



Run and Workout Combination

Created by Tom

24 min.
45 sec.

Difficulty
2.0



0%



0%



54%



45%

3
Exercises

Tags: Conditioning condition running burpees

Runde



Burpees

25Reps



Running

400m



Squats

50Reps



Running

400m

Runde



Burpees

25Reps



Running

400m



Squats

50Reps



Running

400m

Runde



Burpees

25Reps



Running

400m



Squats

50_{Reps}

Running

400_m

Description

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.



Running

Run in your own pace if not indicated otherwise



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.

