



Valentines Day Workout



Created by Phil from Sidefits

There's nothing comparable to a good workout!

12 min.
15 sec.

Difficulty
2.5



0%



20%



41%



37%

8
Exercises

Tags: Full Body Valentines Day Partner Partner Workout Chipper

Runde



Snap Jumps

50Reps



Jump

50Reps



Diamond Crunches

50Reps



Commandos

50Reps



Squats

50Reps



Jumping Jacks

50Reps



Mountain Climbers

50Reps



Pushup Row

50Reps

Description

This workout is supposed to be done with someone else! Otherwise it could be really hard. You decide yourself how you split up the exercises or number of repetitions! Switching after 10 reps? One is doing the first exercise completely while the other one is doing the next? Up to you! While one is doing the exercise, the other one is waiting in a PLANK position until the switch!



Snap Jumps

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



Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.



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.



Commandos

Alternately go into a pushup position and plank position.



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.



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.



Mountain Climbers

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



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.