



Greek Goddess Burpee Workout

Created by Josch from Sidefits

— Work Hard - Work Out Harder —

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23 min.
15 sec.

Difficulty
3.5



0%



0%



68%



32%

3
Exercises

Tags: Full Body cardio

Runde



Burpees

50Reps



Squats

50Reps



Crunches

50Reps

Runde



Burpees

40Reps



Squats

40Reps



Crunches

40Reps

Runde



Burpees

30Reps



Squats

30Reps



Crunches

30_{Reps}

Runde



Burpees

20_{Reps}



Squats

20_{Reps}



Crunches

20_{Reps}

Runde



Burpees

10_{Reps}



Squats

10_{Reps}



Crunches

10_{Reps}

Description

This is one classic workout from a well know exercise program - but be aware that it's quite demanding. Allways don't go too much over your border.

Exercise descriptions



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.



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.



Crunches

Just your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.

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.