



The gummy Woodpecker  
Workout

Created by Robert

22 min.  
50 sec.

Difficulty  
2.0



4%



8%



43%



44%

6  
Exercises

Tags: Full Body freeletics Atlas

Runde

□

Running 10min.0sec.



Squats 50Reps



Burpees 50Reps



Mountain Climbers 50Reps

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Leg Raises 50Reps



Jump 100Reps

Description

Tough... But fun

Exercise descriptions

## Running

Run in your own pace if not indicated otherwise



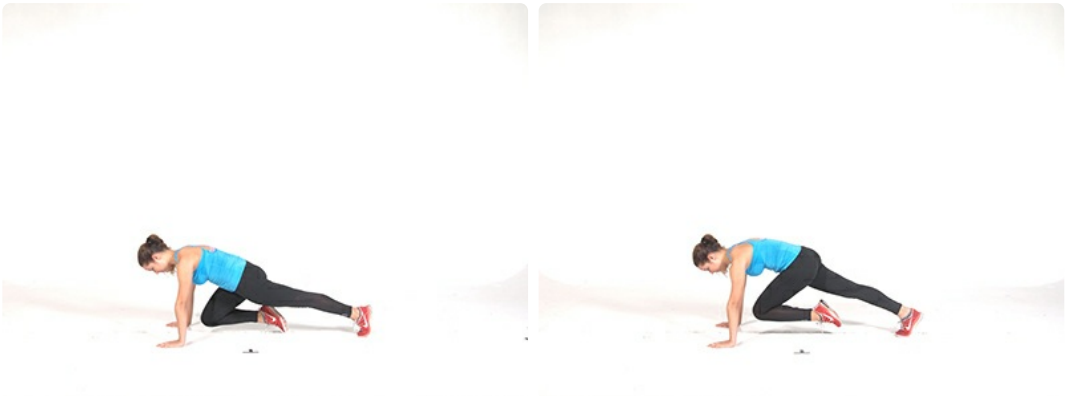
## Squats

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.



## 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.



## Mountain Climbers

Starting from the pushup position, tighten your stomach and bring your knee to your elbow, changing sides after each repetition.

### Leg Raises

Lie on your back and outstretch your legs vertically. Then lower them down and raise them up again, without touching the ground. Don't go into a hollow back, place your palms on the ground, slightly below your butt to avoid this.



### Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.

*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.*