



MAXOut Workout



PUSH IT TO

Created by Josch from Sidefits

Work Hard - Work Out Harder

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13 min.
37.5 sec.

Difficulty
3.8



Flexibility 0%



Muscle Str. 30%



Muscle End. 32%



Cardio 36%

6
Exercises

Tags: Full Body ToTheLimit

3 x Runde 1

Pullup 10Reps

Backrow 20Reps

3 x Runde 2

Triceps Dip 15Reps

Handstand Pushups 10Reps

3 x Runde 3

Burpees 20Reps

Jumping Lunges 20Reps

Description

The idea is to go to the limit each round - so adjust the reps accordingly.

Exercise descriptions



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.



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.



Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



Handstand Pushups

Get set in a headstand position against a wall and bend the elbows at a 90-degree angle, doing an upside down push-up (so the head moves toward the floor and the legs remain against the wall)



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.



Jumping Lunges

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Pay attention to a straight back and change sides by jumping up and switching while in the air.

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.