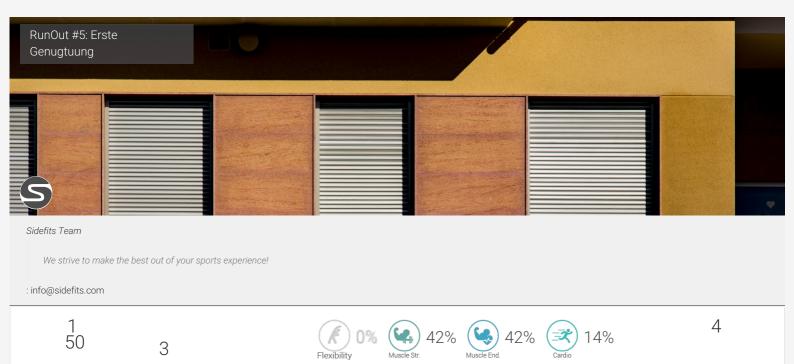
Tags: Legs Tabata





1 x Round 1	
High Squat Toe Tip	20
Pause	10
Heisman Shuffle	20
Pause	10
Quibber	20
Pause	10
Jump	20
Das wird das erste Workout beim RunOut #5 in Hamburg sein!	



High Squat Toe Tip

Start from a high squat position and keep it throughout the exercise. Push yourself repeatedly up with your toes for the whole time.



Heisman Shuffle

Start from a 90° squat position and seesaw from one leg to the other. If too hard, take a higher squat position. Pay attention to a stra- ight back.





Quibber

Take a deep squat position and go up and down on your toes.



Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.

