



Push and
Run!

Created by John

11 min.
20 sec.

Difficulty
4.0



0%



39%



20%



39%

6
Exercises

Tags: Upper Body pushups

Runde



Sprint	100 _m
Pushup	20 _{Reps}
Burpees	5 _{Reps}
One Leg Pushup	15 _{Reps}
Burpees	5 _{Reps}
Clap Pushups	10 _{Reps}
Burpees	5 _{Reps}
Diamond Pushup	5 _{Reps}

Runde



Sprint	100 _m
Pushup	20 _{Reps}



Burpees

5Reps

One Leg Pushup

15Reps

Burpees

5Reps

Clap Pushups

10Reps

Burpees

5Reps

Diamond Pushup

5Reps

Description

Playing with pushups

Exercise descriptions



Sprint

Do sprints as indicated.



Pushup

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



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.



One Leg Pushup

Perform pushups while keeping one leg in the air. Keep your back straight.



Clap Pushups

Push yourself explosively up to clap your hands in the air.



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.

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.