

# WORKOUT #27

## INCEPTION

 88%

 faticoso

 60'

### DEEP 1: UP&DOWN EXTENDED - TIME: 12'

MID BACK KICK 90	20	18	14	12
SIDE TO SIDE PUSH UP	8	10	14	16
VERTICAL BOMB	24	20	16	12
SCORPION KICK	8	12	14	16
BURPEE PUSH UP	15	15	15	15

### DEEP 2: FUORI UNO REPs - TIME: 8'

RIPETIZIONI	10
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A	AROUND THE SQUAT
B	TWISTER BRIDGE
C	BACK SPLIT
D	KARATE SQUAT

A	A+B	A+B+C	A+B+C+D
B	B+C	B+C+D	
C	C+D		
D			

### DEEP 3: THE CHAIN - TIME: 2'

RIPETIZIONI	20
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2	TWISTER BRIDGE
2	MIDDLE BACK KICK 45
2	AROUND THE SQUAT
1	VERTICAL BOMB

### DEEP 4: RESISTENCE - TIME: 1'

100	TUCK JUMP
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### DEEP 5: STRENGTH RESISTENCE

3'	SIDE BENCH SCORPION
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