



The working Olm
Workout



Created by John

29 min.
40 sec.

Difficulty
2.0



0%



0%



50%



50%

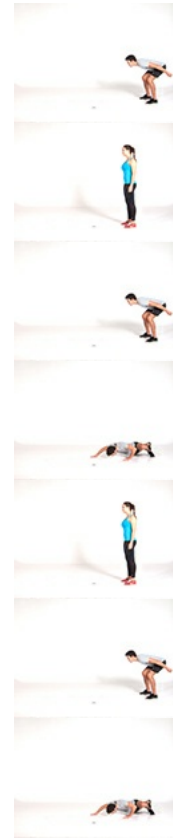
4
Exercises

Tags: Legs Upper Body cardio condition Conditioning

Runde



Running 400_m



Burpee Frogs 20_m

Lunge Walk 20_m

Burpee Frogs 20_m

Bear Crawl 20_{Reps}

Lunge Walk 20_m

Burpee Frogs 20_m

Bear Crawl 20_{Reps}

Running 400_m

Description

This workout is probably best to do in a park!

Exercise descriptions

Running

Run in your own pace if not indicated otherwise



Burpee Frogs

Go into a squat position and explosively jump forward and land in a squat position. Then go down and perform a burpee. Your chest touches the ground and you push yourself up, jump slightly and clap your hands above your head.



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.



Bear Crawl

Keep your body close to the ground as if you did not wanna touch something above you. Therefore your arms and legs are bent.

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.