

Another full body workout



ca. 35min

Isla Pastores, Panama - Day 2

Generated on stgym.club

Warm up

1x

Alternating lunges

10x

Push up

8x

Legs & Belly

3x

Wide squats

10x

Jumping squats

6x

Crunches

12x

Leg raise

12x

Legs & Belly

3x

Plank

1m

Candle sit up

12x

Frog hip raise 

12x

Calf raise

30x

Arms, Legs & Belly

3x

Russian twist

20x

Push up

10x

Knees to chest

12x

Static lunges

12x

Back & Belly

3x

High crunches

12x

Bicycle crunches

20x

Swim

30s

Mountain climber

16x