



The frail Humpback Whale  
Workout

Created by *Dennis*

6 min.  
45 sec.

Difficulty  
4.3



0%



78%



0%



21%

3  
Exercises

Tags: Upper Body Legs

Runde



Squat Jumps

10Reps

Pullup

10Reps

Clap Pushups

10Reps

Runde



Squat Jumps

10Reps

Pullup

10Reps

Clap Pushups

10Reps

Runde



Squat Jumps

10Reps

Pullup

10Reps

Clap Pushups

10Reps

Runde



Squat Jumps

10Reps

Pullup

10Reps



Clap Pushups

10<sub>Reps</sub>

Runde



Squat Jumps

10<sub>Reps</sub>



Pullup

10<sub>Reps</sub>



Clap Pushups

10<sub>Reps</sub>

## Description

Instead of Jumping Squats you can do wallballs! Instead of Clap Pushups you can do explosive Pushups. For that, just press yourself up explosively so that your hands release the ground!

## Exercise descriptions



### Squat Jumps

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. Jump when going up and catch the jump slowly while taking a squat position.



### 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.



## Clap Pushups

Push yourself explosively up to clap your hands in the air.

*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.*