



The alive Zebra Shark Workout



Created by Philipp Mae

The moment after a good workout is the best feeling ever!

17 min.
45 sec.

Difficulty
3.5



0%



0%



65%

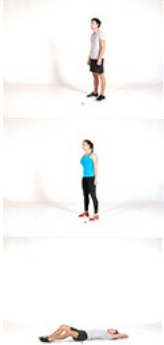


35%

3
Exercises

Tags: asfastaspossible freeletics burpees Aphrodite Intense Exhausting Legs Upper Body Abs Core

Runde



Burpees 50Reps

Squats 50Reps

Diamond Crunches 50Reps

Runde

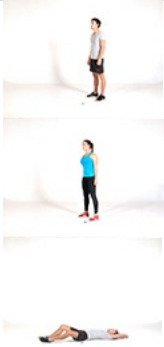


Burpees 40Reps

Squats 40Reps

Diamond Crunches 40Reps

Runde

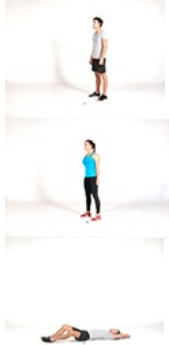


Burpees 30Reps

Squats 30Reps

Diamond Crunches 30Reps

Runde



Burpees

20_{Reps}

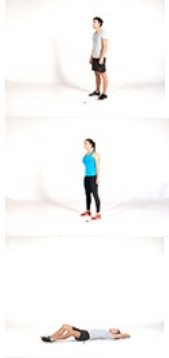
Squats

20_{Reps}

Diamond Crunches

20_{Reps}

Runde



Burpees

10_{Reps}

Squats

10_{Reps}

Diamond Crunches

10_{Reps}

Description

Just 3 exercises, but for 5 rounds, while the repetitions decrease by 10 each in every round! No mandatory breaks, try to do as little breaks as possible!

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.



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.



Diamond Crunches

Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.

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.