





Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min. 0 sec.

Difficulty 4.0









4

Exercises









Runde













Windmill

Pause

20sec.

 $10_{\text{sec.}}$

20sec.



Pause

 $10_{\text{sec.}}$

Side Plank

20sec.

Pause

 $10_{\text{sec.}}$



20_{sec.}

Pause

10sec.

Runde

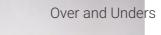


Windmill

20sec.

Pause

10sec.



20sec.



Pause

10sec.



Side Plank

20sec.

Pause

10sec.



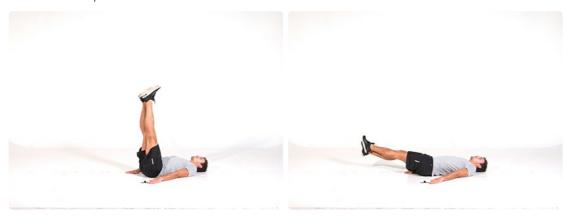
20 sec.

Pause

10_{sec.}

Description

Exercise descriptions



Windmill

Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.





Over and Unders

Use something shoulder wide and thin (long sock, small towel) for this exercise. Lie on your back and lift your legs and lower and upper body off the ground. Now alternately outstretch your legs and pull them towards you while alternately putting your legs over and under the thing you use.



Side Plank

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.





Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.

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.
Made by Sidefits with ♥ in Hamburg/ Copenhagen