

WORKOUT #30

LEVEL UP

EXECUTION TIME	40"
REST TIME	20"
REST LEVEL	2'



88%



faticoso



26'

	LEVEL			
	L1	L2	L3	L4
POWER HERO TOUCH	20	22	24	26
ONE LEG KICK HIP	16	18	20	22
V PLANK	32	36	38	40
PULL BACK	16	18	19	20
SPLIT CLIMBERS	40	50	54	60

APPUNTI
