

Tuesday in Panama

Legs and back workout!

Generated on stgym.club

Warmup 1x

Jumping jack 100x

Knee lift 30s

Leg madness 2x

3/4 squats 16x

Single-leg lunge 12x

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Back & Shoulders 2x

Swim 40s

Arms & legs back raise 40s

Cobra 40s

Push up 10x

Leg madness II 2x

Jumping squats	10x
Wide squats	10x

Back & Shoulders II 2x

Dog push up	10x
Push up	10x
Russian twist	20x
Sit up	20x

Cash out 1x

Burpee	1m
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