Giorno 12

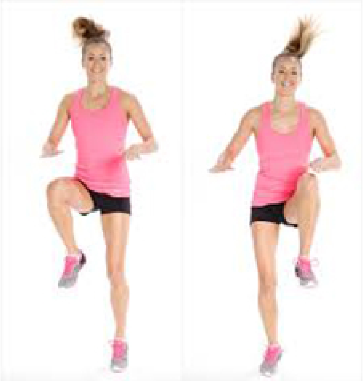
Settimana 4

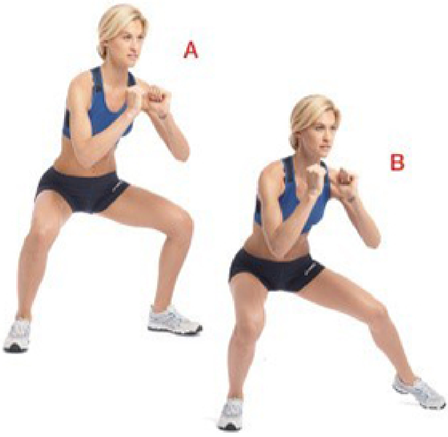
-Riscaldamento 4/5 minuti

Ripeti la sequenza per 3 volte

1- Corsa sul Posto - 30 sec

2- Mono Skip ogni 4 cambio Gamba - 30 sec



3- "3" Passi Laterali in Squat Andata e ritorno - 30 sec