

Full body workout 🏋️ ca. 50min

Islas Pastores, Panama - Day 1

Generated on stgym.club

Warm up 1x

Jumping jack	82x
Squat stay	30s
3/4 squats	16x
Burpee baby	14x

Block 1 3x

Russian twist	30x
Squat	16x
V ups	12x
Wide squats	16x

Block 3 3x

Static lunges	12x
Cross sit ups	16x

Hollow body hold	30s
Frog climber 🐸 🧑🏻‍🦵	20x

Block 2 3x

High crunches	20x
Swim	30s
Scissors arms & legs	30s
Plank	1m
Push up	10x

Block 4 3x

Burpee	10x
Side plank left	30s
Side plank right	30s
Sit up	12x