

Workout #53

Workout on Sunday, June 15, 2025

Generated on stgym.club

Warmup

1x

Burpee

60x

Round of Egym

0x

Block #2

2x

Deadlift

10x

Barbell squat

10x

Block #3

2x

Pull up

10x

Dumbbell shoulder press

10x

Cash out

2x

Plank

1m

Side plank left

1m

Side plank right

1m

Back plank

10x