

diadora challenge

allenamento a casa



power circuit

istruzioni: ogni mini circuito viene fatto per due volte, con 1' di recupero tra le serie e tra il cambiamento di circuito.

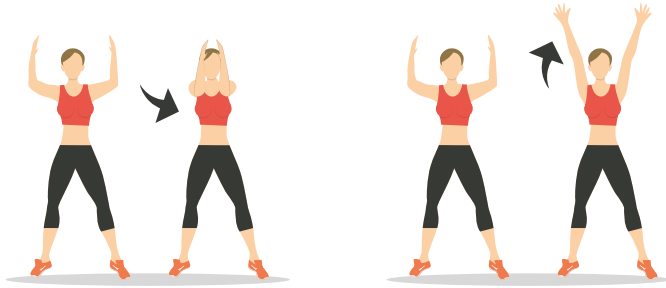
challenge: fare il terzo giro di ogni circuito, partendo dal primo, senza recupero tra i circuiti.

materiale: acqua, materassino e sedia.



riscaldamento

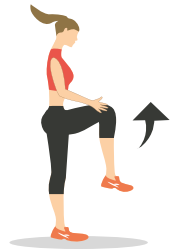
10 reps dei seguenti esercizi per 1 volta



1.open/close arms



3.hips circles **10 per lato**



2.shoulder press



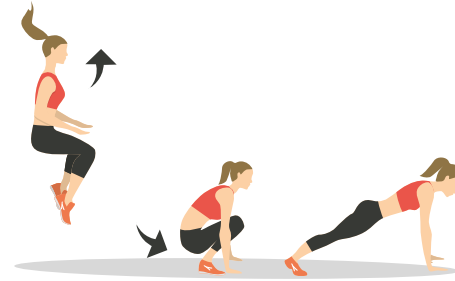
4.squat walking hands

5.stretching finale

mini circuito



1. power squat touch 30"



3. 1/2 burpee 30"

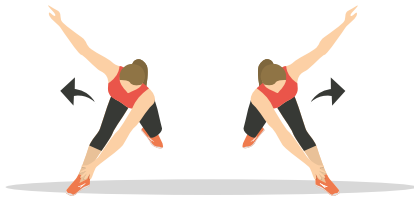


2. affondi kick
20 reps per gamba



4. sit up jab cross/piedi in appoggio
sulla sedia 30 reps

mini c circuito



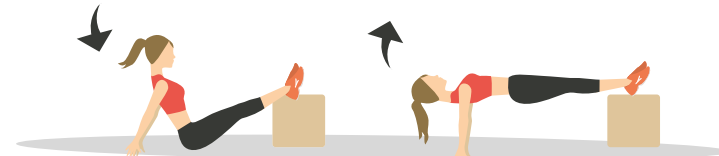
1. salti laterali monopodalico 30"



3. jump across net 30"

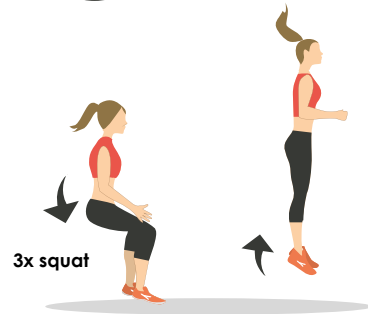


2. push ups knee cross
10 reps

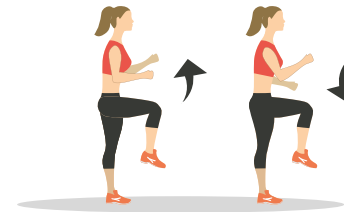


4. table top piedi in appoggio
sulla sedia 20 reps

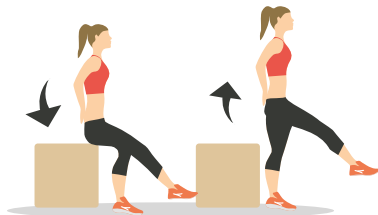
mini circuito



1.squat pulse jump 30"



3.skip 30"



2.pistol 10 reps per gamba



**4.side plank dinamic leg
20 reps per lato**