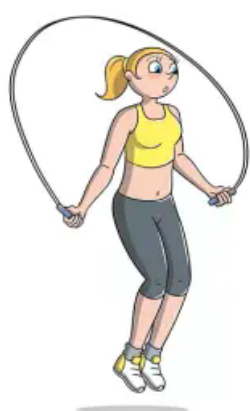


Allenamento a corpo libero:

circuito



SALTO CON LA CORDA

30
secs



30
secs

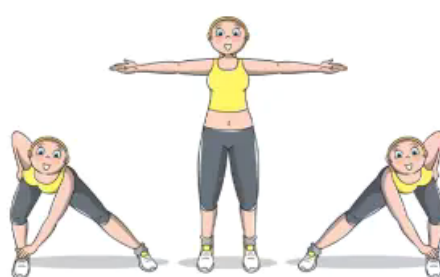


PIEGAMENTI IN GINOCCHIO



CRUNCH INVERSO

30
secs



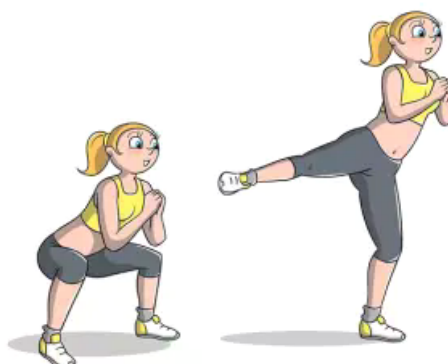
SIDE LUNGE TOUCH

30
secs



TRICEPS DIP ON CHAIR

30
secs



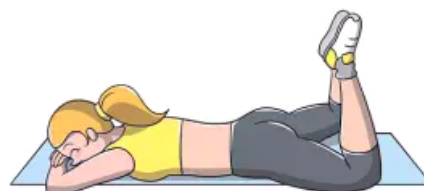
SIDE KICK SQUAT

30
secs



SIDE TO SIDE

30
secs



PILATES GRASSHOPPER