



The cumbersome Duck Workout



Created by Philipp Maegel

The moment after a good workout is the best feeling ever!

13 min.  
25 sec.

Difficulty  
3.6



7%



24%



50%



17%

8  
Exercises

Tags:

Anti Stress

Beast Mode

1 x Round 1

Squats	80Reps
Mountain Climbers	70Reps
Wide Pushup	60Reps
Y-Up	50Reps
Decline Pushups	40Reps
Burpees	30Reps
Pullup	20Reps
Clap Pushups	10Reps

Description

Exercise descriptions



## 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.



## Mountain Climbers

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



## Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.



## Y-Up

Lie on your stomach and outstretch your arms like a Y, facing 30 degrees upwards. Your palms face each other and thumbs point upwards. Now do up and down movements with your body, your head is facing the ground.



### Decline Pushups

Go into a pushup position in which your feet are places higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.



### 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.



### 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.



### Clap Pushups

Push yourself explosively up to clap your hands in the air.

*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.*