

WORKOUT #16

IL MEGLIO E IL PEGGIO

EXECUTION TIME	40"
REST TIME	20"
REST LINE	120"



85-88%



faticoso



40'

	B1	B2	B3	B4	B5	SCORE
KNEE TO SQUAT						
PUSH & ROLL						
SPINAL CRUNCH						
POWER LUNGE						
HINDU PUSH UP						
TWIST CLIMBERS						
TOTALE						

APPUNTI
