

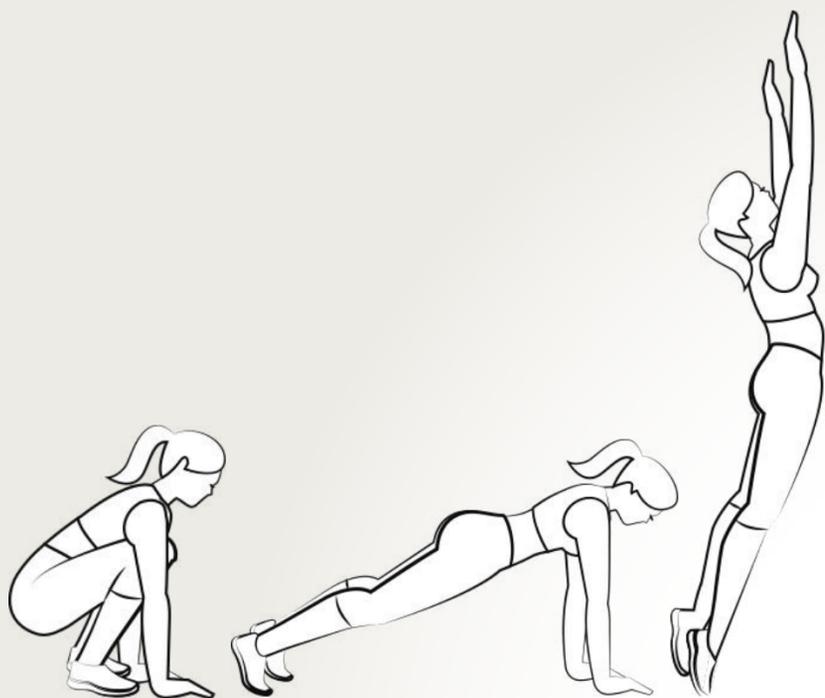


HOME WORKOUT

→ 45 secondi ad esercizio

→ 15 secondi di recupero tra ogni esercizio

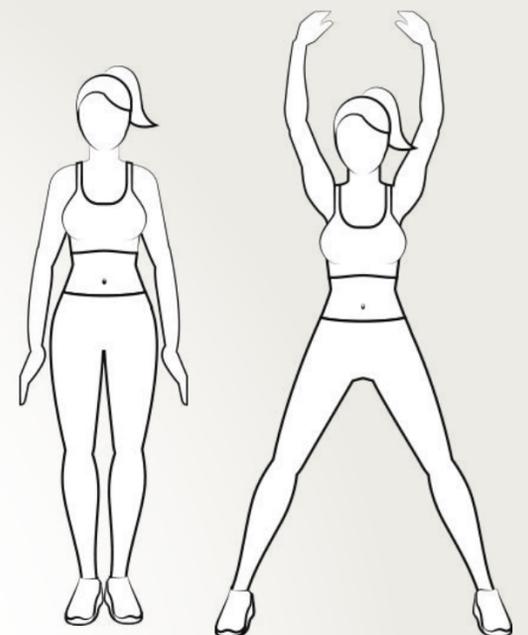
→ Da 3 a 5 ripetizioni del circuito



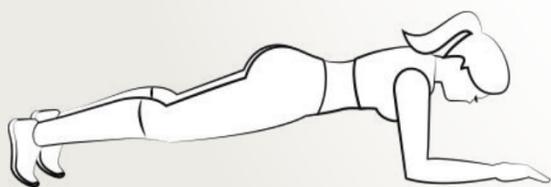
BURPEES



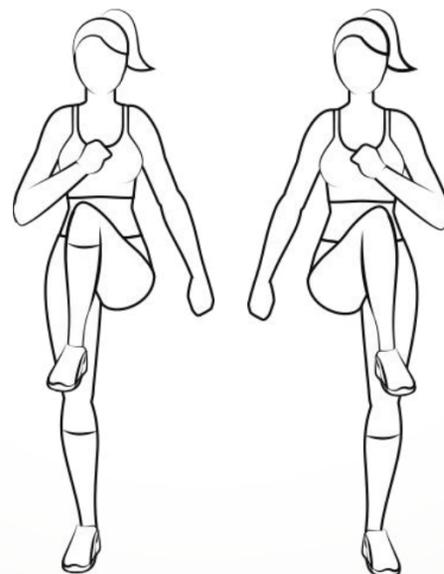
RUSSIAN TWISTS



JUMPING JACKS



PLANK



HIGH KNEES



SINGLE LEG DROPS