



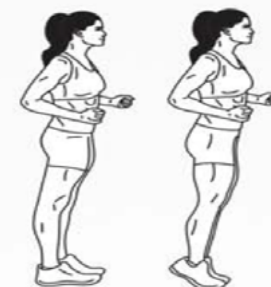
IN BASE AL TUO LIVELLO COMPLETA 3 5 O 7
GIRI DI QUESTO CIRCUITO SENZA RECUPERO
PREDEFINITO



AFFONDI LATERALI
10 X GAMBA



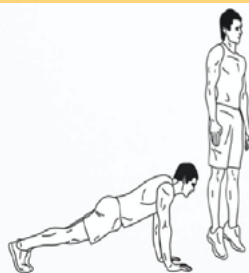
MOUNTAIN CLIMBERS
10X GAMBA



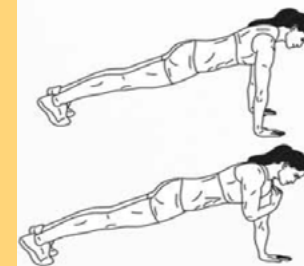
CALF RAISE
10 X GAMBA



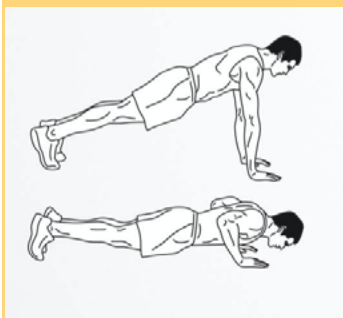
PLANK ROTATION
5 X LATO



BURPEES
8 RIPETIZIONI



SHOULDER TAP
8 X SPALLA



PUSH UP
X 10 RIPETIZIONI



RUSSIAN TWIST
X 15 RIPETIZIONI X LATO



SQUAT JUMP
X 10 RIPETIZIONI