

NO RESPAWN

WORKOUT CHALLENGE



Level: Advanced

Bitte pausiere immer ca. 45 Sekunden zwischen jeder einzelnen Übung!



<p>Day 1</p> <p>16 x Jumping Squats 32 Sek. Plank 20 x Bridging 20 Sek. Side Plank (rechts) 14 x Ground Row 20 Sek. Side Plank (links)</p>	<p>Day 2</p> <p>16 x Jumping Squats 34 Sek. Plank 24 x Bridging 22 Sek. Side Plank (rechts) 16 x Ground Row 22 Sek. Side Plank (links)</p>	<p>Day 3</p> <p>18 x Jumping Squats 36 Sek. Plank 26 x Bridging 24 Sek. Side Plank (rechts) 18 x Ground Row 24 Sek. Side Plank (links)</p>	<p>Day 4</p> <p>18 x Jumping Squats 38 Sek. Plank 28 x Bridging 26 Sek. Side Plank (rechts) 18 x Ground Row 26 Sek. Side Plank (links)</p>	<p>Day 5</p> <p>20 x Jumping Squats 40 Sek. Plank 30 x Bridging 26 Sek. Side Plank (rechts) 20 x Ground Row 26 Sek. Side Plank (links)</p>	<p>REST DAY</p>
<p>Day 7</p> <p>22 x Jumping Squats 42 Sek. Plank 32 x Bridging 28 Sek. Side Plank (rechts) 22 x Ground Row 28 Sek. Side Plank (links)</p>	<p>Day 8</p> <p>20 x Jumping Squats 44 Sek. Plank 32 x Bridging 28 Sek. Side Plank (rechts) 22 x Ground Row 28 Sek. Side Plank (links)</p>	<p>Day 9</p> <p>20 x Jumping Squats 46 Sek. Plank 34 x Bridging 30 Sek. Side Plank (rechts) 24 x Ground Row 30 Sek. Side Plank (links)</p>	<p>Day 10</p> <p>22 x Jumping Squats 48 Sek. Plank 34 x Bridging 30 Sek. Side Plank (rechts) 24 x Ground Row 30 Sek. Side Plank (links)</p>	<p>REST DAY</p>	<p>Day 12</p> <p>22 x Jumping Squats 50 Sek. Plank 36 x Bridging 32 Sek. Side Plank (rechts) 24 x Ground Row 32 Sek. Side Plank (links)</p>
<p>Day 13</p> <p>24 x Jumping Squats 52 Sek. Plank 36 x Bridging 32 Sek. Side Plank (rechts) 26 x Ground Row 32 Sek. Side Plank (links)</p>	<p>Day 14</p> <p>24 x Jumping Squats 54 Sek. Plank 38 x Bridging 34 Sek. Side Plank (rechts) 26 x Ground Row 34 Sek. Side Plank (links)</p>	<p>Day 15</p> <p>26 x Jumping Squats 56 Sek. Plank 38 x Bridging 34 Sek. Side Plank (rechts) 28 x Ground Row 34 Sek. Side Plank (links)</p>	<p>REST DAY</p>	<p>Day 17</p> <p>26 x Jumping Squats 58 Sek. Plank 40 x Bridging 38 Sek. Side Plank (rechts) 28 x Ground Row 38 Sek. Side Plank (links)</p>	<p>Day 18</p> <p>26 x Jumping Squats 60 Sek. Plank 40 x Bridging 40 Sek. Side Plank (rechts) 28 x Ground Row 40 Sek. Side Plank (links)</p>
<p>Day 19</p> <p>26 x Jumping Squats 62 Sek. Plank 40 x Bridging 42 Sek. Side Plank (rechts) 30 x Ground Row 42 Sek. Side Plank (links)</p>	<p>Day 20</p> <p>30 x Jumping Squats 64 Sek. Plank 42 x Bridging 44 Sek. Side Plank (rechts) 30 x Ground Row 44 Sek. Side Plank (links)</p>	<p>REST DAY</p>	<p>Day 22</p> <p>30 x Jumping Squats 66 Sek. Plank 42 x Bridging 46 Sek. Side Plank (rechts) 30 x Ground Row 46 Sek. Side Plank (links)</p>	<p>Day 23</p> <p>32 x Jumping Squats 68 Sek. Plank 44 x Bridging 48 Sek. Side Plank (rechts) 32 x Ground Row 48 Sek. Side Plank (links)</p>	<p>Day 24</p> <p>34 x Jumping Squats 70 Sek. Plank 44 x Bridging 50 Sek. Side Plank (rechts) 32 x Ground Row 50 Sek. Side Plank (links)</p>
<p>Day 25</p> <p>34 x Jumping Squats 72 Sek. Plank 46 x Bridging 52 Sek. Side Plank (rechts) 34 x Ground Row 52 Sek. Side Plank (links)</p>	<p>REST DAY</p>	<p>Day 27</p> <p>36 x Jumping Squats 74 Sek. Plank 46 x Bridging 54 Sek. Side Plank (rechts) 34 x Ground Row 54 Sek. Side Plank (links)</p>	<p>Day 28</p> <p>38 x Jumping Squats 76 Sek. Plank 48 x Bridging 56 Sek. Side Plank (rechts) 36 x Ground Row 56 Sek. Side Plank (links)</p>	<p>Day 29</p> <p>38 x Jumping Squats 78 Sek. Plank 48 x Bridging 58 Sek. Side Plank (rechts) 38 x Ground Row 58 Sek. Side Plank (links)</p>	<p>Day 30</p> <p>40 x Jumping Squats 80 Sek. Plank 50 x Bridging 60 Sek. Side Plank (rechts) 40 x Ground Row 60 Sek. Side Plank (links)</p>