

# WORKOUT #4

## UP&DOWN EXTENDED

REST LANE	90"
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WHEEL JUMP	20	16	12	8
FRONT KICK	10	14	16	20
SIT UP	30	25	20	15
BURPEE PUSH UP	8	10	14	18
TWISTER KICK	16	14	12	10
SIDE STAR	10	12	14	16
PENDULUM LEGs	20"	20"	20"	20"

 85%

 faticoso

 35/40'

 > 360

APPUNTI

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