



RISCALDAMENTO

STRETCHING - (2 ESERCIZI BRACCIA, 3 ESERCIZI GAMBE, 3 ESERCIZI GAMBE DA SEDUTO)



CIRCUITO ADDOMINALI

ESEGUO IL SINGOLO ESERCIZIO PER 40" - RECUPERO 20"
RIPETERE IL CIRCUITO PER 3/4 VOLTE



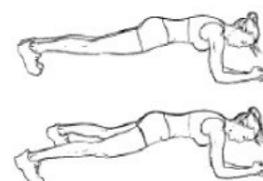
SPIDER PLANK

1



CRUNCH OBLIQUO

2



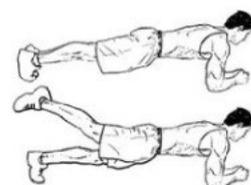
PLANK JACKS

3



HELL TOUCHERS

4



PLANK LEG LIFT

5



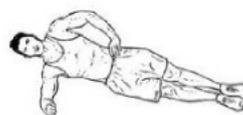
CRAB TOE TOUCHES

6



FLUTTER KICKS

7



PLANK LATERALE

8



BICYCLES

9