



Radomized Belly #1

Workout on Wednesday, May 24, 2023

Generated on stgym.club

Warmup #1

2x

Burpee

10x

Jump Squats

16x

Belly #2

3x

1 Leg raise

20x

Bicycle crunches

16x

Candle sit up

30s

Flutter Kicks

30s

Back #3

3x

Arms & legs back raise

10x

Back plank

10x

Cobra

10x

Cash out #4

2x

Plank Jacks

1m

Burpee

16x