



The dropping Yak
Workout



Created by Phil from Sidefits

There's nothing comparable to a good workout!

9 min.
30 sec.

Difficulty
3.7



0%



30%



33%



36%

4
Exercises

Tags: Upper Body Chest Triceps burpees

Runde



Snap Jumps	15Reps
Alligator Pushups	15Reps
High Jump	15Reps
Burpees	15Reps

Runde



Snap Jumps	15Reps
Alligator Pushups	15Reps
High Jump	15Reps
Burpees	15Reps

Runde



Snap Jumps	15Reps
------------	--------



Alligator Pushups

15_{Reps}

High Jump

15_{Reps}

Burpees

15_{Reps}

Runde



Snap Jumps

15_{Reps}

Alligator Pushups

15_{Reps}

High Jump

15_{Reps}

Burpees

15_{Reps}

Description

Exercise descriptions



Snap Jumps

Go into a pushup position and jump with both legs forward and back again.



Alligator Pushups

Do Pushups while one arm is placed a bit further away from the other. Change the arms after each repetition.



High Jump

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



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.