

workout

DIMAGRIRE DOPO LE FESTE

TABATA 25 SEC LAVORO + 10 SEC RECUPERO

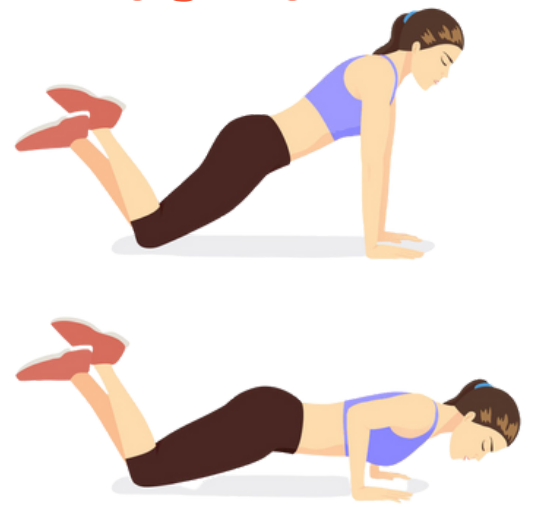
SQUAT



MOUNTAIN CLIMBER



PUSH UP



ESEGUIRE 8 ESERCIZI IN TOTALE

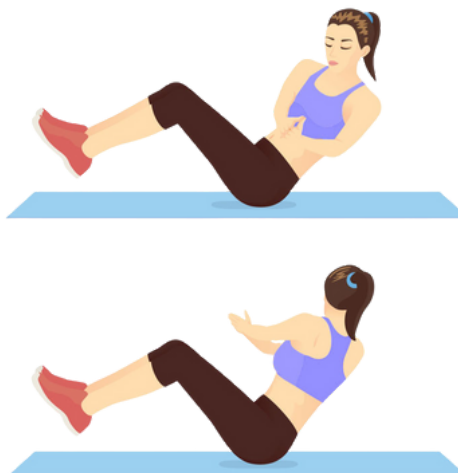
RECUPERA 1 MIN

TABATA 25 SEC LAVORO + 10 SEC RECUPERO

SUMO SQUAT



RUSSIAN TWIST



DIP



ESEGUIRE 8 ESERCIZI IN TOTALE

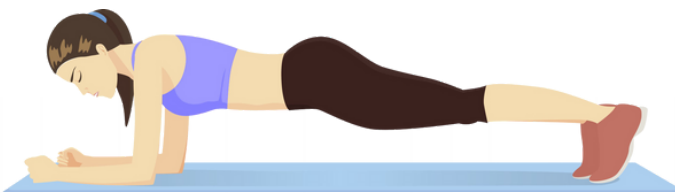
RECUPERA 1 MIN

TABATA 25 SEC LAVORO + 10 SEC RECUPERO

SQUAT JUMP



PLANK



BURPEE



ESEGUIRE 8 ESERCIZI IN TOTALE