

20 sec Belastung - 10 sec Pause

1 Übungsduo pro Song (Playlist)

https://open.spotify.com/playlist/1qe4f5l4lyAOy3JPtp5eig?si=N4t7pEXFSoaQ4QR_jbi4hA

Durchführung:

Übung 1 - 4x20sec → Übung 2 - 4x20sec

Pause

Übung 3 - 4x20sec → Übung 4 - 4x20sec

Pause

Übung 5 - 4x20sec → Übung 6 - 4x20sec

1. Übungsduo

- Mountainclimber

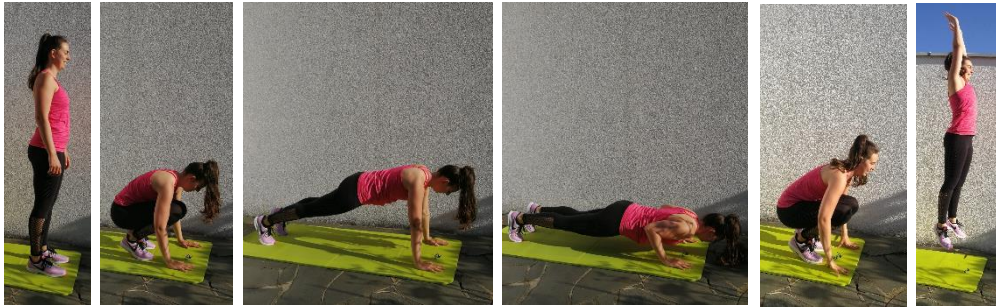


- Lunge + high knee jump

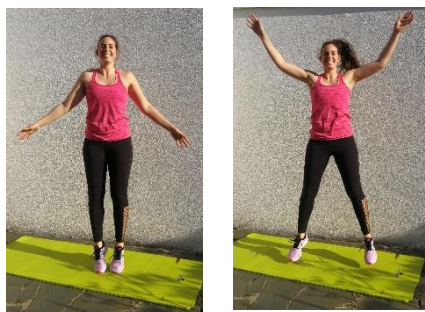


2. Übungsduo

- Burpees



- Jumping Jacks



3. Übungsduo

- Skater



- Sumo Squat Jumps



Viel Spaß :)