

SKILETICS® WORKOUT



"POWER ENDURANCE LOOP EXTENSIVE" BEGINNER

DURATION: CA. 60 MIN

WARM UP:

- Easy running 10 minutes
- Rope skipping 1-3 minutes

MAIN PART:

1 loop consists of 10 stations, which are run through a total of 3 times.

After each loop a break of 1-3 minutes is made.

The following applies to each individual exercise:

Intensity: Middle

Repetitions/Duration: 30 seconds

Direct change to the next station without a break.

The 10 stations per loop:

Exercise: „Burpees“ (ca. 20 Stück)

Exercise: „Diagonal Poling“

Exercise: „Kettlebells Cross“

Exercise: „Jumps“

Exercise: „Dips“

Exercise: „Push-Ups ,The Frog““

Exercise: „Imitation V3“

Exercise: „Sit-Ups Extended“

Exercise: „The Frog“

Exercise: „Double Poling Extended“

COOL DOWN:

Easy running 10-15 minutes

