

# Tuesday in Panama 🇵🇦 ca. 30min

Legs and back workout!

Generated on stgym.club

## Warmup 1x

Jumping jack 100x

Knee lift 30s

## Leg madness 2x

Single-leg lunge 12x

3/4 squats 16x

Single-leg lunge 12x

## Back & Shoulders 3x

Swim 40s

Push up 10x

Arms & legs back raise 40s

Cobra 40s

## Leg madness II

3x

Jumping squats

10x

Wide squats

10x

Plank

10x

## Back & Shoulders II

3x

Sit up

20x

Russian twist

20x

Dog push up

10x

Push up

10x

## Cash out

1x

Burpee

1m