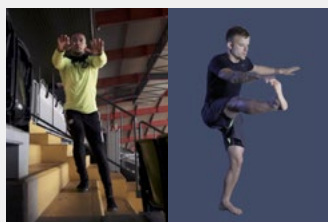


ARENA WORKOUT MIT WILL

3 RUNDEN



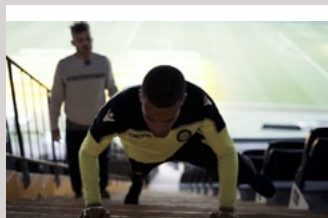
1. STAIR DIP + FRONT LEG SWINGS

☒ B: 10 WH
I: 12 WH
A: 15 WH



2. EXPLOSIVE STAIR PUSH-UPS

☒ B: 5 WH
I: 10 WH
A: 15 WH



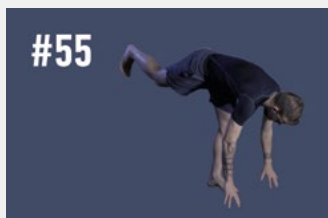
3. PLANK CRUNCH

☒ B: 10 WH
I: 16 WH
A: 20 WH



4. LATERAL LEG RAISES

☒ B: 7 WH
I: 10 WH
A: 15 WH



1. SINGLE LEG TOE TOUCH

☒ B: 10 WH
I: 15 WH
A: 20 WH

1 MINUTE PAUSE