



The different Gibbon Workout

Created by Phil from Sidefits

There's nothing comparable to a good workout!

37 min.
20 sec.

Difficulty
2.3



0%



17%



40%



42%

10
Exercises

Tags: Legs Upper Body Core Abs Back Full Body Abs Tabata Tabata Abstabata

Runde



Running

10 min. 0 sec.

Burpee Pullups

10 Reps

Squat Jumps

20 Reps

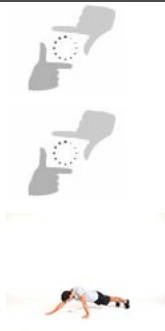
Alligator Pushups

15 Reps

Jumping Lunges

10 Reps

Runde



Burpee Pullups

10 Reps

Squat Jumps

20 Reps

Alligator Pushups

15 Reps

Jumping Lunges




10 Reps

Runde







Burpee Pullups









10 Reps

	Squat Jumps	20 _{Reps}
	Alligator Pushups	15 _{Reps}
	Jumping Lunges	10 _{Reps}




Runde

	Burpee Pullups	10 _{Reps}
	Squat Jumps	20 _{Reps}
	Alligator Pushups	15 _{Reps}
	Jumping Lunges	10 _{Reps}

Runde

	Hips Raise Crunch	20 _{sec.}
	Plank	10 _{sec.}
	Windmill	20 _{sec.}
	Plank	10 _{sec.}
	Ankle Tap	20 _{sec.}
	Plank	10 _{sec.}
	Russian Twist	20 _{sec.}
	Plank	10 _{sec.}

Runde

	Hips Raise Crunch	20 _{sec.}
	Plank	10 _{sec.}
	Windmill	20 _{sec.}



Plank

10_{sec.}

Ankle Tap

20_{sec.}

Plank

10_{sec.}

Russian Twist

20_{sec.}

Plank

10_{sec.}

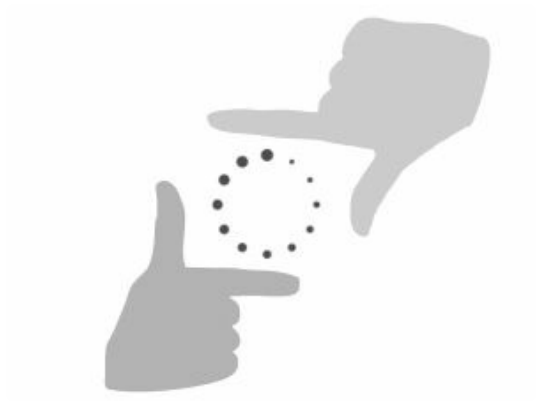
Running

10_{min.} 0_{sec.}

Description

Full Body Workout! Acutally two workouts, as the last part is an abs tabata!!

Exercise descriptions



Running

Run in your own pace if not indicated otherwise



Burpee Pullups

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 to the pullup bar and perform a pullup before moving back into the pushup portion.



Squat Jumps

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. Jump when going up and catch the jump slowly while taking a squat position.



Alligator Pushups

Do Pushups while one arm is placed a bit further away from the other. Change the arms after each repetition.



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.



Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.



Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.



Windmill

Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.



Ankle Tap

Start on your hands and knees and plant your right foot on the ground slightly pointing outwards, halfway between your hip and shoulder. Lift your left knee and touch the the inside of your left ankle to your right calf. Switch sides after halftime.



Russian Twist

Twist your upper body from one side to the other while holding your legs up still. Look to your hands while moving to really get all out of your side abs.

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.