



The sneering Termite Workout



Created by Steven

3 min.
20 sec.

Difficulty
3.0



Flexibility

0%



Strength

0%



Muscle End.

100%



Cardio

0%

1
Exercises

Tags:

1 x Round 1

Pushup

100Reps

Description

Exercise descriptions



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.

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.

