



The touching Caracal Workout



Created by Steven

8 min.
30 sec.Difficulty
3.3

Flexibility

0%



Muscle Str.

33%



Muscle End.

33%



Cardio

33%

6
Exercises

Tags:

4 x Round 1

Pushup

20_{sec.}

Pause

10_{sec.}

Triceps Dip

20_{sec.}

Pause

10_{sec.}

2 x Round 2

Burpees

20_{sec.}

Pause

10_{sec.}

Jumping Lunges

20_{sec.}

Pause

10_{sec.}

High Jump

20_{sec.}

Pause

10_{sec.}

Squats

20_{sec.}

Description

Two Tabats if you dont have much time!

Exercise descriptions



Pushup

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



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.



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.

High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



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.

