



The Pre-party Pump

Created by *Simon Schmidt*1 min.
0 sec.Difficulty
3.3

0%



29%



70%



0%

3
Exercises

Tags: Legs Core Upper Body Back

Runde



Pullup

5Reps



Pushup

10Reps



Squats

15Reps

Description

20 min total 1 round is listed above Do 1 round every minute and rest for the remaining time each minute.

Exercise descriptions



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.



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.