

RESCUE HEROES

WIKI-LÄUF

JUNIOR 17-24 JÄHRE



Nr	Übung	Anzahl (Gewicht)	Laufdistanz
1	JumpingJ acks	20	100m
2	Lunges	10li/10re	100m
3	Tuck Jumps	5	50m
4	Alligator-PushUp	5	50m
5	Krabbengang	20m	100m
6	Burpees	8	100m
7	Bärgang	20m	100m
8	Sumo-Squats	10	50m
9	Push-Up	5	200m
10	Lateral-Kick-through	6	50m
11	Sprawls	5	100m
12	Sit-Ups	10	100m
13	Plank	30s	100m
14	Bicycle-Crunches	20	50m
15	Wasser trinken!		
16	Squat-Jumps	10	50m
17	Up-Downs	6	100m
18	Burpee-Tuck-Jumps	4	100m
19	High-Plank	30s	50m
20	Shoulder-Taps	20	50m
21	Squat-Lunges	6	100m
22	Leg-Raises	5	100m
23	Surfer-Squat-Jumps	6	100m
24	Mountain-Climbers	20	50m
25	High-Knees	40	100m
26	Pike-Push-Ups	3	50m
27	DeadLift	3 li / 3 re	100m
28	Zielwurf	6m - 3 Versuche*	100m
	ZIEL		

* bei Verfehlen des Ziels 5 Burpees als Strafe