

Roadtrip Spain workout

Eusi super session in Spanie!

Generated on stgym.club

	1x
Single-leg lunge	20x
	1x
Push up	14x
Push up	14x
	1x
Cobra	30s
Swim	30s
Scissors arms & legs	30s
Arms & legs back raise	30s
	1x
Leg raise	30s
Sit up	30s

Touch heels	30s
Candle sit up	30s
	1x
Plank	1m 30s
Side plank left	1m 30s
Side plank right	1m 30s