



Da da da, ich lieb dich nicht, du liebst mich nicht.  
Aha.



Ziraldi

Bester Moment nach dem Sport... Wenn man die Treppe zu den Umkleiden erklommen hat.

41  
0

3.2



Flexibility

0%



Muscle Str.

15%



Muscle End.

84%



Cardio

0%

4

Tags:

1 x Runde 1

Pullup	100
Pushup	200
Crunches	300
Squats	400

Just finish this round as fast as you can. Rest as needed, but follow the order of the exercises. You can break this workout down to 50/100/150/200 or even 25/50/75/100 Reps or maximize it to 150/300/450/600.



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.



### Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.

### 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.



### 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.

