



The dropping Beetle Workout

Created by *Swiss_Bear*

9 min.
5 sec.

Difficulty
4.1



0%



25%



27%



47%

4
Exercises

Tags: cardio Short Intense

Runde



Burpee Frogs	15Reps
Wide Pushup	15Reps
Mountain Climbers	15Reps
Pause	30sec.

Runde



Burpee Frogs	15Reps
Wide Pushup	15Reps
Mountain Climbers	15Reps
Pause	30sec.

Runde

Sprint

20_m



Pause

10_{sec.}

Sprint

20_m

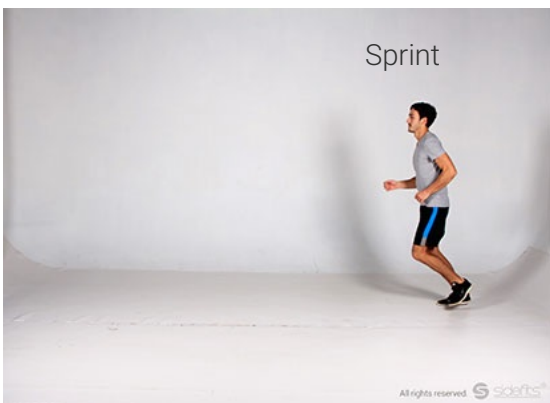


Pause

10_{sec.}

Sprint

100_m



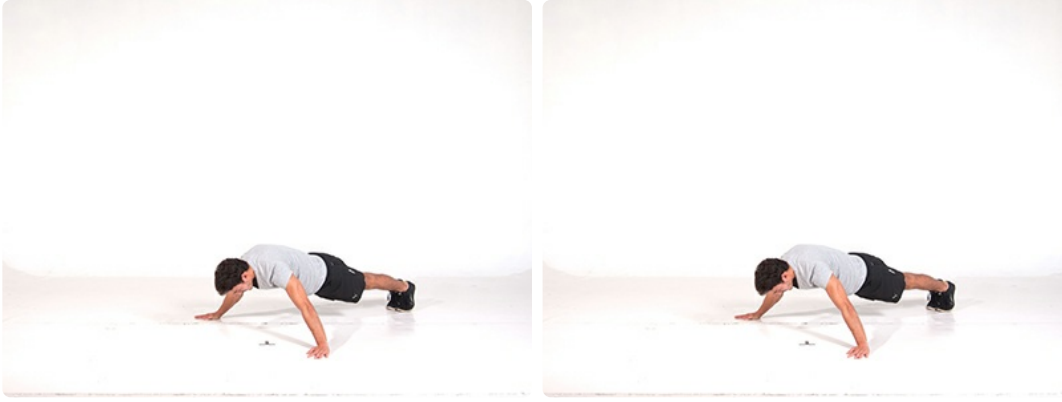
Description

Exercise descriptions



Burpee Frogs

Go into a squat position and explosively jump forward and land in a squat position. Then go down and perform a burpee. Your chest touches the ground and you push yourself up, jump slightly and clap your hands above your head.



Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.



Mountain Climbers

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



Sprint

Do sprints as indicated.

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.

