

Basque #1

Workout on Friday, September 8, 2023

Generated on stgym.club

Block #2 3x

3/4 squats	16x
Jumping squats	18x
Candle sit up	16x
Cross V ups	16x
Handstand Hold	10x
Reverse Snow Angels	10x

Block #1 10m

Burpee	100x
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Block #3 1x

Calf raise	100x
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