



The aching Cocodile Workout

Created by *Julius Krein*

29 min.
0 sec.

Difficulty
3.7



4%



18%



63%



14%

14
Exercises

Tags: Back Full Body Upper Body Abs Back Legs Upper Body

Runde



Pushup

20Reps



Starfish Superman

1 min. 0 sec.



Wide Pushup

20Reps



Back Bridge

45sec.



Decline Pushups

20Reps



Pullup

10Reps



Deep Squats

30Reps



Plank

1 min. 0 sec.



Sumo Squats

30Reps

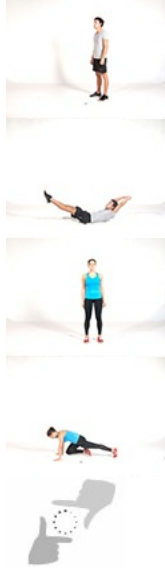


Side Plank

30sec.

Side Plank

30sec.



Burpees

20_{Reps}

Hollow Rock

45_{sec.}

Side Lunges

20_{Reps}

Mountain Climbers

30_{sec.}

Pullup

10_{Reps}

Pause

2_{min.} 0_{sec.}

Runde



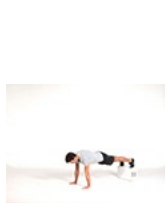
Pushup

20_{Reps}



Starfish Superman

1_{min.} 0_{sec.}



Wide Pushup

20_{Reps}



Back Bridge

45_{sec.}



Decline Pushups

20_{Reps}



Pullup

10_{Reps}



Deep Squats

30_{Reps}



Plank

1_{min.} 0_{sec.}



Sumo Squats

30_{Reps}



Side Plank

30_{sec.}



Side Plank

30_{sec.}

Burpees

20_{Reps}

Hollow Rock

45_{sec.}



Side Lunges

20_{Reps}

Mountain Climbers

30_{sec.}

Pullup

10_{Reps}

Description

Für alle die ihre Energie in mehr als einer Muskelgruppe los werden wollen: Einmal mit allem, bitte. Bei den beiden aufeinanderfolgenden Side-Planks, soll der eine auf der rechten und der andere auf der linken Seite ausgeführt werden. Und wer meint, dass eine Pause nötig ist: Zwischen den Übungsbügen sollte sie maximal 60 Sekunden dauern. ;)

Exercise descriptions



Pushup

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



Starfish Superman

Start from a superman position and outstretch arms and legs t to the sides and return to the superman.



Wide Pushup

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

Back Bridge

Lie on your back, outstretching your arms behind your back. Now create body tension to lift your lower back off the ground and hold this position.



Decline Pushups

Go into a pushup position in which your feet are placed higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.



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.



Deep Squats

Similar to normal squats but all the way down. 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.



Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.



Sumo Squats

Start from a 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. Your legs should be bent 90°, if too hard, take a higher squat position.



Side Plank

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.



Burpees

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.



Hollow Rock

Lie on your back and extend your arms and legs while just your lower back is touching the ground. Hold this position. Be careful not to fall into a hollow back. If so, put your arms more above or in front of your head to reduce the leverage.



Side Lunges

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.



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.

