

WORKOUT #19

INCEPTION

DEEP 1 – THE WALL TIME: 10'

50	SKATER JUMP
50	TWIST BENCH KICK
50	TRIPOD
50	SPLIT CLIMBERS

DEEP 2 – PIRAMIDE - TIME: 8'

STEP REPs:	2	4	6	8	10	8	6	4	2
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FROG JUMP
TWISTED PUSH UP
PIPE CRUNCH
ONE LEG KICK CROSS

DEEP 3 – AEROBIC RESISTENCE – TIME: 2'

80	DOUBLE KICK
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DEEP 4 – STRENGTH RESISTENCE

3' EFFETTIVI	STAR BENCH
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83%



impegnativo
più che impegn.



35-45'



500

APPUNTI
