



The caring Crane Workout

Created by John

7 min.
10 sec.

Difficulty
3.5



0%



25%



25%



50%

3
Exercises

Tags: Upper Body Legs

Runde



Jump ups

10Reps



Jumping Lunges

10Reps



Burpees

10Reps

Runde



Jump ups

10Reps



Jumping Lunges

10Reps



Burpees

10Reps

Runde



Jump ups

10Reps



Jumping Lunges

10Reps



Burpees

10Reps

Runde



Jump ups

10Reps



Jumping Lunges

10Reps



Burpees

10_{Reps}

Runde



Jump ups

10_{Reps}

Jumping Lunges

10_{Reps}



Burpees

10_{Reps}

Description

Exercise descriptions



Jump ups

Jump on something elevated and make sure to land with your whole feet on the thing to be stable. Then outstretch your legs and come down again.



Jumping Lunges

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Pay attention to a straight back and change sides by jumping up and switching while in the air.



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.

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.