

WORKOUT #15

THE CHAIN

EXECUTION TIME	60"
REST	30"

A								
A	B							
A	B	C						
A	B	C	D					
A	B	C	D	E				
A	B	C	D	E	F			
A	B	C	D	E	F	G		
A	B	C	D	E	F	G	H	
	B	C	D	E	F	G	H	
		C	D	E	F	G	H	
			D	E	F	G	H	
				E	F	G	H	
					F	G	H	
						G	H	
							H	

A	TRIPOD
B	BACK KICK 45
C	AROUND THE SQUAT
D	BURPEE SPRAWL
E	WORM PU
F	STAR BENCH
G	BENCH TO REVERSE
H	POWER BRIDGE

FINISHER – INTENSITA' 80%FCmax

Esegui 10 ripetizioni della catena A+B+C+D+E+F+G+H



70-80%



legg. impeg.
impegnativo



25/30'