

Tags: Upper Body Legs Anti Stress

Flexibility Muscle Str. 29% Muscle End. 70% Cardio

3 Exercises

10 x Round 1

Pullup 5_{Reps}

Pushup 10_{Reps}

Squats 15_{Reps}

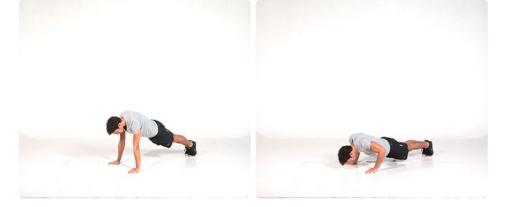
Pause 20_{sec.}

Description

Try to not take longer breaks than indicated!

Exercise descriptions





Pushun

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



Sauats

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.

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.