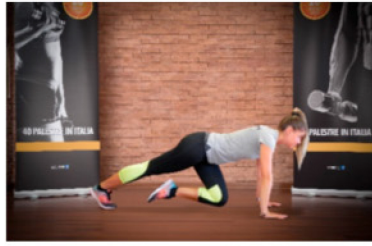
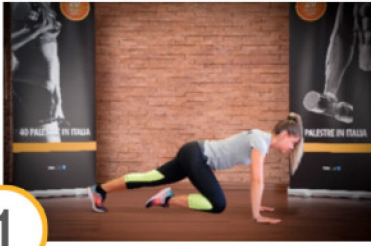
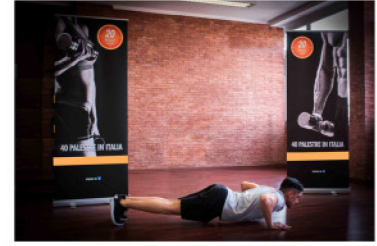


CIRCUITO TERZA SETTIMANA

1



CLIMBERS - 30 SECONDI



PUSH UP
20 RIPETIZIONI



CRUNCH
15 RIPETIZIONI



SALTELLI LATERALI
30 SECONDI



SQUAT
24 RIPETIZIONI



WALK OUT PUSH UP - 10 RIPETIZIONI

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

