



The big Brown Bear Workout

Created by *Jenny*

Bodyweight rules!

13 min.
15 sec.

Difficulty
3.9



0%



41%



8%



50%

3
Exercises

Tags: Legs Leg day cardio

Runde



Sprint

40m



High Jump

10Reps



Sprint

40m



Burpees

10Reps

Sprint

40_m



Runde

Sprint

40_m



High Jump

10_{Reps}

Sprint

40_m



Burpees

10_{Reps}

Sprint

40_m



Runde

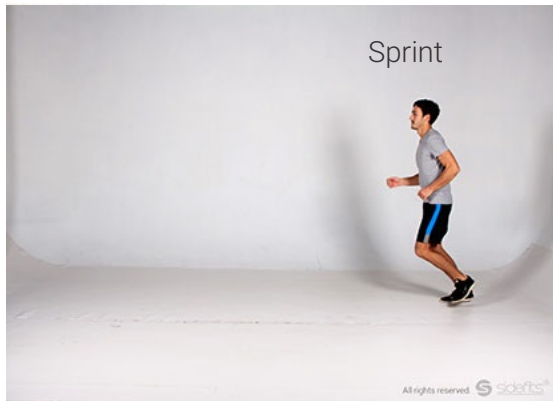


40_m



High Jump

10_{Reps}

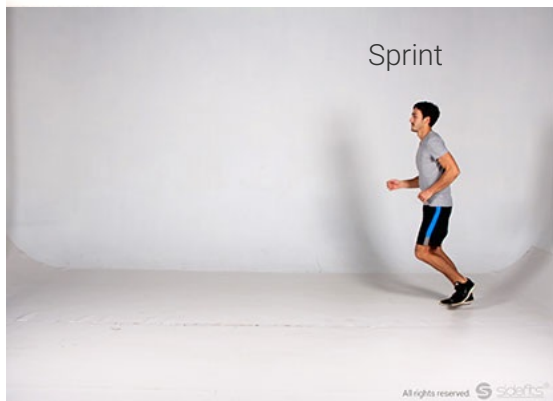


40_m



Burpees

10_{Reps}



40_m

Description

Hauptsächlich Bein Workout mit Cardio!

Exercise descriptions



Sprint

Do sprints as indicated.



High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



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.

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.