

# Workout #49

Workout on Friday, March 29, 2024

Generated on stgym.club

## Belly

3x

Side plank hip raise left

20x

Side plank hip raise right

12x

Touch heels

50s

Wiper

30s

## Chest

3x

Push up

16x

## Back

3x

Arms & legs back raise

30s

Scissors arms & legs

30s

Swim

30s