



775 Repetitions of Awesome Fullbody Workout

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32 min.
17.5 sec.

Difficulty
3.2



0%



0%



67%



32%

4
Exercises

Tags: Full Body burpees Insane Exhausting

Runde



Burpees

100Reps

Forward Lunges

125Reps

Mountain Climbers

150Reps

Diamond Crunches

125Reps

Mountain Climbers

150Reps

Forward Lunges

125Reps

Description

This is an awesome fullbody one round workout! Give it your all! Try to do as few break as possible!

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.



Forward 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 after each repetition.



Mountain Climbers

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



Diamond Crunches

Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.

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.