

WORKOUT #11

LEVEL UP

| | |
|----------------|-----|
| EXECUTION TIME | 40" |
| REST TIME | 20" |
| REST LEVEL | 2' |

 85%

 faticoso

 26'

| | LEVEL | | | |
|----------------------|-------|----|----|----|
| | L1 | L2 | L3 | L4 |
| KNEE TO SQUAT | 12 | 14 | 16 | 18 |
| IRON BENCH | 14 | 16 | 18 | 20 |
| SPLIT TWIST CLIMBERS | 22 | 24 | 26 | 30 |
| MIDDLE BACK KICK | 14 | 16 | 18 | 20 |
| BURPEE (no jump) | 10 | 12 | 14 | 15 |

APPUNTI
