



The consisting Wildebeest
Workout



Created by Phil from Sidefits

There's nothing comparable to a good workout!

29 min.
0 sec.

Difficulty
1.7



0%



0%



51%

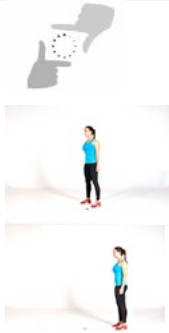


48%

3
Exercises

Tags: Legs Thigh Lower Body

Runde

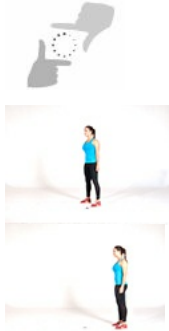


Running 400_m

Squats 30_{Reps}

Lunge Walk 50_m

Runde

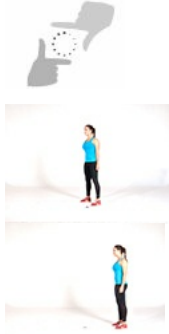


Running 400_m

Squats 30_{Reps}

Lunge Walk 50_m

Runde



Running 400_m

Squats 30_{Reps}

Lunge Walk 50_m

Description

This is a nice workout for your legs!

Exercise descriptions



Running

Run in your own pace if not indicated otherwise



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.



Lunge Walk

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Do this as a walking movement.

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.

