


Friday workout

Full body workout - Friday, Jan 6, 2022

Generated on stgym.club

Warmup

1x

 Rounds of jogging	2x
Forward lunge single sides	10x
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Burpee baby	10x
Calf raise	40x

Shoulders & Legs

5x

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

Belly

2x

Russian twist	30x
Sit up	20x
Wiper	20x

Candle sit up	10x
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Back	2x
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Cobra	30s
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Arms & legs back raise	20x
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Swim	30s
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Cash out	1x
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Burpee	10x
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Burpee	8x
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