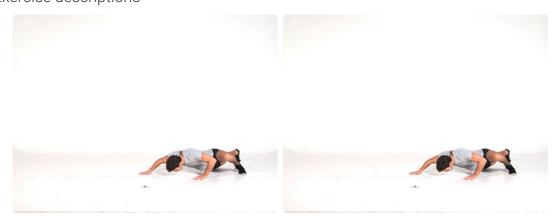


# Exercise descriptions



# Bear Craw

Keep your body close to the ground as if you did not wanna touch something above you. Therefore your arms and legs are bent.



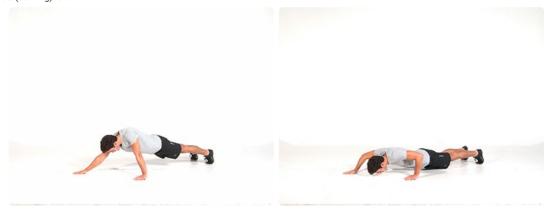
### Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.



# 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.



# Alligator Pushups

Do Pushups while one arm is placed a bit further away from the body (in comparison to the other one). Change the arms after each repetition.

 $This \ workout \ has \ been \ created \ by \ a \ user. \ Participation \ at \ own \ responsibility. \ Please \ always \ pay \ attention \ to \ your \ health, \ reach \ out \ for \ the \ limit \ but \ stop \ if \ it \ gets \ too \ tough.$ 

Made by Sidefits with ♥ in Hamburg/ Copenhagen