

Workout #54

Workout on Monday, June 16, 2025

Generated on stgym.club

Warmup

1x

Air bicycle

5m

Belly

3x

Abdominal Crunches on a Stability Ball

20x

Cable Rotation

12x

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Butt 🍑

3x

🍑 Hip thrust

10x

🍑 Glute Kickback

10x

Calves

3x

Calf raise

20x

Cash out 💰

1x

Burpee

2m