



The clever Barracuda Workout

Created by Dennis

18 min.
30 sec.

Difficulty
3.3



0%



25%



75%



0%

4
Exercises

Tags: Upper Body Abs Pushup Sixpack

Runde



Pushup

2 min. 0 sec.



Atomic Situps

2 min. 0 sec.



Flutter Kicks

2 min. 0 sec.



Squats

2 min. 0 sec.

Pause

1 min. 0 sec.

Runde



Pushup

2 min. 0 sec.



Atomic Situps

2 min. 0 sec.



Flutter Kicks

2 min. 0 sec.



Squats

2 min. 0 sec.

Description

You will probably not be able to do the exercises without break in these 120 seconds, but do as many repetitions as possible in that time!!

Exercise descriptions



Pushup

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



Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



Flutter Kicks

Do horizontal movements with your legs so that they cross each other. If you fall into a hollow back, try to place your hands below your butt or make a break.



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.

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.