

# PROGRAMMA DI ALLENAMENTO A CIRCUITO FOODSPRING

PRINCIPIANTE:  X3

INTERMEDIO:  X4

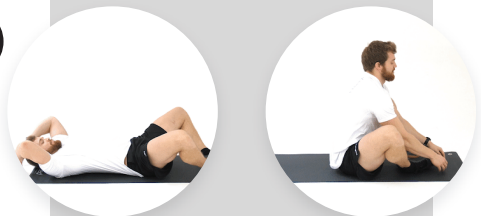
ESPERTO:  X5

1



30 SECONDI  
JUMPING JACKS

2



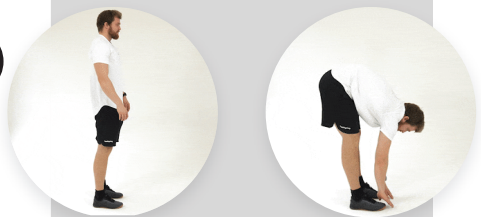
30 SECONDI  
SIT UP

3



30 SECONDI  
SQUAT JUMPS

4



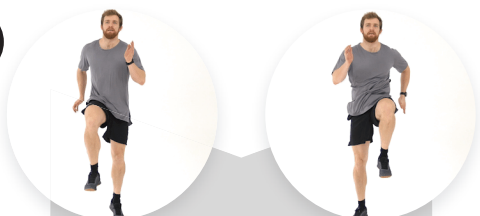
30 SECONDI  
HAND TO TOES

5



30 SECONDI  
SUPERMAN PLANK

6



30 SECONDI  
HIGH KNEES

7



30 SECONDI  
PUSH-UP

8



30 SECONDI  
AFFONDO BASSO CON  
ROTAZIONE DELLE  
SPALLE

9



30 SECONDI  
PLANK  
CON ROTAZIONE

10



30 SECONDI  
MOUNTAIN CLIMBER