

Sweat on Sardinia

Workout on Wednesday, April 30, 2025

Generated on stgym.club

Warmup 1x

Burpee 10x

Burpee 10x

Burpee 10x

Legs #1 1x

Pistol squat 8x

Side Lunges 14x

Pistol squat 8x

Side Lunges 14x

Shoulders 2x

Plank Up-Down 20x

Side Plank with Arm Reach 10x

Shoulder push up 16x

Legs #2

2x

3/4 squats

14x

Calf raise

20x

High Knees

1m

Jumping squats

10x

Calf raise

20x

Cash out 💰

1x

Burpee

20x