

Saturday morning

Full body workout in the park

Generated on stgym.club

Pull / Push

2x

Pull up

6x

Squat

16x

Push up

10x

Back

2x

Swim

1m

Arms & legs back raise

1m

Cobra

1m

Bellyssimo

3x

Russian twist

30x

Cross sit ups

20x

Sit up

20x

Wiper

10x

Cash out

2x

Pull up

6x