

TABATA

1 GIRO, 20" ON-10" OFF

1	AIR SQUAT
2	L-SITUP
3	JUMPING PLANK
4	CRAB KICK
5	JUMPING JACK
6	MOUNTAIN CLIMBER
7	SIDE PLANK ELBOW TO KNEE - L
8	SIDE PLANK ELBOW TO KNEE - R

FINAL WARMUP

CORE WORKOUT 12'

SWITCH

EVERY 30"

1	PLANK ROLLING SU GOMITI
2	HEELS TOUCH
3	HOLLOW HOLD
4	CROSS CRUNCHES
5	WIPERS
6	RUSSIAN TWIST

WOD 40" On/20" Off

3 ROUNDS

1	DB BENT OVER ROW
2	L-SITUP CON PESO
3	DB/KB STEP-UP
4	SUMO DEADLIFT
5	HIP THRUST ONE LEG
6	THRUSTERS
7	CLEAN AND JERK

SATURDAY'S BURPEES CHALLENGE

15'

1 BURPEE
2 DB FRONT LUNGES
3 BURPEES
4 DB FRONT LUNGES
5 BURPEES
6 DB FRONT LUNGES
7 BURPEES
8 DB FRONT LUNGES

E AVANTI COSI' CERCANDO DI ARRIVARE AL MAGGIOR
NUMERO POSSIBILE NEI 15'