

Isla Pastores, Panama - Day 5 ca. 45min

50min workout after a day of indulgence 🙄

Generated on stgym.club

Warm up 1x

Jumping jack 120x

Warm up leg raise 12x

Belly fat 4x

Side plank hip raise left 12x

Side plank hip raise right 12x

Candle sit up 16x

Sit up 20x

Tabata 4x

Frog climber 🐸 🧗 30s

Mountain climber 30s

Touch heels 30s

Calf raise 30s

Block 4

4x

Frog hip raise 

12x

Cross sit ups

16x

Hip leg raise

10x

Russian twist

20x

Block 5

3x

Burpee

10x

Bicycle crunches

16x

Plank

1m

Cash out - max it!

1x

Push up

20x