

Kyoto Gym Belly Section

Workout on Monday, May 29, 2023

Generated on stgym.club

Block #1

3x

1 Leg raise

20x

Side plank hip raise left

20x

Side plank hip raise right

20x

Touch heels

20x

Wiper

20x

Block #2

1x

Burpee

16x

Burpee

10x

Burpee

6x

Block #3

1x

Australian Pull-up

10x

Bear Crawl

10x

Bicep Curls

10x

Bodyweight Row

10x

Chin-up

10x