



## The asking Dog Workout



Created by Chris

14 min.  
30 sec.

Difficulty  
3.7



0%



27%



50%



22%

6  
Exercises

Tags: Upper Body Full Body burpees

### Runde



Mountain Climbers

20Reps



Burpees

20Reps



Deep Squats

20Reps



Side Plank Hip Dip

20Reps



Lunge Kickback

20Reps



Spider Pushup

10Reps

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20Reps



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Lunge Kickback

20<sub>Reps</sub>



Spider Pushup

10<sub>Reps</sub>

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20<sub>Reps</sub>



Spider Pushup

10<sub>Reps</sub>

## Description

Full Body Workout! Change sides after 10 reps for the Sideplank Hip Dip!

## Exercise descriptions



### Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.



### 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.



### Deep Squats

Similar to normal squats but all the way down. 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.



### Side Plank Hip Dip

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Let your hip dip down and get back up again repeatedly.



### Lunge Kickback

Alternately make a wide step forward with your right and left leg so that your front knee is above the center of your foot and your back knee touches the ground. When going up again, lift your front knee up and keep it close to your body.



### Spider Pushup

Like pushups but one arm and the opposite leg are moved to the front. 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.*