

CIRCUITO FULL BODY

30'' di lavoro ogni esercizio

1) Squat jump



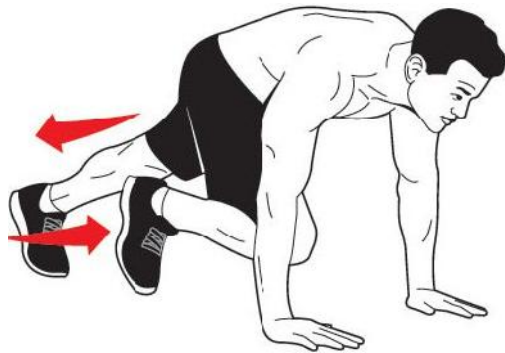
2) Jumping jacks



3) Plank



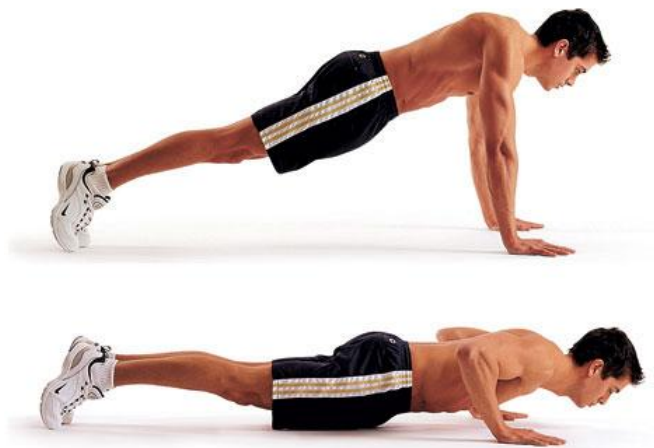
4) Mountain climber



5) Squat e divaricata laterale (alternare destra e sinistra)



6) Push up



7) Up down plank



8) Straight leg (alternanza degli arti)

9)



10) Side plank con leg pull 30" per lato



11) Pausa 1'

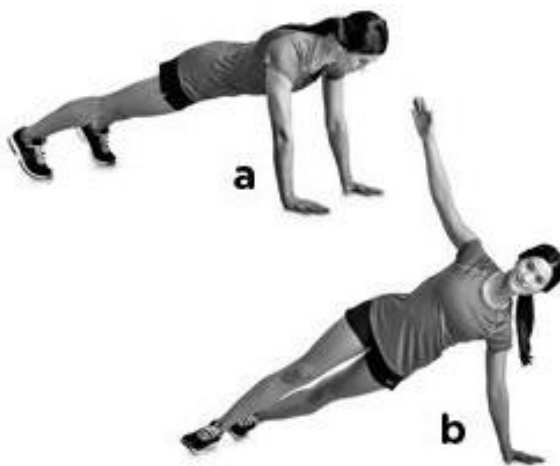
12) Push up lay down



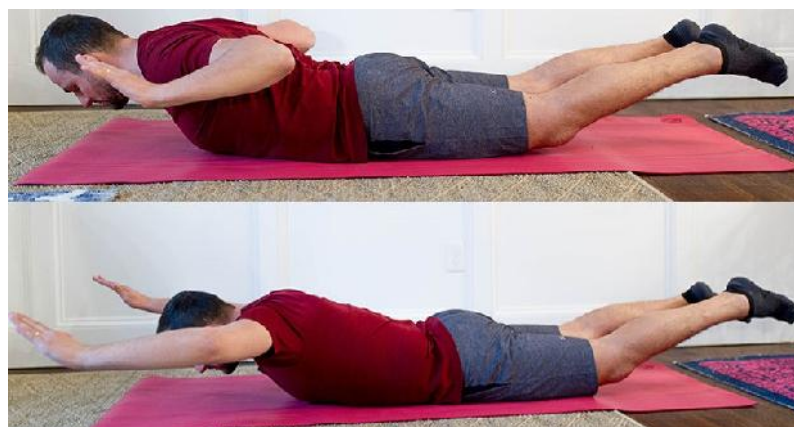
13) Superman



14) Rotazioni a T (alternare destra e sinistra)



15) Superman pull



16) Outer leg (30'' ogni arto)



17) Plank



18) Pausa 1'

19) Leg glute bridge



20) Reverse crunch



21) Dips



22) Flutter kicks



23) Crunch laterale con tocco caviglie (alternare destra e sinistra)



24) Cross mountain con incrocio (alternare gli arti)

