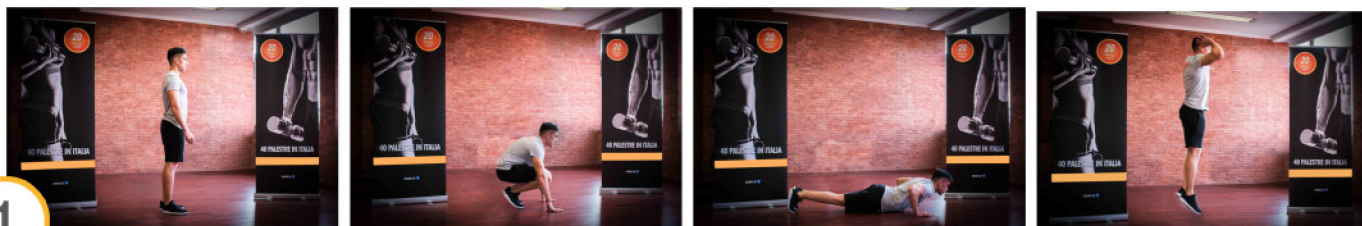


CIRCUITO PRIMA SETTIMANA

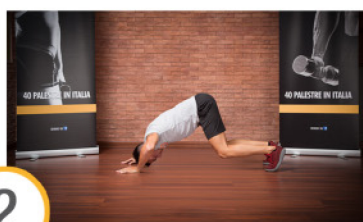
1



BURPEES - 1 MINUTO

PAUSA 1 MINUTO

2



V PUSH-UP
1 MINUTO

PAUSA 1 MINUTO

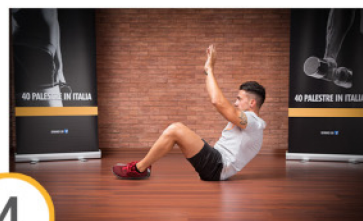
3



DIP - 30 SECONDI

PAUSA 30 SECONDI

4



SIT UP
1 MINUTO

PAUSA 30 SECONDI

MODALITÀ:

RIPETERE GLI ESERCIZI PER 3 ROUND

