



## Apache Workout



Ziraldi

*Bester Moment nach dem Sport... Wenn man die Treppe zu den Umkleiden erklommen hat.*20  
15

3.2



Flexibility

0%



Muscle Str.

15%



Muscle End.

84%



Cardio

0%

4

Tags: Full Body

## 1 x Runde 1

Pullup	50
Pushup	100
Crunches	150
Squats	200

Just finish this plan as fast as you can. Follow the order, but rest as needed. You can break this workout down to 25/50/75/100 reps, or push yourself a little further with 100/200/300/400 reps.



## 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.

### Crunches

Just your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.



### 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.

