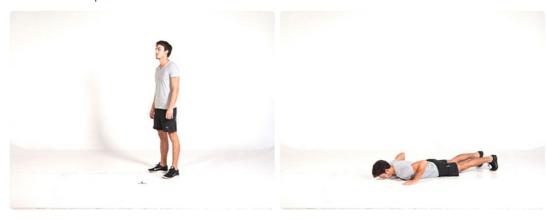
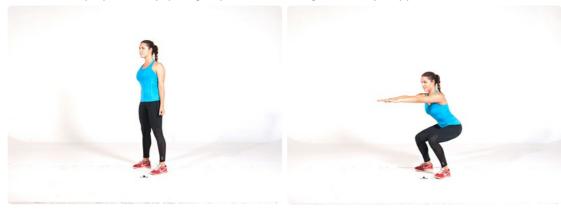


## Exercise descriptions



## 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.





Crunches

Just 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.

Made by Sidefits with igspace in Hamburg/ Copenhagen