



The admonishing Hercules Beetle
Workout



Created by Philipp Maegel

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

22 min.
0 sec.

Difficulty
3.3



0%



29%



70%



0%

3
Exercises

Tags:

20 x Round 1

Pullup

5Reps

Pushup

10Reps

Squats

15Reps

Description

Do it as fast as possible! If you reach below 20 minutes, youre super good!!

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.



Pushup

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



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.