

Il'union session

Workout to kill Inou 🧑🏻

Generated on stgym.club

Pull & Push 🔥 5x

Pull up	10x
Squat	16x
Push up	10x

Pow! 3x

Plank	1m 30s
Mountain climber	10x

Leg 🔥 3x

3/4 squats	10x
Jumping squats	10x

Back 1x

Arms & legs back raise	40s
Back plank	1m 30s

Swim

40s

Inou's WOD 24-08

1x