



## København Outdoor Workout



Created by Philipp Maegel

The moment after a good workout is the best feeling ever!

10 min.  
0 sec.

Difficulty  
3.9



0%



35%



25%



38%

4  
Exercises

Tags: Be Free Anti Stress Full Body

### 2 x Round 1

Burpees	30Reps
Triceps Dip	20Reps
Jumping Lunges	30Reps
Atomic Situps	30Reps

### Description

Do this workout as fast as you can!!

### Exercise descriptions



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.



### 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.



### 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.



### Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.

*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.*

