

HIIT Fatburner HOMEWORKOUT mit KURZHANTELN (4-8 KG ideal)

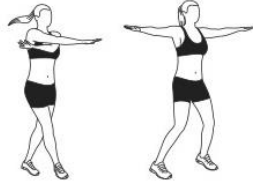
Tipp:

Warm-up: Marschieren am Platz mit großen Armkreisen (1 Song lang = 3 Min.)

Achte bei allen Ausführungen auf die korrekte Technik.
Der Rumpf und die Wirbelsäule sollte stabil und gerade gehalten werden. Fokus auf die arbeitende Muskelgruppe.

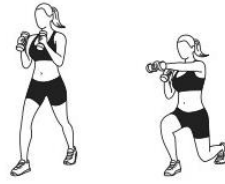
=> Nach jedem 45 Sek. Intervall machst du 15 Sek. Pause

cross jacks



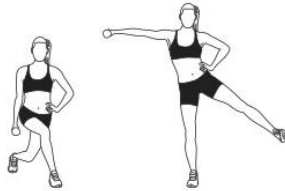
3sets 60sec

lunge punch



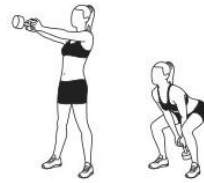
3sets 30sec + 30sec

curtsy lunge side kick raise



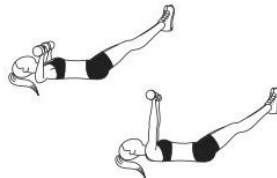
3sets 30sec + 30sec

dumbbell swing



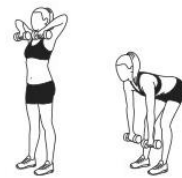
3sets 45sec

chest press legs extended



3sets 45sec

deadlift wide row



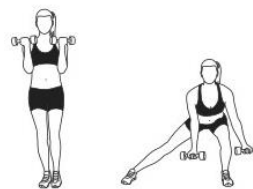
3sets 60sec

reverse lunge press



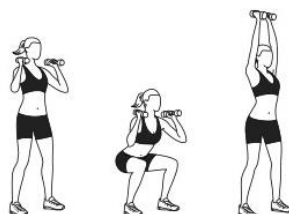
3sets 30sec + 30sec

side lunge curl



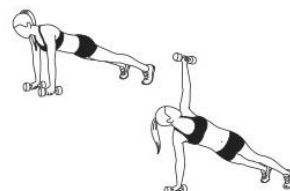
3sets 60sec

thrusters



3sets 45sec

plank rotation



3sets 45sec