



Julius Krein

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3.6



13%



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49%



6%

10

Tags:

1 x Round 1

Pushup Row	10
Superman	10
Squats	20
Pullup	10
Wide Pushup	10
Y-Up	60
Deep Squats	20
Decline Pushups	10
Backrow	10
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Pullup	10



Pushup Row

Start from a pushup position and alternately pull one arm up, close to your body. Keep your back straight.



Superman

Lie on your stomach and lift your arms and legs slowly. Hold this position for the time and do not raise your limbs too high.



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.



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.



Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.



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.



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.



Decline Pushups

Go into a pushup position in which your feet are places higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.



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.



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.