



## The decimal Stoaat Workout

Created by Peter

14 min.  
45 sec.

Difficulty  
3.4



0%



21%



74%



4%

4  
Exercises

Tags: Upper Body Pushup OCR Preparation

### Runde



Bear Crawl

10<sub>m</sub>

Plank

1 min. 0 sec.

Diamond Pushup

10<sub>Reps</sub>

Plank

1 min. 0 sec.

Alligator Pushups

20<sub>Reps</sub>

Plank

1 min. 0 sec.

### Runde



Bear Crawl

10<sub>m</sub>

Plank

1 min. 0 sec.

Diamond Pushup

10<sub>Reps</sub>



Plank

1 min. 0 sec.



Alligator Pushups

20 Reps



Plank

1 min. 0 sec.

Runde



Bear Crawl

10 m



Plank

1 min. 0 sec.



Diamond Pushup

10 Reps



Plank

1 min. 0 sec.



Alligator Pushups

20 Reps



Plank

1 min. 0 sec.

## Description

Upper Body for the win!

## Exercise descriptions



### 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.



### Plank

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



### 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.



### Alligator Pushups

Do Pushups while one arm is placed a bit further away from the body (in comparison to the other one). Change the arms 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.*

