



Workout in sunshine -  
yayayeah



Created by Josch from Sidefits

Work Hard - Work Out Harder

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26 min.  
0 sec.

Difficulty  
3.3



Flexibility

0%



Muscle Str.

30%



Muscle End.

38%



Cardio

30%

8  
Exercises

Tags: Group Tabata Full Body

3 x Runde 1

Backrow	45 <sub>sec.</sub>
Pause	15 <sub>sec.</sub>
Hips Raise Crunch	45 <sub>sec.</sub>
Pause	15 <sub>sec.</sub>
Jump overs	45 <sub>sec.</sub>
Pause	15 <sub>sec.</sub>
Decline Pushups	45 <sub>sec.</sub>
Pause	15 <sub>sec.</sub>
Dynamic Step Ups	45 <sub>sec.</sub>
Pause	15 <sub>sec.</sub>
Triceps Dip	45 <sub>sec.</sub>

Pause

15<sub>sec.</sub>

Jumping Jacks

45<sub>sec.</sub>

Pause

15<sub>sec.</sub>

Burpees

45<sub>sec.</sub>

Pause

15<sub>sec.</sub>

## Description

Embrace the first rays of sunshine with this group tabata! Take it to the playground, the park or wherever you like <3

## Exercise descriptions



### Backrow

Lie on your stomach and lift your outstretched arms and legs slowly. Then pull your arms back, keeping them close to your body and try to close your shoulder blades.



### Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.



### Jump overs

Do a controlled jump over a bench or something elevated. Be sure to land softly for the sake of your knees.



### Decline Pushups

Go into a pushup position in which your feet are placed higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.



### Dynamic Step Ups

Look for an elevation and put your foot on the edge while you change feet through jumping.



### Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



## Jumping Jacks

Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.



## 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.

*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.*