



The diging Hedgehog
Workout

Created by *Jens*

33 min.
0 sec.

Difficulty
3.4



0%



26%



66%



7%

5
Exercises

Tags: Full Body Ladder

Runde



Handstand Pushups

10Reps



Pullup

20Reps



Pushup

30Reps



Diamond Crunches

40Reps



Squats

50Reps

Pause

2min. 0sec.

Runde



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10Reps



Pullup

20Reps



Pushup

30Reps



Diamond Crunches

40Reps



Squats

50Reps

Pause

2_{min.}0_{sec.}

Runde



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Pause

2_{min.}0_{sec.}

Runde



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Pushup

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Diamond Crunches

40_{Reps}



Squats

50_{Reps}

Pause

2_{min.}0_{sec.}

Description

Schönes Ladder Workout mit Pause zwischendrin!

Exercise descriptions



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)



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.



Pushup

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



Diamond Crunches

Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.



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.

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.