

LADDER + COMPLEX

ESERCIZI
DEAD CLEAN
FRONT SQUAT
PUSH PRESS

PARTE PRIMA: LADDER COMPLEX

STEP REPs:	12	10	8	6	4	2
STEP REST:	120"	100"	90"	70"	50"	

PARTE SECONDA: COMPLEX IN LADDER

STEP REPs:	8	7	6	5	4	3	2	1
STEP REST:	120"	110"	100"	90"	80"	70"	60"	

Appunti
