



The alienated Drever Workout

Created by Susan

31 min.
5 sec.

Difficulty
1.4



0%



2%



47%



50%

4
Exercises

Tags: Legs running Women Girls cardio Conditioning condition Endurance

Runde



Running

6 min. 0 sec.



Lunge Walk

50m



Running

6 min. 0 sec.



Mountain Climbers

50Reps



Running

6 min. 0 sec.



Snap Jumps

50Reps



Running

6 min. 0 sec.

Description

Get ready for this conditioning workout! :-)) It will tone your legs and gets you the extra condition you want!

Exercise descriptions

Running

Run in your own pace if not indicated otherwise



Lunge Walk

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Do this as a walking movement.



Mountain Climbers

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



Snap Jumps

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

