



The aching Crocodile Workout



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31  
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3.7



4%



18%



63%



14%

14

Tags: Upper Body Beast Mode Legs Beastmode Abs Anti Stress Back Full Body

1 x Runde 1

|                   |    |
|-------------------|----|
| Pushup            | 20 |
| Starfish Superman | 10 |
| Wide Pushup       | 20 |
| Back Bridge       | 45 |
| Decline Pushups   | 20 |
| Pullup            | 10 |
| Deep Squats       | 30 |
| Plank             | 10 |
| Sumo Squats       | 30 |
| Side Plank        | 30 |
| Side Plank        | 30 |

|                   |    |
|-------------------|----|
| Burpees           | 20 |
| Hollow Rock       | 45 |
| Side Lunges       | 20 |
| Mountain Climbers | 30 |
| Pullup            | 10 |
| Pause             | 20 |

1 x Runde 2

|                   |    |
|-------------------|----|
| Pushup            | 20 |
| Starfish Superman | 10 |
| Wide Pushup       | 20 |
| Back Bridge       | 45 |
| Decline Pushups   | 20 |
| Pullup            | 10 |
| Deep Squats       | 30 |
| Plank             | 10 |
| Sumo Squats       | 30 |
| Side Plank        | 30 |
| Side Plank        | 30 |
| Burpees           | 20 |
| Hollow Rock       | 45 |
| Side Lunges       | 20 |
| Mountain Climbers | 30 |

Pullup

10

Pause

20

Für alle die ihre Energie in mehr als einer Muskelgruppe los werden wollen: Einmal mit allem, bitte. Bei den beiden aufeinanderfolgenden Side-Planks, soll der eine auf der rechten und der andere auf der linken Seite ausgeführt werden. Und wer meint, dass eine Pause nötig ist: Zwischen den Übungen sollte sie maximal 60 Sekunden dauern. ;)XDXD



Pushup

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

Starfish Superman

Start from a superman position and outstretch arms and legs t to the sides and return to the superman.

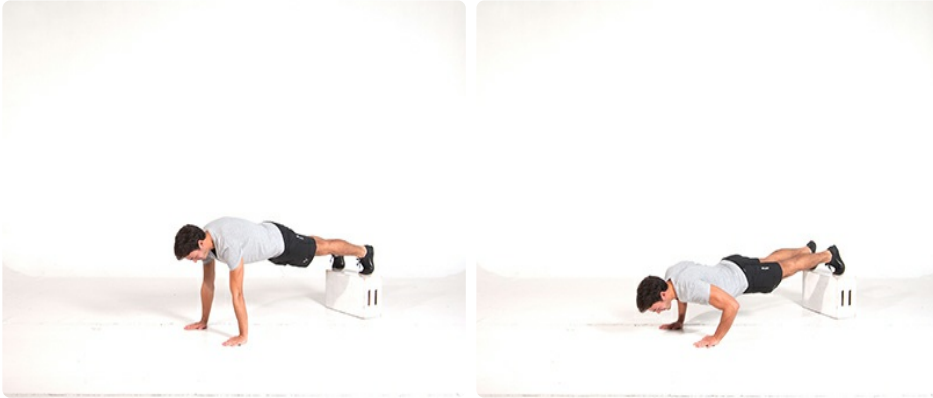


Wide Pushup

Go into a wide pushup position (double shoulder width) and perform pushups. Keep your back straight.

### Back Bridge

Lie on your back, outstretching your arms behind your back. Now create body tension to lift your lower back off the ground and hold this position.



### Decline Pushups

Go into a pushup position in which your feet are places higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.



### 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.

### Deep Squats

Similar to normal squats but all the way down. 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.



## Sumo Squats

Start from a 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. Your legs should be bent 90°, if too hard, take a higher squat position.

## 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.



## Burpees

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 as high as possible before moving back into the pushup portion.

## Hollow Rock

Lie on your back and extend your arms and legs while just your lower back is touching the ground. Hold this position. Be careful not to fall into a hollow back. If so, put your arms more above or in front of your head to reduce the leverage.



## Side Lunges

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.



## Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.