

NO RESPAWN

WORKOUT CHALLENGE



Level: Beginner

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



Day 1 10 x Squats 12 Sek. Plank 5 x Bridging 4 x Ground Row	Day 2 10 x Squats 12 Sek. Plank 5 x Bridging 4 x Ground Row	Day 3 12 x Squats 14 Sek. Plank 6 x Bridging 4 x Ground Row	Day 4 12 x Squats 16 Sek. Plank 6 x Bridging 5 x Ground Row	Day 5 14 x Squats 16 Sek. Plank 7 x Bridging 6 x Ground Row	REST DAY
Day 7 15 x Squats 18 Sek. Plank 7 x Bridging 6 x Ground Row	Day 8 15 x Squats 18 Sek. Plank 8 x Bridging 7 x Ground Row	Day 9 16 x Squats 20 Sek. Plank 8 x Bridging 7 x Ground Row	Day 10 16 x Squats 20 Sek. Plank 10 x Bridging 8 x Ground Row	REST DAY	Day 12 18 x Squats 20 Sek. Plank 10 x Bridging 8 x Ground Row
Day 13 18 x Squats 22 Sek. Plank 12 x Bridging 10 x Ground Row	Day 14 20 x Squats 22 Sek. Plank 12 x Bridging 10 x Ground Row	Day 15 20 x Squats 24 Sek. Plank 14 x Bridging 10 x Ground Row	REST DAY	Day 17 22 x Squats 24 Sek. Plank 14 x Bridging 11 x Ground Row	Day 18 22 x Squats 26 Sek. Plank 16 x Bridging 11 x Ground Row
Day 19 24 x Squats 28 Sek. Plank 16 x Bridging 12 x Ground Row	Day 20 24 x Squats 30 Sek. Plank 18 x Bridging 13 x Ground Row	REST DAY	Day 22 26 x Squats 32 Sek. Plank 18 x Bridging 14 x Ground Row	Day 23 26 x Squats 34 Sek. Plank 20 x Bridging 15 x Ground Row	Day 24 28 x Squats 34 Sek. Plank 22 x Bridging 16 x Ground Row
Day 25 28 x Squats 36 Sek. Plank 24 x Bridging 16 x Ground Row	REST DAY	Day 27 30 x Squats 36 Sek. Plank 24 x Bridging 17 x Ground Row	Day 28 30 x Squats 38 Sek. Plank 26 x Bridging 18 x Ground Row	Day 29 32 x Squats 38 Sek. Plank 28 x Bridging 18 x Ground Row	Day 30 32 x Squats 40 Sek. Plank 30 x Bridging 20 x Ground Row