

WORKOUT #14


THE WALL DIE HARD

REPs	MURO
100	TWIST CLIMBERS
90	SIDE SKATER
80	BRIDGE TWIST
70	FIGHTER KICK
100	TWIST CLIMBERS
60	KARATE SQUAT
50	SCORPION
40	ONE LEG KICK STRETCH
100	TWIST CLIMBERS
30	BACK SPLIT
20	REV. BENCH KICK JUMP
10	JUMP & BACK
100	TWIST CLIMBERS

 85-88%

 faticoso

 40'

 850

APPUNTI
