

# Train your Belly 🔥

## Workout to train Belly

Generated on stgym.club

### Warmup 2x

Jumping jack	120x
Mountain climber	12x
Frog hip raise 🐸	10x

### Belly Tabata 3x

Russian twist	30s
Touch heels	30s
Candle sit up	30s
Wiper	30s
Arms & legs back raise	10x

### Cardio 🔥 1x

Burpee	14x
Burpee	10x
Burpee	6x

Burpee	2x
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Block 4	2x
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Sit up	20x
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Russian twist	20x
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Side plank left	30s
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Side plank right	30s
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Cash out 💰💰	1x
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Cross mountain climber	1m
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Mountain climber	1m
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