

RISCALDAMENTO

STRETCHING (2 esercizi braccia, 3 esercizi gambe in piedi, 3 esercizi gambe sedute)

CIRCUITO

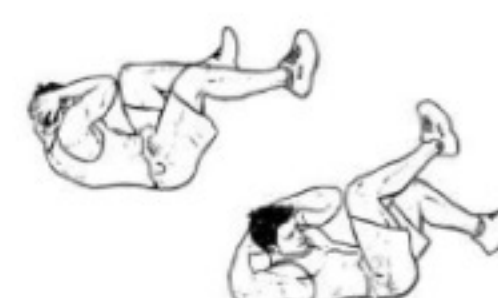
(ESEGUO L'ESERCIZIO PER 40" - **RECUPERO 20"**) **RIPIETERE IL CIRCUITO PER 2 VOLTE**



ADDOMINALI CON PIEDI
SOLLEVATI



Y POSITION



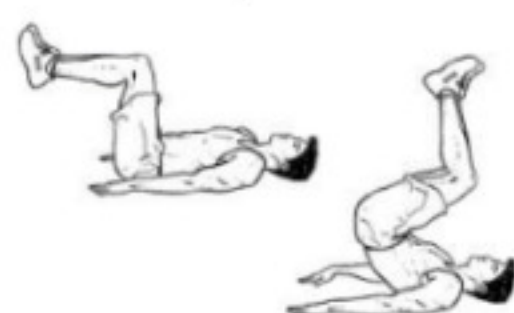
CRUNCH ALTERNANDO LE
GAMBE



PLANK GOMITO



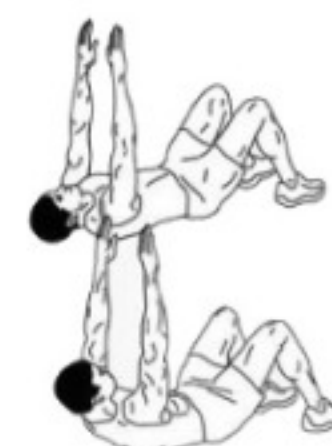
HEEL TAP



CRUNCH SOLLEVAMENTO
GAMBE



CRUNCH OBLIQUO



HIGH CRUNCH