

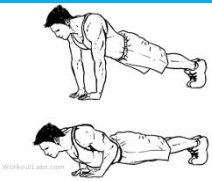
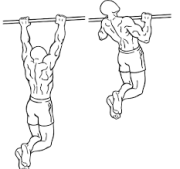

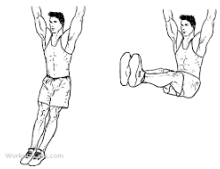



TIPOLOGIA: CALISTHENICS CONDITIONING (WORK REPS)

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	DIAMON PUSH UP + CLAP PUSH UP	15 REPS + 5 REPS	40" REST 
	PULL UP (calistheniche gambe dritte)	8 REPS	40" REST 
	INVERSE PUSH UP	1x20" + 1x10"	40" REST 
	HANGING LEG RAISE	24 REPS TOT.	40" REST 
	CHIN UP (calistheniche gambe dritte)	8 REPS TOT.	40" REST 
	AUSTRALIAN PULL UP	12 REPS TOT.	40" REST 