

# SKILETICS® WORKOUT



## "POWER ENDURANCE - UPPER BODY EXHAUST LOOP" BEGINNER

DURATION: CA. 80 MIN

### WARM UP:

- Easy running 15-20 minutes
- Rope skipping 1-3 minutes

### MAIN PART:

1 loop consists of 6 stations, which are run through a total of 3-4 times. After each loop a break of 2-4 minutes is made.

#### Exercise: „Diagonal Poling“

Intensity: Middle  
Repetitions/Duration: 1 minute  
Set: 1

#### Exercise: „Double Poling“

Intensity: Middle  
Repetitions/Duration: 1 minute  
Set: 1

*Active break 30-60 seconds*

#### Exercise: “Push Ups „The Frog““

Intensity: Middle  
Repetitions: 10-20  
Set: 1

*Active break 30-60 seconds*

#### Exercise: “Sit-Ups Extended“

Intensity: Middle  
Repetitions: 10-20  
Set: 1

*Active break 30-60 seconds*

#### Exercise: “Dips One-Legged”

Intensity: Middle  
Repetitions: 30-40  
Set: 1

*Active break 30-60 seconds*

#### Exercise: “Burpees”

Intensity: Middle  
Repetition: 10  
Set: 1

### COOL DOWN:

Easy running 15-20 minutes

