



50-40-30-20-10 GO!



Created by Philipp Mae

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

17 min.  
45 sec.

Difficulty  
3.5



0%



0%



65%



35%

3  
Exercises

Tags:

asfastaspossible

freeletics

burpees

Aphrodite

Intense

Exhausting

Legs

Upper Body

Abs

Core

#### Runde



Burpees

50Reps



Squats

50Reps



Diamond Crunches

50Reps

#### Runde



Burpees

40Reps



Squats

40Reps



Diamond Crunches

40Reps

#### Runde



Burpees

30Reps



Squats

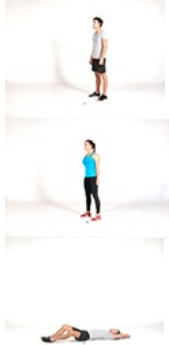
30Reps



Diamond Crunches

30Reps

#### Runde



Burpees

20<sub>Reps</sub>

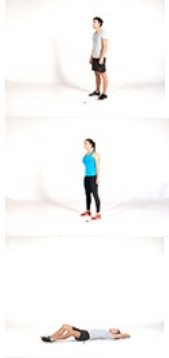
Squats

20<sub>Reps</sub>

Diamond Crunches

20<sub>Reps</sub>

#### Runde



Burpees

10<sub>Reps</sub>

Squats

10<sub>Reps</sub>

Diamond Crunches

10<sub>Reps</sub>

#### Description

Just 3 exercises, but for 5 rounds, while the repetitions decrease by 10 each in every round! No mandatory breaks, try to do as little breaks as possible!

#### 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.



#### 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.



### 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.

*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.*