Notice: Undefined index: wTags in **/var/www/html/api/model/pdf/fullWorkoutTemplate.php** on line **13**

The devoted Water Buffalo Workout

Created by *Swiss_Bear*

29 min. 0 sec.	Difficulty 3.3	0%	24%	75%	0%	5 Exercises

Tags:

Runde

	Pullup	5 Reps
	Pushup	10 Reps
	Squats	15 Reps

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	Pullup	5 Reps
	Pushup	10 Reps
	Squats	15 Reps
	Pause	3 min. 0 sec.

	Plank	1 min. 0 sec.
	Side Plank	45 sec.
	Side Plank	45 sec.
	Plank	1 min. 0 sec.

Description

Start every round at the full minute for the first 20 rounds . The faster you do it the more break you have. Last round to wrap up exercise by challenging your core body strenght!!

Exercise descriptions

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.

Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.

Squats

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.

Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.

Side Plank

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.