

Playing with pushups

Exercise descriptions

Do sprints as indicated.





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



Rurnees

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.



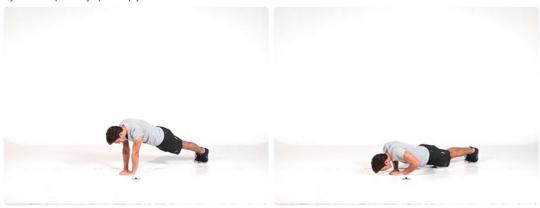
One Leg Pushup

Perform pushups while keeping one leg in the air. Keep your back straight.



Clap Pushups

Push yourself explosively up to clap your hands in the air.



Diamond Pushup

These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.

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.
Made by Sidefits with ♥ in Hamburg/ Copenhagen