



Full Body Workout

New day 1		
Nr.	Exercise	Reps
#1	Pull-ups	3 Sets, 5 Reps
#2	Push Ups	3 Sets, 12 Reps
#3	Australian pull-ups	3 Sets, 8 Reps
#4	Dips	3 Sets, 8 Reps
#5	Bulgarian split squats left	3 Sets, 10 Reps
#6	Step-ups	3 Sets, 1 Reps
#7	Hanging Leg Raises	3 Sets, 12 Reps
#8	Push-Ups Incline	3 Sets, 10 Reps
#9	Plank	3 Sets

28.04.2025 - <https://wger.de/en/routine/42060/view> - wger 2.4.0a1