Back training

Workout to train Back

Warm up   2x

Burpee baby   10x

Jumping jack   120x

Back run   3x

Swim   30s

Dog push up   10x

Arms & legs back raise   20x

Cobra   30s

Pull & push   3x

Pull up   10x

Squat   14x

Push up   10x

Front   3x

Russian twist	30x
Bicycle crunches	16x
Cross sit ups	20x
Wiper	10x

Cash out   1x

Mountain climber	1m
Frog climber 🐸🧗	1m