



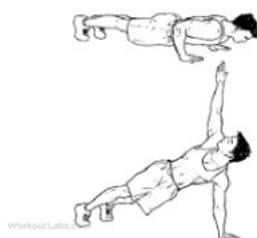
RISCALDAMENTO

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



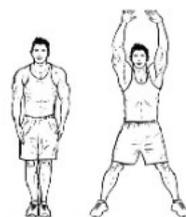
CIRCUITO FORZA GENERALE

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



PIN ON PUSH UP

1



JUMPING JACK

2



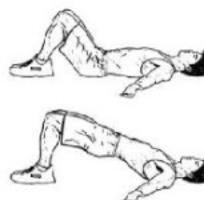
Y POSITION

3



AFFONDO+JUMP
ALTERNATO

4



BRIDGE

5



SQUAT

6



SNAP JUMP

7



TRICIPITI DIP

8



HINDU PUSH UP

9