



## WOD Body burn



Sidefits Team

*We strive to make the best out of your sports experience!*

: info@sidefits.com

13  
55

3.2



Flexibility

0%



Muscle Str.

37%



Muscle End.

31%



Cardio

31%

5

Tags:

Ladder

Full Body

WOD

## 1 x Runde 1

Ice Skaters	40
Chin Up	20
Burpees	20
Toe Touches	20
Spider Pushup	20

## 1 x Runde 2

Ice Skaters	30
Chin Up	15
Burpees	15
Toe Touches	15
Spider Pushup	15

## 1 x Runde 3

Ice Skaters	20
Chin Up	10
Burpees	10
Toe Touches	10
Spider Pushup	10

1 x Runde 4

Ice Skaters	10
Chin Up	5
Burpees	5
Toe Touches	5
Spider Pushup	5

Ein klassisches Leiter-Workout: In diesem Fall arbeitest Du Dich die Leiter herunter, aber unterschätze nicht, wie die vorige Runde Dir noch in den Knochen steckt. Um das Workout richtig intensiv zu machen, versuche so wenig Pausen wie möglich zu machen.



Ice Skaters

Start from a shoulder wide stance and alternately do a wide side step back while not moving your front foot.



## Chin Up

This is a pullup with your palms facing toward you. This pullup version is working your biceps very much. Pull yourself up until your chin is above the bar. Fully extend your arms when going down.



## 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.



## Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.



## Spider Pushup

Like pushups but one arm and the opposite leg are moved to the front. Change sides after each repetition.

