





WARMUP: 5/10 MIN CARDIO

CRUNCH			
		15/7/15	
	Serie/rip	3 x 30"	3 X 30"
	Tempo		
	Pausa	30"	30"
	Kg		


ROW 1 ARM			
		15/7/15	
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		


Spinte Alternate			
		15/7/15	
	Serie/rip	3 x (8+8)	3 x (8+8)
	Tempo		
	Pausa	30"	30"
	Kg		

SQUAT			
		15/7/15	
	Serie/rip	3 x 8	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		

Functional Rowing			
		15/7/15	
	Serie/rip	3 x 8	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		

Clean			
		15/7/15	
	Serie/rip	3 x 6	3 X 6
	Tempo		
	Pausa	30"	30"
	Kg		

Free Exercises			
		15/7/15	
	Serie/rip	3 x 15	
	Tempo		
	Pausa	30"	30"
	Kg		

Jump ON			
		15/7/15	
	Serie/rip	3 x 4	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		