



The chopping Welsh Corgi
Workout

Created by Robert

19 min.
42.5 sec.

Difficulty
4.0



0%



56%



0%



43%

3
Exercises

Tags: Upper Body Sprint Conditioning condition

Runde



Pullup

7 Reps

□

Toe Touches

7 Reps

□

Sprint

40m

□

Sprint

40m

Pause

1 min. 0 sec.

Runde



Pullup

7 Reps

□

Toe Touches

7 Reps

□

Sprint

40m

□


Sprint


40m


Pause

1 min. 0 sec.

Runde

<div>  <div> <div></div> <div></div> <div></div> <div></div> </div> </div>	Pullup	7 _{Reps}
	Toe Touches	7 _{Reps}
	Sprint	40 _m
	Sprint	40 _m
	Pause	1 _{min.} 0 _{sec.}
Runde		

<div>  <div> <div></div> <div></div> <div></div> <div></div> </div> </div>	Pullup	7 _{Reps}
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	Sprint	40 _m
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Runde		

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	Sprint	40 _m
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	Pause	1 _{min.} 0 _{sec.}

Description

Give it your all!!



Pullup

Have a shoulder wide grip with palms facing away from you and pull yourself up so that your chin reaches over the bar. Lower yourself slowly down until your arms are outstretched.



Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.



Sprint

Do sprints as indicated.

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.

