

CIRCUIT TRAINING

Livello 1: 3 set Livello 2: 5 sets Livello 3: 7 sets 1'min rest



1 Front Squat W-Rotation
x10-15-20



2 Bicycle V-up
x16-20



3 Lunge Press
x16-20



4 Burpees Beginners x5
Burpees completo x10



5 Sumo Squat + Curl Bicipiti
x10-15-20



6 Push down
Push up-push down
x5-10

