



Lady Fit Full Body

Created by *Melanie*

9 min.  
7.5 sec.

Difficulty  
3.1



28%



0%



60%



10%

5  
Exercises

Tags: Full Body Girls Women

Runde



Cobra Knee Tucks

15Reps



Fire Hydrant

15Reps



Ballerina Dip

15Reps



Commandos

15Reps



Leg Shuffle

15Reps

Runde



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Commandos

15Reps



Leg Shuffle

15Reps

## Description

## Exercise descriptions



## Cobra Knee Tucks

Start from a pushup position while keeping one leg up in the air. Let your hip dip down a bit so that you feel a stretch in your back. Then you pull in your leg and try to bring your chin to your chest. Keep your back and abs under tension throughout the whole exercise. Switch sides after the first half.

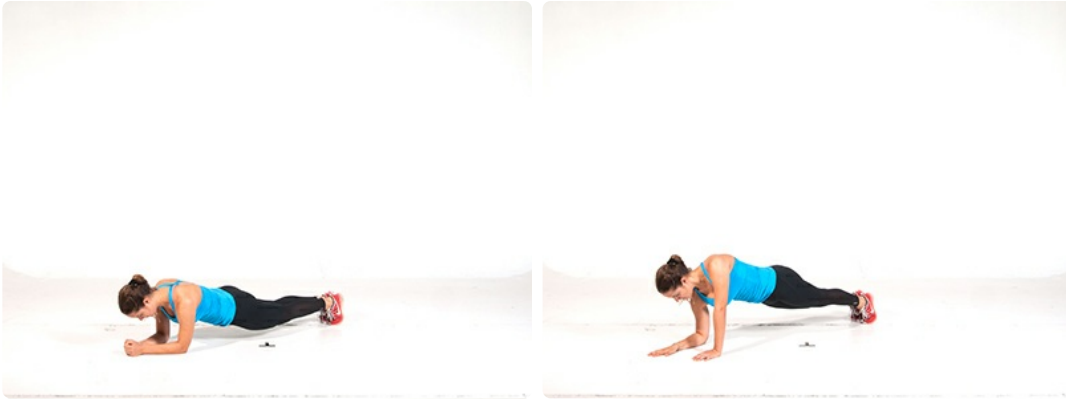


## Fire Hydrant

Start on your knees and hands and lift your bent leg sideways, like a dog peeing on a fire hydrant. Pay attention to a straight back and change sides after halftime.

### Ballerina Dip

Go into a sideplank position and outstretch the upper arm. Then reach through the gap between your body and the floor as far as possible and go back to the starting position.



### Commandos

Alternately go into a pushup position and plank position.



### Leg Shuffle

Fully extend your legs and shuffle your legs up and down. Pay attention that you're not falling into a hollow back.

*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.*

