

XLETIX Prep
Workout

Created by Tom

19 min.
45 sec.Difficulty
2.0

0%



5%



46%



47%

11
Exercises

Tags: cardio xletix running HIT Conditioning

1 x Round 1

Running 3 min. 0 sec.

Pushup 20 Reps

Squats 20 Reps

1 x Round 2

Running 3 min. 0 sec.

Burpee Frogs 10 Reps

High Jump 10 Reps

Lunge Walk 20 m

1 x Round 3

Running 3 min. 0 sec.

Bear Crawl 15 m

Jumping Lunges 20 Reps

Spider Pushup 10 Reps

Running

3_{min.} 0_{sec.}

Wide Jumps

10_{Reps}

Mountain Climbers

20_{Reps}

Bear Crawl

15_m

Description

You wanna rock the XLETIX Challenge? Try this workout, it'll prepare you well for the event!

Exercise descriptions



Running

Run in your own pace if not indicated otherwise



Pushup

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



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.



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.



High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



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.



Jumping Lunges

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. Pay attention to a straight back and change sides by jumping up and switching while in the air.



Spider Pushup

Like pushups but one arm and the opposite leg are moved to the front. Change sides after each repetition.



Wide Jumps

Do a forward jump and land pay attention to a controlled landing. If you don't have enough space, jump upwards and try to bring your knees as high as possible.



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.