



The professing Leopard Seal
Workout



Created by Alex

19 min.
50 sec.

Difficulty
3.5



0%



45%



54%



0%

3
Exercises

Tags: Abs Pushup Chest Sixpack

Runde



Pushup 50Reps



Atomic Situps 50Reps



Flutter Kicks 50Reps

Runde



Pushup 50Reps



Atomic Situps 50Reps



Flutter Kicks 50Reps

Runde



Pushup 50Reps



Atomic Situps 50Reps



Flutter Kicks 50Reps

Runde



Pushup

50_{Reps}



Atomic Situps

50_{Reps}



Flutter Kicks

50_{Reps}

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.



Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



Flutter Kicks

Do horizontal movements with your legs so that they cross each other. If you fall into a hollow back, try to place your hands below your butt or make a break.

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.

Made by Sidefits with ♥ in Hamburg/ Copenhagen