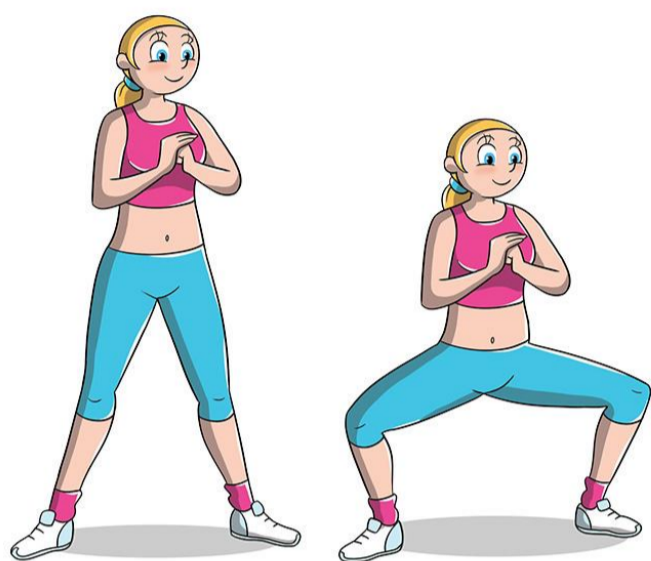
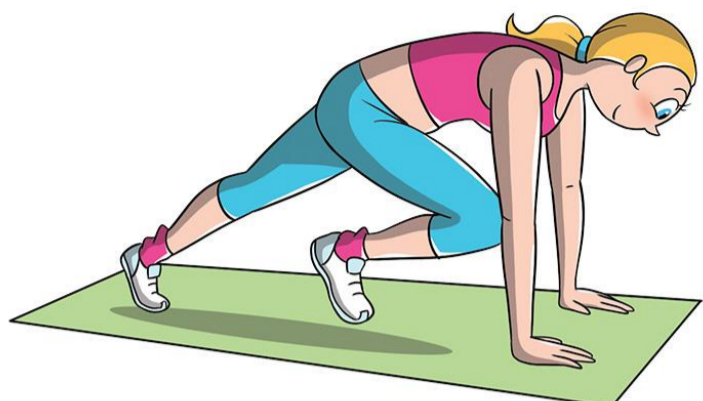


PROGRAMMA D'ALLENAMENTO FULL BODY A CASA TUA



Mountain Climber

10 RIPETIZIONI
X 3 SERIE

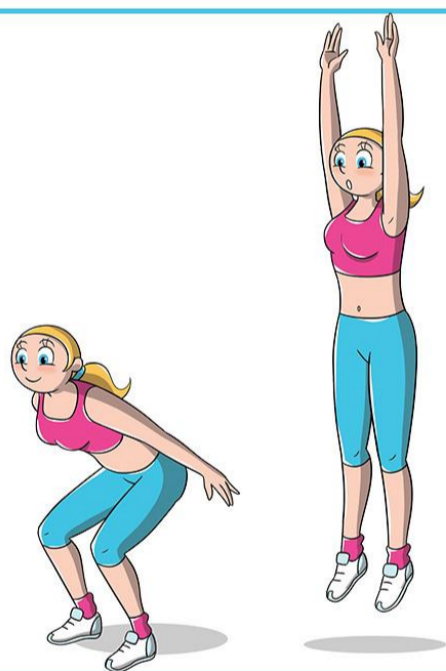
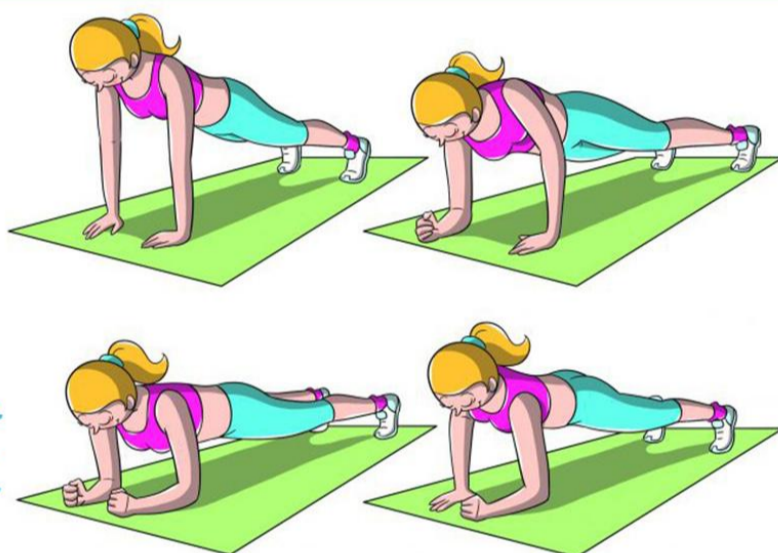


Sumo Squat

10 RIPETIZIONI
X 3 SERIE

Up-down plank

5 RIPETIZIONI PER
BRACCIO X 3 SERIE

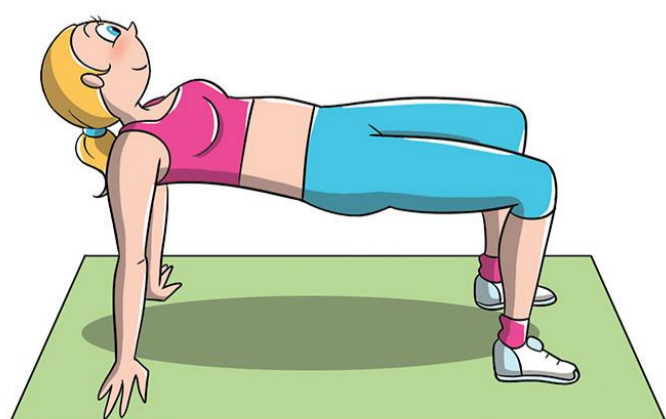
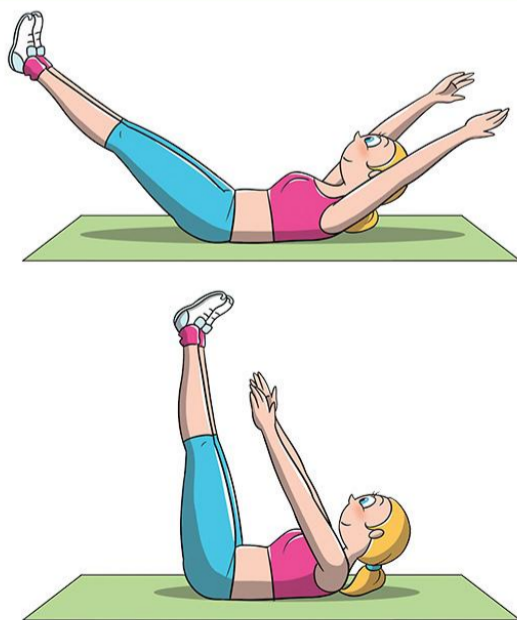


Jump Squat

5 RIPETIZIONI
X 3 SERIE

Toe-touch crunches

10 RIPETIZIONI
X 3 SERIE



Reverse Plank

30 SECONDI
X 3 SERIE