



The bumpy Grey Reef Shark
Workout

Created by Jenny

Bodyweight rules!

8 min.
30 sec.

Difficulty
3.6



0%



13%



40%



46%

5
Exercises

Tags: Legs Core Abs Upper Body Full Body

Runde



Burpees 45sec.

Pause 15sec.



Jumping Mountain Climbers 45sec.

Pause 15sec.



Burpees 45sec.

Pause 15sec.



Jump overs 45sec.

Pause 15sec.



Burpees 45sec.

Pause 15sec.



Leg Shuffle

45_{sec.}



Pause

15_{sec.}



Burpees

45_{sec.}

Pause

15_{sec.}

Lunge Walk

45_{sec.}

Pause

15_{sec.}

Description

Power dich in kurzen 8 Minuten voll aus! Gib Vollgas in den 45 Sekunden vor deiner kurzen Recover-Phase von 15 Sekunden.

Exercise descriptions



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.



Jumping Mountain Climbers

Take a pushup position and alternately jump with one foot besides your hand or as far as you can. Try to keep your butt as low as possible during the movement.



Jump overs

Do a controlled jump over a bench or something elevated. Be sure to land softly for the sake of your knees.



Leg Shuffle

Fully extend your legs and shuffle your legs up and down. Pay attention that you're not falling into a hollow back.



Lunge Walk

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Do this as a walking movement.

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.

