



Notice: Undefined index: wTags in /var/www/html/api/model/pdf/fullWorkoutTemplate.php on line 13

Surf-Workout

Created by *Holly Johnsen*

9 min.
40 sec.

Difficulty
3.7



0%



0%



50%



50%

2
Exercises

Tags:

Runde



Burpees

25Reps



Mountain Climbers

25Reps



Burpees

50Reps



Mountain Climbers

50Reps



Burpees

25Reps



Mountain Climbers

25Reps

Description

The ideal workout for surfers. Just do it and get fit for the next wave!

Exercise descriptions



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.

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.