

WORKOUT #5

THE BRIDGE

 85%

 faticoso

 30'

LADDER	LAVORO ESTERNO
2	L1
4	L1 – L2
6	-
8	L2
10	L1 – L2
8	L1
6	L1 – L2
4	
2	-

TIME LIMIT 30'

ESERCIZI LADDER
CLOCK BENCH
BACK PARA'
VERTICAL PUSH UP
SCORPION

L1
ROCK FROG JUMP

L2 - CIRCUIT REPs	
10	IRON WORM
5	REV. BENCH KICK
5	SPLIT TWIST CLIMBERS

APPUNTI
