



Bar and Run Workout



Created by Josch from Sidefits

Work Hard - Work Out Harder

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18 min.
34 sec.

Difficulty
2.4



Flexibility

0%



Muscle Str.

27%



Muscle End.

32%



Cardio

40%

6

Exercises

Tags: Upper Body Legs Calisthenics

1 x Runde 1

Pullup	8Reps
Toe to Bar	12Reps
Triceps Dip	14Reps
Pistol	10Reps
Chin Up	8Reps
Running	400m

1 x Runde 2

Pullup	7Reps
Toe to Bar	10Reps
Triceps Dip	12Reps
Pistol	10Reps

Chin Up	7 _{Reps}
Running	400 _m
1 x Runde 3	
Pullup	6 _{Reps}
Toe to Bar	8 _{Reps}
Triceps Dip	10 _{Reps}
Pistol	8 _{Reps}
Chin Up	6 _{Reps}
Running	400 _m
1 x Runde 4	
Pullup	5 _{Reps}
Toe to Bar	6 _{Reps}
Triceps Dip	8 _{Reps}
Pistol	8 _{Reps}
Chin Up	5 _{Reps}
Running	400 _m

Description

Für dieses Workout wird eine Klimmzugstange und eine Laufstrecke von (ca.) 400 m benötigt. Idealer Weise ein Spiel- oder Calisthenics-Park neben einem Sportplatz. Die berechnete Schwierigkeit täuscht allerdings...

Exercise descriptions



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.



Toe to Bar

Hold onto a pullup bar and bring your legs up so that your toes touch the bar in between your hands. Try not to swing with your body. To prevent this, intentionally flex your abs and create body tension.



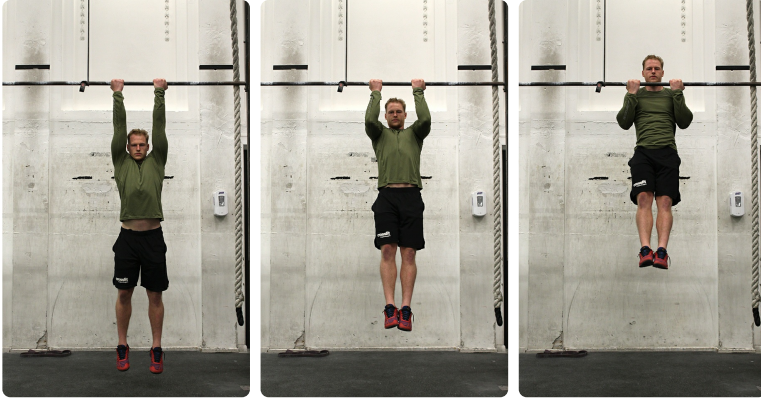
Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



Pistol

Extend one leg and go into a deep squat with the other.



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.



Running

Run in your own pace if not indicated otherwise

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.