

End of lazy week

No workout all week, no good!

Generated on stgym.club

Shoulders

3x

Pull up

10x

Pull up (at angle)

14x

Legs

3x

Static lunges

16x

Narrow squat

16x

Core

2x

Plank

1m

Back plank

1m

Side plank hip raise right

10x

Side plank hip raise left

10x

Side plank right

1m

Side plank left

1m



Push up

Push up

1x

10x

6x

Cash out

Burpee

1x

20x