



Maxx it out!



Created by [Swiss_Bear](#)

A good workout for me is pushing my body a little bit further every time and being amazed of how far one can go!

Contact:

16 min.
30 sec.

Difficulty
3.5



Flexibility

0%



Muscle Str.

50%



Muscle End.

50%



Cardio

0%

2
Exercises

Tags:

Upper Body

Beast Mode

1 x Round 1

Pushup	1 min. 40 sec.
Pause	1 min. 0 sec.
Pushup	1 min. 40 sec.
Pause	1 min. 0 sec.
Pushup	1 min. 40 sec.
Pause	1 min. 0 sec.

1 x Round 2

Pullup	1 min. 40 sec.
Pause	1 min. 0 sec.
Pullup	1 min. 40 sec.
Pause	1 min. 0 sec.

Description

Exercise descriptions



Pushup

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



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.

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.