



Girl's gone  
running

Created by *Susan*

31 min.  
5 sec.

Difficulty  
1.4



0%



2%



47%



50%

4  
Exercises

Tags: Endurance Legs cardio running Women Girls Conditioning condition

## Runde



Running

6 min. 0 sec.



Lunge Walk

50 m



Running

6 min. 0 sec.



Mountain Climbers

50 Reps



Running

6 min. 0 sec.



Snap Jumps

50 Reps



Running

6 min. 0 sec.

## Description

Get ready for this conditioning workout! :-)) It will tone your legs and gets you the extra condition you want!

Exercise descriptions

## Running

Run in your own pace if not indicated otherwise



## Lunge Walk

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. Do this as a walking movement.



## Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.



## Snap Jumps

Go into a pushup position and jump with both legs forward and back again.

