



The peeling Snake
Workout



Created by John

14 min.
20 sec.

Difficulty
3.3



0%



29%



70%



0%

3
Exercises

Tags: Upper Body Legs Anti Stress

10 x Round 1

Pullup	5Reps
Pushup	10Reps
Squats	15Reps
Pause	20sec.

Description

Try to not take longer breaks than indicated!

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.



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.



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.

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.