



The filthy Boxer Dog
Workout

Created by *Cassandra*

15 min.
37.5 sec.

Difficulty
3.4



0%



8%



60%

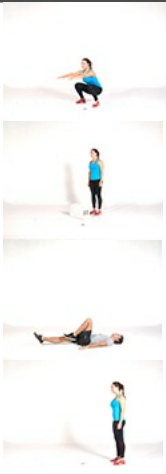


31%

4
Exercises

Tags: Legs Kayla BBG

Runde



Deep Squats

20Reps

Knee ups

30Reps

Bicycle

40Reps

Lunge Walk

25Reps

Runde



Deep Squats

20Reps

Knee ups

30Reps

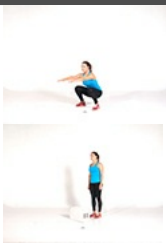
Bicycle

40Reps

Lunge Walk

25Reps

Runde



Deep Squats

20Reps

Knee ups

30Reps



Bicycle

40_{Reps}

Lunge Walk

25_{Reps}

Description

took inspiration from a kayla itsines workout! BBG Girls lets go!

Exercise descriptions



Deep Squats

Similar to normal squats but all the way down. 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.



Knee ups

Grab a chair or something of similar height. Stand in front of it and alternately step on it with your right and left leg while pulling the opposite leg toward your chest. Pay attention that you place your whole foot on the chair when pushing yourself up and to fully extend your leg before going down.



Bicycle

Lie on the back while alternately extending one leg while you pull the knee of the other leg towards your chest. Keep both legs off the ground the whole time.



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.

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.