



Barbara CF Benchmark

BARBARA



Created by Josch from Sidefits

Work Hard - Work Out Harder

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46 min.
5 sec.

Difficulty
3.2



Flexibility

0%



Muscle Str.

21%



Muscle End.

78%



Cardio

0%

4
Exercises

Tags: Benchmark Workout Crossfit Full Body

5 x Runde 1

Pullup	20Reps
Pushup	30Reps
Crunches	40Reps
Squats	50Reps
Pause	3min. 0sec.

Description

This is a classic bodyweight crossfit benchmark workout - the faster the better! (But keep your execution clean!)

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.



Crunches

Just your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.



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.