



The confirming Rattlesnake Workout



Created by Johann Wa

13 min.  
15 sec.

Difficulty  
3.6



0%



20%



59%



19%

4  
Exercises

Tags: Full Body

Runde



Crunches 40Reps



Deep Squats 30Reps



Burpees 20Reps



Pullup 10Reps

Runde



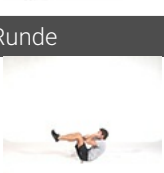
Crunches 40Reps



Deep Squats 30Reps



Burpees 20Reps

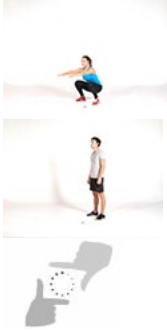


Pullup 10Reps

Runde



Crunches 40Reps



Deep Squats

30<sub>Reps</sub>

Burpees

20<sub>Reps</sub>

Pullup

10<sub>Reps</sub>

## Description

Short and intense full body workout!

## Exercise descriptions



### Crunches

Jus your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.



### Deep Squats

Similar to normal squats but all the way down. 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.



### 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.

*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.*