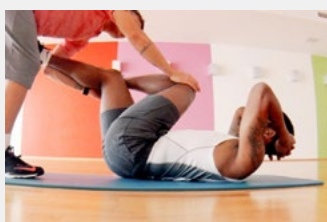


# FEEL THE BURN WITH DOUGLAS COSTA

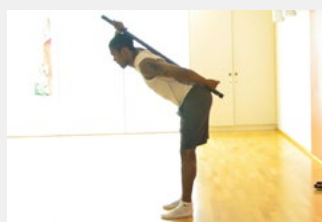
 SIEH DIR DAS WORKOUT VIDEO AN

## WARM UP



### 1. STATIC/DYNAMIC STRETCHING

 5 MIN



### 2. HAMSTRING DYNAMIC STRETCH

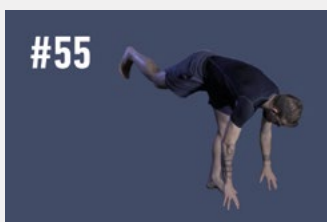
 BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH



### 3. SIT DOWN SQUATS

 BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH

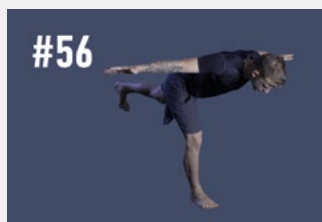
## WORKOUT



#55

### 4. SINGLE LEG TOE TOUCHES (RECHTES BEIN)

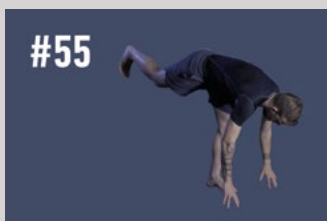
 BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH



#56

### 5. AIRPLANE POSE (RECHTES BEIN)

 BEG: 15 SEK  
INT: 30 SEK  
ADV: 45 SEK



#55

### 6. SINGLE LEG TOE TOUCHES (LINKES BEIN)

 BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH

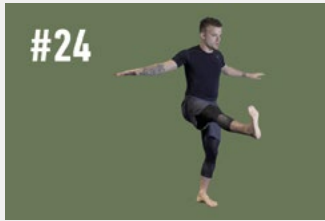


#56

### 7. AIRPLANE POSE (LINKES BEIN)

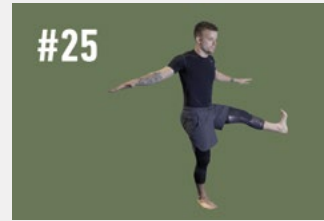
 BEG: 15 SEK  
INT: 30 SEK  
ADV: 45 SEK

20 SEKUNDEN PAUSE (WEITER AUF DEN NÄCHSTEN SEITEN)



## 8. FRONTAL SHORT KICKS

☑ BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH



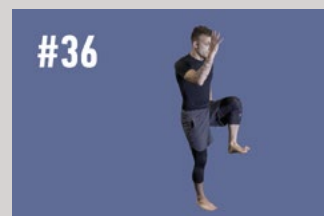
## 9. DIAGONAL SHORT KICKS

☑ BEG: 10 WH  
INT: 12 WH  
ADV: 15 WH



## 10. REVERSE TWISTED LUNGE AND REACH

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 7 WH



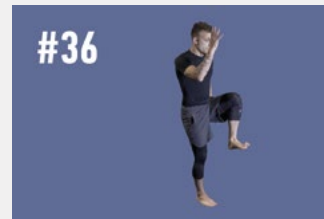
## 11. REVERSE LUNGE KNEE UP (RECHTES BEIN)

☑ BEG: 8 WH  
INT: 12 WH  
ADV: 15 WH



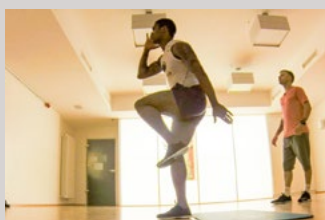
## 12. KNEE UPS (RECHTES BEIN)

☑ BEG: 8 WH  
INT: 10 WH  
ADV: 12 WH



## 13. REVERSE LUNGE KNEE UP (LINKES BEIN)

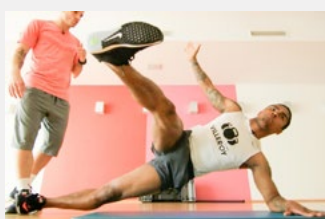
☑ BEG: 8 WH  
INT: 12 WH  
ADV: 15 WH



## 14. KNEE UPS (LINKES BEIN)

☑ BEG: 8 WH  
INT: 10 WH  
ADV: 12 WH

30 SEKUNDEN PAUSE



## 15. SIDE PLANK WITH FRONTAL KICKS (RECHTES BEIN)

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 10 WH



## 16. SIDE PLANK WITH DIAGONAL KICKS (RECHTES BEIN)

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 10 WH



## 17. SIDE PLANK WITH FRONTAL KICKS (LINKES BEIN)

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 10 WH



## 18. SIDE PLANK WITH DIAGONAL KICKS (LINKES BEIN)

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 10 WH

20 SEKUNDEN PAUSE (CONTINUE ON NEXT PAGE)



#17

## 19. SUPERMAN CRUNCHES

☑ BEG: 8 WH  
INT: 12 WH  
ADV: 15 WH



## 20. LEG RAISES

☑ BEG: 6 WH  
INT: 8 WH  
ADV: 10 WH

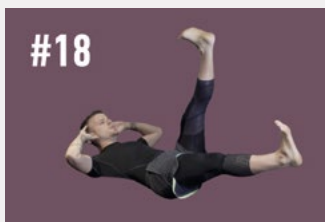


#19

## 21. DIAGONAL FLUTTER KICKS

☑ BEG: 6 WH  
INT: 8 WH  
ADV: 10 WH

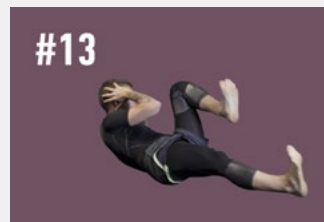
10 SEKUNDEN PAUSE



#18

## 22. FLUTTER KICKS

☑ BEG: 6 WH  
INT: 8 WH  
ADV: 10 WH

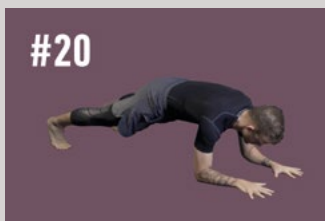


#13

## 23. BICYCLE CRUNCHES

☑ BEG: 10 WH  
INT: 20 WH  
ADV: 30 WH

10 SEKUNDEN PAUSE



#20

## 24. PLANK PUSH-UPS

☑ BEG: 5 WH  
INT: 10 WH  
ADV: 12 WH



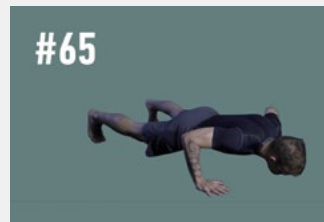
## 25. EXTENDED PLANK WITH KNEE LOWERING

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 7 WH



## 26. EXTENDED PLANK

🕒 BEG: 5 SEK  
INT: 10 SEK  
ADV: 15 SEK



#65

## 27. PUSH UP BURPEES

☑ BEG: 3 WH  
INT: 5 WH  
ADV: 7 WH

1 MINUTE PAUSE