



The valuing Lemur  
Workout



Created by Tom

29 min.  
35 sec.

Difficulty  
3.0



0%



9%



70%



19%

5  
Exercises

Tags: Upper Body Legs Crossfit

Runde



Burpees	10Reps
Jump ups	20Reps
Pushup	30Reps
Squats	40Reps
Forward Lunges	50Reps

Runde



Burpees	10Reps
Jump ups	20Reps
Pushup	30Reps
Squats	40Reps



Forward Lunges

50<sub>Reps</sub>

Runde



Burpees

10<sub>Reps</sub>



Jump ups

20<sub>Reps</sub>



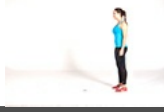
Pushup

30<sub>Reps</sub>



Squats

40<sub>Reps</sub>



Forward Lunges

50<sub>Reps</sub>

Runde



Burpees

10<sub>Reps</sub>



Jump ups

20<sub>Reps</sub>



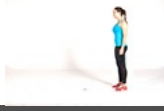
Pushup

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Burpees

10<sub>Reps</sub>



Jump ups

20<sub>Reps</sub>



Pushup

30<sub>Reps</sub>



Squats

40<sub>Reps</sub>



Forward Lunges

50<sub>Reps</sub>

## Description

If you don't have something to jump on, do a high jump instead!

## 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.



### Jump ups

Jump on something elevated and make sure to land with your whole feet on the thing to be stable. Then outstretch your legs and come down again.



### Pushup

Take a shoulder wide stance and go down so that your elbows form 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.



## Forward Lunges

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Pay attention to a straight back and change sides after each repetition.

*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.*