

WORKOUT #18

THE HAMMER

EXECUTION TIME	20"
REST	15"
REST LINE	80-20"

ONE LEG KICK TOUCH	X	X	X	X	X	X	X	X
HERO TOUCH	X	X	X	X	X	X	X	
SCISSOR QUAD	X	X	X	X	X	X		
POWER JUMPING JACKS	X	X	X	X	X			
SPLIT PUSH UP	X	X	X	X				
AROUND THE SQUAT	X	X	X					
BACK PULL	X	X						
PENDULUM LEGs	X							

FINISHER: CIRCUIT TIME	INTENSITA'
- 30" a stazione - 15" recupero fra stazioni - 1 round	88%FCmax faticoso



85-88%



faticoso



30'

APPUNTI
