



Back'n'Up Furious Five

Created by Josch from Sidefits

Work Hard - Work Out Harder

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9 min.
47.5 sec.

Difficulty
4.0



6%



37%



41%



14%

8
Exercises

Tags: 5x5

5 x Runde 1

Pullup 5Reps

5 x Runde 2

One Leg Hips Lift Bridge 5Reps

5 x Runde 3

Narrow Pullup 5Reps

5 x Runde 4

Backrow 5Reps

5 x Runde 5

Triceps Dip 5Reps

5 x Runde 6

Y-Up 5Reps

5 x Runde 7

Diamond Pushup 5Reps

5 x Runde 8

Burpees 6Reps

Description

A five times five upper body and back workout (with a little core and legs involved too). Do as less rest in between as possible, a max of 30 to 45 secs. You can also team up on this, alternating each set.

Exercise descriptions



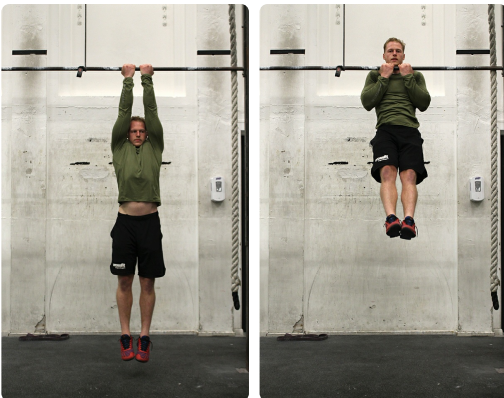
Pullup

Have a shoulder wide grip with palms facing away from you and pull yourself up so that your chin reaches over the bar. Lower yourself slowly down until your arms are outstretched.



One Leg Hips Lift Bridge

Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift up the spine and hips. Only the head, feet, arms, and shoulders should be on the ground. Then lift one leg upwards, keeping the core tight. Slowly bring the leg back down, then lift back up.



Narrow Pullup

Have a close grip so that your palms face toward you and pull yourself up until your chin is above the bar. Then slowly lower yourself down until arms are fully extended.



Backrow

Lie on your stomach and lift your outstretched arms and legs slowly. Then pull your arms back, keeping them close to your body and try to close your shoulder blades.



Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



Y-Up

Lie on your stomach and outstretch your arms like a Y, facing 30 degrees upwards. Your palms face each other and thumbs point upwards. Now do up and down movements with your body, your head is facing the ground.



Diamond Pushup

These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.



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.

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.