

# WORKOUT #1

## THE HAMMER

<b>EXECUTION TIME</b>	20"
<b>REST</b>	15"
<b>REST LINE</b>	80-20"

SKATER JUMP	X	X	X	X	X	X	X	X
BACK KICK 90	X	X	X	X	X	X	X	
TWIST CLIMBERS	X	X	X	X	X	X		
HINDU PUSH UP	X	X	X	X	X			
POWER LUNGE	X	X	X	X				
HOT COALS	X	X	X					
SIDE MONKEY	X	X						
KNEE TOUCH BENCH	X							



85%



faticoso



32'

<b>FINISHER: CIRCUIT TIME</b>	<b>INTENSITA'</b>
- 30" a stazione - 15" recupero fra stazioni - 1 round	85%FCmax faticoso

APPUNTI

---