



## The yawning Mouse Workout



Created by Alex

11  
50 min.  
sec.Difficulty  
2.9

0%



32%



32%



35%

6  
Exercises

Tags: Full Body condition Conditioning cardio Crossfit

## Runde



Jumping Jacks

50Reps



Pushup

50Reps



Jump

50Reps



Atomic Situps

50Reps

Mountain Climbers

100Reps

Squats

50Reps



Jumping Jacks

50Reps

## Description

This is a metabolic conditioning workout! It's gonna be pretty exhausting ;) Have fun

## Exercise descriptions

### Jumping Jacks

Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.



### Pushup

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



### Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.



### Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



### Mountain Climbers

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



### 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.

*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.*