


Post christmas blob

Friday, December 30, 2022 - Getting back into shape

Generated on stgym.club

Warmup 1x

 Rounds of jogging	2x
Forward lunge single sides	10x
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Burpee baby	10x

Shoulders & Legs 5x

Pull up	6x
Push up	12x
Narrow squat	16x

Belly 2x

Cobra	1m
Russian twist	30x
Sit up	20x
Swim	1m

Cash out

1x

Burpee

12x

Burpee

10x

Burpee

8x