



The waiting Ostrich  
Workout

Created by *Peter*

24 min.  
0 sec.

Difficulty  
3.8



0%



50%



0%



50%

3  
Exercises

Tags:

Legs

cardio

Conditioning

condition

Thighs

Thigh

Butt

Runde



Jumping Lunges

20Reps



Sprint

50m



High Jump

20Reps

Sprint

50m

Pause

30sec.

Runde



Jumping Lunges

20Reps



Sprint

50m



High Jump

20Reps

Sprint

50m

Pause

30sec.

Runde



Jumping Lunges

20Reps



Sprint

50m



High Jump

20<sub>Reps</sub>



Sprint

50<sub>m</sub>

Pause

30<sub>sec.</sub>

Runde



Jumping Lunges

20<sub>Reps</sub>



Sprint

50<sub>m</sub>



High Jump

20<sub>Reps</sub>

Sprint

50<sub>m</sub>

Pause

30<sub>sec.</sub>

Runde



Jumping Lunges

20<sub>Reps</sub>



Sprint

50<sub>m</sub>



High Jump

20<sub>Reps</sub>

Sprint

50<sub>m</sub>

Description

Leg Killer!

Exercise descriptions



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.

## Sprint

Do sprints as indicated.



## High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.

*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.*