

# WORKOUT #22

## THE WINDOW

14	TWISTER KICK
12	SCISSOR PUSH UP
10	BENCH TO REVERSE
10	JUMP & BACK
10	IRON WORM
<b>MAX REST: 20"</b>	

<b>WINDOW EXERSICE</b>	PLYO BRIDGE&TOUCH
<b>WINDOW TARGET</b>	100/120
<b>WINDOW TIME</b>	25"
<b>REST ROUND</b>	90"



85-88%



faticoso



30'

APPUNTI

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