



The 400 Reps Tilt



# QUICK‘N‘ DIRTY

400 Reps

Created by Josch from Sidefits

Work Hard - Work Out Harder

Contact: josch@sidefits.com

13 min.  
30 sec.

Difficulty  
3.1



Flexibility

0%



Muscle Str.

31%



Muscle End.

45%



Cardio

22%

7

Exercises

Tags: Quick & dirty asfastaspossible

1 x Runde 1

Pushup	50Reps
Squat Jumps	50Reps
Backrow	50Reps
Jump overs	50Reps
Deep Squats	50Reps
Jumping Jacks	50Reps
Pushup Row	50Reps
Pushup	50Reps

### Description

I did this workout weighted (did kettlebell front squats and kettlebell pushup row) and also replaced the backrow with bar rows and the jumping jacks with kettlebell shoulder presses. But this is perfect if you have no equipment! Ich habe dieses Workout mit Kettlebells ergänzt (für Front Squats und Pushup Row) und die Backrows durch Rudern an der Stange (im Liegen) sowie die Jumping Jacks durch Kettlebell Shoulder Presses ersetzt. Ohne Geräte geht's natürlich auch super!

## Exercise descriptions



### Pushup

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



### Squat Jumps

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. Jump when going up and catch the jump slowly while taking a squat position.



### 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.



### Jump overs

Do a controlled jump over a bench or something elevated. Be sure to land softly for the sake of your knees.



### Deep Squats

Similar to normal squats but all the way down. 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.



### Jumping Jacks

Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.



### Pushup Row

Start from a pushup position and alternately pull one arm up, close to your body. Keep your back straight.

*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.*

