



The attached Snowshoe Workout

Created by Julia

4 min.
30 sec.

Difficulty
3.0



0%



20%



54%

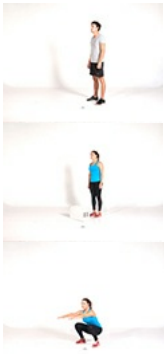


25%

4
Exercises

Tags: Legs Upper Body Kayla BBG

Runde



Jumping Jacks	15Reps
Burpees	10Reps
Step Ups	25Reps
Deep Squats	15Reps

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Description

You can take some weight for the stepups if you want. If you don't have anything at hand, take a bottle of water!

Jumping Jacks

Spread your legs when you jump up and clap your hands above your head, then jump again and close your legs and touch your thighs with your hands.



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.



Step Ups

Grab a chair or something of similar height. Stand in front of it and alternately step on it with your right and left leg. Pay attention that you place your whole foot on the chair when pushing yourself up and to fully extend your legs before going down.



Deep Squats

Similar to normal squats but all the way down. 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.

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