

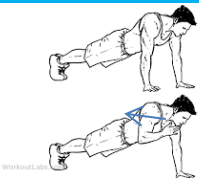

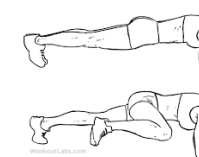
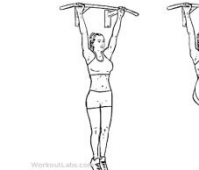


TIPOLOGIA: CALISTHENICS CONDITIONING (WORK REPS)

TEMPO: ESEGUI IL CIRCUITO FACENDO UN ESERCIZIO DIETRO L'ALTRO CON PAUSA DI 40" sec.

AL 6th ESERCIZIO FAI UN RIPOSO DI 1' min. E RIPETI

NUMERO ROUND: 2

REPS – REST TIME				
EXERCISES	SHOULDER TAP	20 REPS TOT.	40" REST	
	PEAK PUSH UP (piedi su panca)	40 REPS TOT.	40" REST	
	HALLOW POSITION	1x20" + 1x10"	40" REST	
	PLANK CRUNCH	24 REPS TOT.	40" REST	
	HANGING CORNER RAISE (OBLIQUI)	20 REPS TOT.	40" REST	
	SHOULDER TAP MONO ISOMETRICA	40 REPS TOT.	40" REST	