



[ALLROUND ATHLETICS] BODYWEIGHT TRAINING

Hey Allround Athlet*in,

Dein Workout für heute ist:

60 Plank + Hip Dips
50 Lying Kneeraises
40 Hyperextensions
30 Grasshoppers
20 Skater Jumps
10 Beast Pushups

5 Runden (1 Minute Pause zwischen jeder Runde)

Alles, was du für das Workout brauchst, ist eine Trainingsmatte. Und gute Musik die dich motiviert. Stehst du auf coole Elektrobeats? Dann checke jetzt unsere neue **[ALLROUND ATHLETICS PLAYLIST]** auf Spotify.

Bevor du startest, wärme dich noch kurz mit unserer **WARM-UP-ROUTINE** auf.

Auf Seite 3 und 4 findest du Links zu jeder Übung.

Dein Coach Zimo

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[PARTNER]

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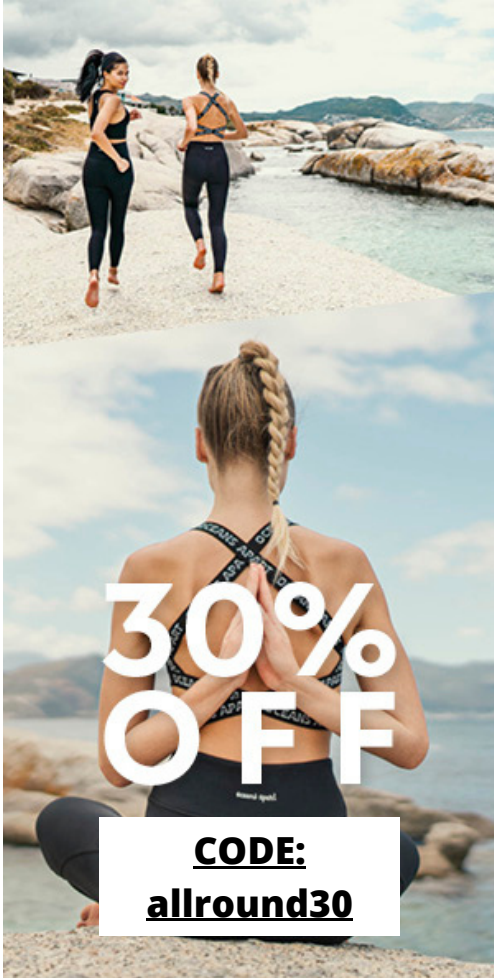
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**Qualität.
Geschmack.
Resultate.**

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CODE:
allroundathletics15



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OFF**

CODE:
allround30

*ab einem Bestellwert von 79,- €

A man in a dark tank top and shorts is performing a plank exercise on a grey mat in a bright studio with large windows. He is on his forearms, with his feet tucked under his knees. The background features a white brick wall, a wooden tripod, and several potted plants.

[PLANK + HIP DIPS]

 ÜBUNGSVIDEO

A man in a dark tank top and shorts is lying on his back on a grey mat, performing knee raises. He is holding a blue resistance band around his feet. The background features a white brick wall, a wooden tripod, and several potted plants.

[LYING KNEERAISES]

 ÜBUNGSVIDEO

A woman in a dark sports bra and leggings is performing hyperextensions on a grey mat. She is on her hands and knees, with her feet tucked under her knees and her torso lifted. The background features a white brick wall, a wooden tripod, and several potted plants.

[HYPEREXTENSIONS]

 ÜBUNGSVIDEO

A man is performing a grasshopper exercise in a gym. He is in a low, wide crouch with his hands on the floor and feet tucked under his hands. The gym has large windows and potted plants.

[GRASSHOPPERS]

 ÜBUNGSVIDEO

A woman is performing skater jumps in a gym. She is in a wide stance with her arms raised above her head. The gym has large windows and potted plants.

[SKATER JUMPS]

 ÜBUNGSVIDEO

A man is performing a beast pushup in a gym. He is in a low, wide crouch with his hands on the floor and feet tucked under his hands. The gym has large windows and potted plants.

[BEAST PUSHUPS]

 ÜBUNGSVIDEO