

WORKOUT #6

THE CHAIN

EXECUTION TIME	60"
REST	30"

A								
A	B							
A	B	C						
A	B	C	D					
A	B	C	D	E				
A	B	C	D	E	F			
A	B	C	D	E	F	G		
A	B	C	D	E	F	G	H	
	B	C	D	E	F	G	H	
		C	D	E	F	G	H	
			D	E	F	G	H	
				E	F	G	H	
					F	G	H	
						G	H	
							H	

A	FROG BENCH
B	HINDU PUSH UP
C	SKATER
D	REVERSE BENCH KICK
E	ROCK UP
F	ONE LEG KICK TOUCH
G	QUAD TO SQUAT
H	BRIDGE TWIST

 80%

 impegnativo

 30'

FINISHER

Esegui 10 ripetizioni della catena A+B+C+D+E+F+G+H

APPUNTI
