



Muscle up Insanity



Created by *Peter*

3 min.
32.5 sec.

Difficulty
5.0



0%



62%



0%



37%

2
Exercises

Tags: Upper Body Pullups Muscle Ups Beast Mode Beastmode

5 x Round 1

Burpee Pullups 5Reps

Muscle Up 5Reps

Description

Exercise descriptions



Burpee Pullups

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 to the pullup bar and perform a pullup before moving back into the pushup portion.



Muscle Up

Have a wider than shoulder wide grip and to an explosive pullup to get as high as to be able throw your chest over the bar so that you can press yourself up

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.