

RISCALDAMENTO

STRETCHING (2 esercizi braccia, 3 esercizi gambe in piedi, 3 esercizi gambe sedute)

CIRCUITO

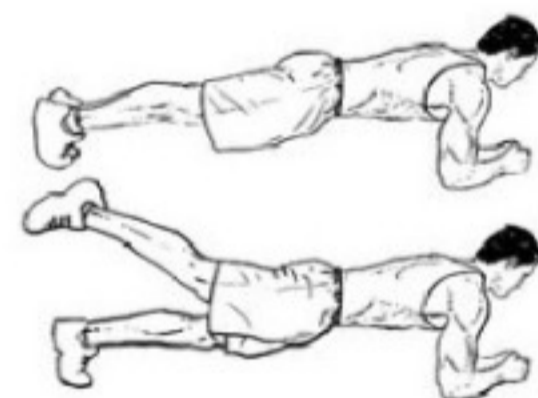
(ESEGUO L'ESERCIZIO PER 40" - RECUPERO 20") RIPETERE IL CIRCUITO PER 3/4 VOLTE



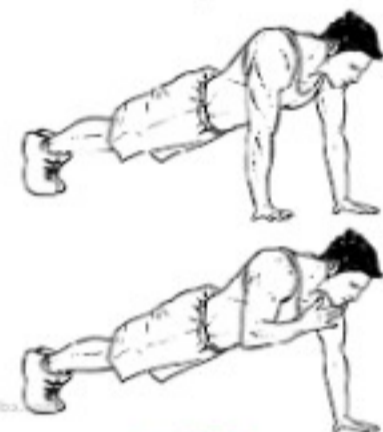
PIN ON PUSH UP



AFFONDI LATERALI



PLANK LEG LIFT



PLANK SHOULDER TAP



SQUAT JUMP



JUMPING JACK



BRIDGE



HINDU PUSH UP



STEP DOWN



CRUNCH OBLIQUO