

Wake up call

Workout on Friday, May 12, 2023

Generated on stgym.club

Block #1

3x

Push up

10x

Cross mountain climber

40s

Frog climber 🐸 🧑🏻‍🔧

40s

Block #2

3x

Arms & legs back raise

40s

Swim

40s

Block #3

3x

1 Leg raise

10x

Bicycle crunches

10x

Leg raise

10x

Touch heels

10x

Block #4

3x

Burpee

10x