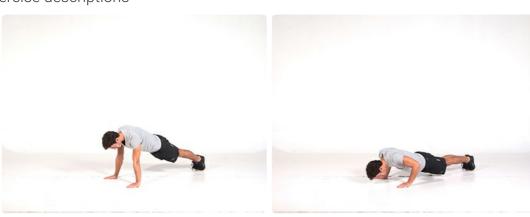


Exercise descriptions



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



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.
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