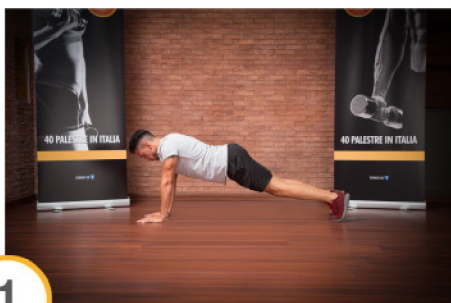


CIRCUITO SECONDA SETTIMANA



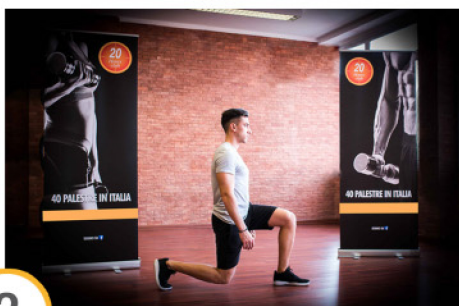
1

PLANK A BRACCIA TESE
20 SECONDI



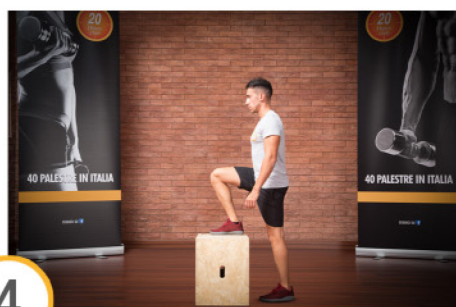
2

SQUAT
20 RIPETIZIONI



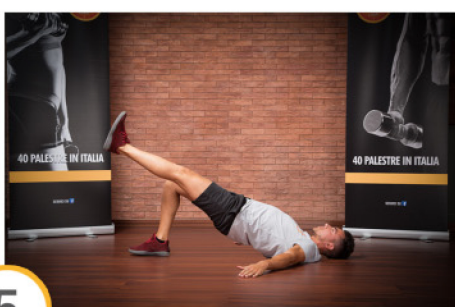
3

AFFONDI ALTERNATI
20 RIPETIZIONI



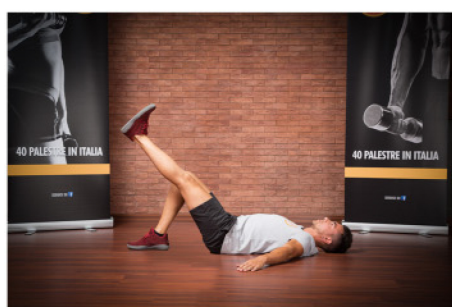
4

STEP UP
10 RIPETIZIONI PER GAMBA



5

PONTE PER GLUTEI A 1 GAMBA
10 RIPETIZIONI PER GAMBA



MODALITÀ CIRCUITO:
AMRAP - AS MANY ROUNDS AS POSSIBLE
QUANTI PIÙ GIRI RIESCI A FARE NEI 20 MINUTI

