

WORKOUT #6

THE HUNDRED

TIME LIMIT 30'

LIVELLO	REPs	REPs
1	10	1
2	10	2
3	10	3
4	10	4
5	10	5
6	10	6
7	10	7
8	10	8
9	10	9
10	10	10

T-PUSH UP	JUMP&BACK
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MONKEY KICK	HINDU FROG
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HIGH KICK	ROLLING ROCK UP
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85%



faticoso



30'

APPUNTI
