

# WORKOUT #28

## MORE & LESS

20	SITTING ROCK UP
10	SPIDER PUSH UP
14	HIGH BACK KICK
12	SCISSOR QUAD
12	BENCH TO ONE LEG KICK

<b>TARGET</b>	100/120 BACK WORM
<b>Intensità 88% FCmax</b>	

INCREMENTI	
1° STOP	+2
2° STOP	+4
3° STOP	+8
4° STOP	+4
5° STOP	+2
SUCCESSIVI	+0

APPUNTI

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 **88%**

 faticoso

 **30/40'**