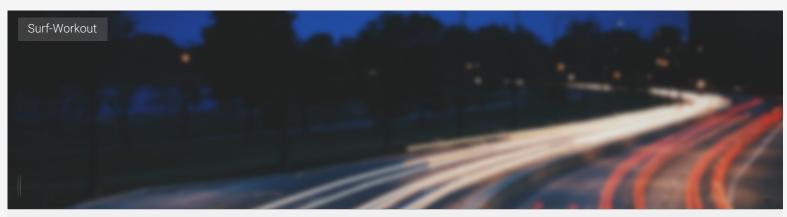


Notice: Undefined index: wTags in /var/www/html/api/model/pdf/fullWorkoutTemplate.php on line 13



Created by Holly Johnsen

 $\frac{9_{\text{min.}}}{40_{\text{sec.}}}$

Difficulty 3.7









2 Exercises

Tags:

| unde | Burpees | 25 _{Reps} | |
|---|--|--------------------|--|
| | Mountain Climbers | 25 _{Reps} | |
| | Burpees | 50 _{Reps} | |
| | Mountain Climbers | 50 _{Reps} | |
| | Burpees | 25 _{Reps} | |
| 1 | Mountain Climbers | 25 _{Reps} | |
| Description The ideal workout for surfer | s. Just do it and get fit for the next wave! | | |

Exercise descriptions



Burnees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.



Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.

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.