

Bodyweight Training 2.0



20 min Bodyweight Training 3 rounds (hold last rep static for 10/15 sec)		
30	Herhalingen	Squats
15	Herhalingen	Lunger L-R
20	Herhalingen	Push-ups
30	Herhalingen	Bridges
15	Herhalingen	Side Lunges
20	Herhalingen	Dips
60	Herhalingen	Sumo squat

TRAIN AND HAVE FUN

Bootcamps @ home