

# WORKOUT #3

## THE WALL

REPs	MURO
100	PLYO LUNGE
90	SCISSOR BENCH
80	SIDE SKATER
70	ONE LEG KICK CIRCLE
60	PUSH PLANK PULL
50	KARATE SQUAT
40	TWIST BENCH KICK
30	THE WORM
20	BRIDGE TO L-SIT
10	SPLIT BURPEE



85%



faticoso



30/40'



550

APPUNTI

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