



## Oster Workout im Englischen Garten



Created by Steven

9 min.  
10 sec.

Difficulty  
3.8



0%



10%



45%



43%

5  
Exercises

Tags: Upper Body Legs Easter

### 4 x Round 1

Mountain Climbers	20Reps
Burpee Frogs	5Reps
Bear Crawl	10m
Plank	30sec.
Wide Jumps	10Reps

### Description

Das Wetter ist schön, es ist Ostern, raus an die frische Luft! Wer sich nach dem Eier suchen ein bisschen sportlich betätigen will, der kann sich an diesem Workout versuchen. Die Übungen sind an Ostern angelegt ;-) 1..2...3...und hop!

### Exercise descriptions



## Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.



## 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.



## 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.



## 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.

*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.*