

Every Early Morning
Routine

Sidefits Team

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

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7
15

3.4



Flexibility

11%



Muscle Str.

22%



Muscle End.

66%



Cardio

0%

7

Tags:

Early Bird

Morning Workout

Full Body

Routine

1 x Runde 1

Deep Squats

45

Pause

15

Cobra Knee Tucks

45

Pause

15

Plank

45

Pause

15

Windmill

45

Pause

15

Wide Pushup

45

Pause

15

Backrow

45

Pause

15

Dog Bird II

45

Dieses kurze Workout macht Dich morgens richtig schön wach und danach bist Du fit für neue Taten. Natürlich kannst Du auch abends loslegen - Hauptsache, Du findest einen Platz für eine regelmäßige Wiederholung!



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.



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.



Plank

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



Windmill

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



Wide Pushup

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



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.



Dog Bird II

Start from a pushup hold and alternately outstretch one arm and the the other side's leg. Change sides after each repetition.

Made by Sidefits with ♥ in Hamburg/ Copenhagen