



Basic Full Body Workout



Created by Phil from Sidefits

There's nothing comparable to a good workout!

14 min.
30 sec.

Difficulty
3.3



0%



0%



66%



33%

5
Exercises

Tags: Full Body

Runde



Burpees

30Reps



Mountain Climbers

30Reps



Knee Pushups

30Reps



Squats

30Reps



Crunches

30Reps

Runde



Burpees

30Reps



Mountain Climbers

30Reps



Knee Pushups

30Reps



Squats

30Reps

Crunches

30_{Reps}

Runde

Burpees

30_{Reps}

Mountain Climbers

30_{Reps}

Knee Pushups

30_{Reps}

Squats

30_{Reps}

Crunches

30_{Reps}

Description

This is a very basic full body workout! If you want it to be more difficult, you can replace the knee pushups by doing regular pushups. Try to do as little breaks as possible and do the workout as fast as possible (AFAP)!

Exercise descriptions



Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.



Mountain Climbers

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



Knee Pushups

Go on your knees and take a shoulder wide stance with your arms. Go down until your arms reach 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.



Crunches

Jus your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.

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.

