

# WORKOUT #35

## MUD ESCAPE

### SPRINTER SEMPRE PIU' SPRINT



88-92%



faticoso



40'

#### MUD ESCAPE

ESERCIZIO	RIPETIZIONI			
BACK SPLIT	20	16	12	10
SPINAL CRUNCH	20	16	12	10
SIDE SKATER	20	16	12	10
MID BACK KICK 90	18	16	12	10
BRIDGE TWIST	18	16	12	10

<b>OGNI 3' MINUTI</b>	esegui 20 <b>PLYO BRIDGE&amp;TOUCH</b>
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**REST 3'**

#### SPRINTER SEMPRE PIU' SPRINT

POWER FROG	20
MIDDLE BACK KICK	14
BURPEE SPRAWL	12
ONE LEG KICK	30
STEP SIDE TOUCH	20

LIVELLO	TEMPO LIMITE
LEVEL 1	3:00
LEVEL 2	2:40
LEVEL 3	2:30
LEVEL 4	2:20

<b>REST ROUND</b>	2'
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