

Full Body Group  
Workout

Sidefits Team

*We strive to make the best out of your sports experience!*

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17  
30

3.4



Flexibility

8%



Muscle Str.

16%



Muscle End.

56%



Cardio

20%

15

Tags:

Full Body

Fun with Friends

Tabata

## 2 x Runde 1

Side Lunges

20

Pause

10

Ice Skaters

20

Pause

10

Squat Jumps

20

Pause

10

Easy Burpee

20

Pause

10

## 2 x Runde 2

Backrow

20

Pause

10

Cobra Knee Tucks

20

Pause

10

Y-Up	20
Pause	10
Superman Leg Shuffle	20
Pause	10

#### 2 x Runde 3

Runners Crunches	20
Pause	10
Side Plank Hip Dip	20
Pause	10
Side Plank Hip Dip	20
Pause	10
Windmill	20
Pause	10

#### 2 x Runde 4

Diamond Pushup	20
Pause	10
Mountain Climbers	20
Pause	10
Bear Crawl	20
Pause	10
Plank	20
Pause	10

Dieses Workout kann optimal in Gruppen, auch mit unterschiedlichen Niveaus, absolviert werden. Jede der vier Runden ist auf eine Körperregion spezialisiert, wobei immer nach dem Tabata-Prinzip (20 Sek. Belastung abwechselnd mit 10 Sek. Pause) trainiert wird. Damit könnt ihr zusammen Spaß haben und euren ganzen Körper fitter machen.



### Side Lunges

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.



### Ice Skaters

Start from a shoulder wide stance and alternately do a wide side step back while not moving your front foot.



### Squat Jumps

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. Jump when going up and catch the jump slowly while taking a squat position.



### Easy Burpee

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup hold position without going down, then immediately return the feet to the squat position. Leap up and clap your hands above the head before moving back into the pushup hold portion.



### Backrow

Lie on your stomach and lift your outstretched arms and legs slowly. Then pull your arms back, keeping them close to your body and try to close your shoulder blades.



### Cobra Knee Tucks

Start from a pushup position while keeping one leg up in the air. Let your hip dip down a bit so that you feel a stretch in your back. Then you pull in your leg and try to bring your chin to your chest. Keep your back and abs under tension throughout the whole exercise. Switch sides after the first half.



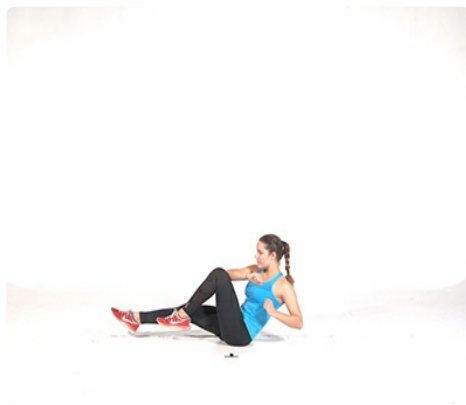
### Y-Up

Lie on your stomach and outstretch your arms like a Y, facing 30 degrees upwards. Your palms face each other and thumbs point upwards. Now do up and down movements with your body, your head is facing the ground.



### Superman Leg Shuffle

Lie on your stomach and touch the sides of your head with your bent arms. Now shuffle your legs up and down, keep your head low and your body tensi- on up. If too hard, you may do a normal Super(wo) man instead.



### Runners Crunches

Try making small movements back and forth as if you were „running“.



### Side Plank Hip Dip

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Let your hip dip down and get back up again repeatedly.



### Windmill

Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.



### Diamond Pushup

These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.



### Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.



### Bear Crawl

Keep your body close to the ground as if you did not wanna touch something above you. Therefore your arms and legs are bent.



### Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.

