

PRATICANTE

Workout #9

LA PIRAMIDE

SPLIT JERK	2	4	6	8	10	8	6	4	2
	C	C	C	C	C	C	C	C	C
REST	60"	80"	100"	120"	150"	120"	100"	80"	

CIRCUITO C	
6	HIP THRUST
6	REMATORE
8	BURPEE OVER THE BAR

Appunti
