



The checking Vulture
Workout

Created by Shym Aele

22 min.
7.5 sec.

Difficulty
3.9



0%



23%



31%



44%

4
Exercises

Tags: Upper Body Back Biceps Triceps Arms

Runde



Burpees

25Reps



Pullup

15Reps



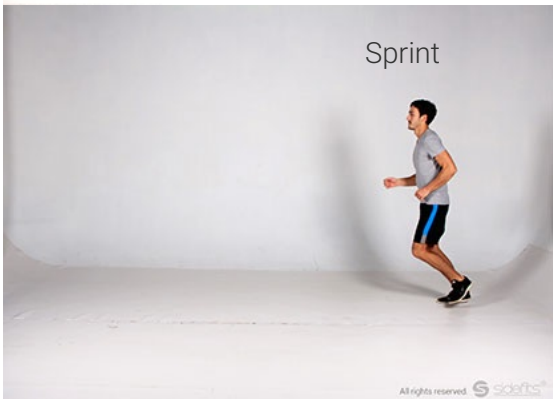
Pushup

15Reps



Burpees

25Reps



Sprint

40m



Sprint

40m

Runde



Burpees

25_{Reps}



Pullup

15_{Reps}



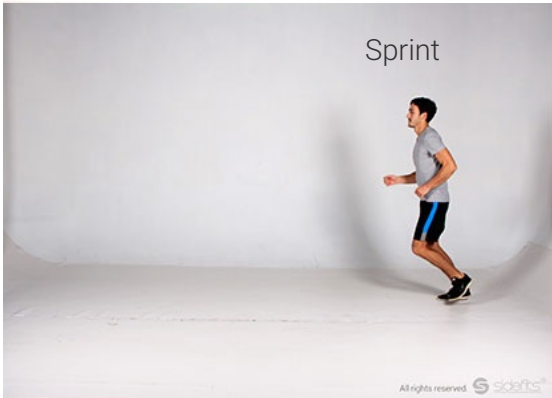
Pushup

15_{Reps}



Burpees

25_{Reps}



Sprint

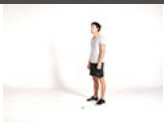
40_m



Sprint

40_m

Runde



Burpees

25_{Reps}



Pullup

15_{Reps}



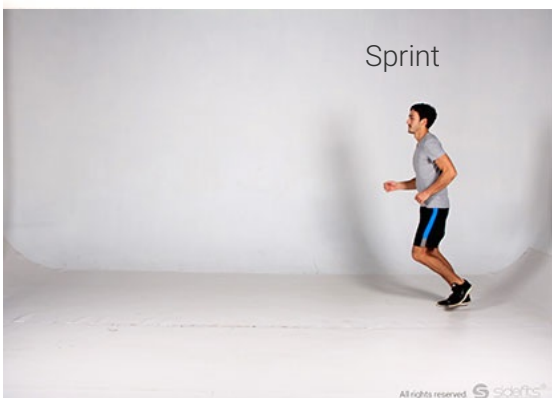
Pushup

15_{Reps}



Burpees

25_{Reps}



Sprint

40_m

Sprint

40m



Description

Exercise descriptions



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.



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.



Sprint

Do sprints as indicated.

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.