

giorno della settimana: LUNEDÌ
e settimana in cui svolgere
l'allenamento: PRIMA e TERZA

Monday
1 & 3

LEGS & CARDIO

Tipo di allenamento intensivo:
GAMBE

esercizi da fare

Jump squats

Squats

Walking lunges

Knee ups

X jumps

Burpees

Weighted step ups

Medicine ball squat & press

CIRCUIT ONE

circuito n.1

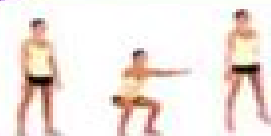
CIRCUIT TWO

circuito n.2

ripetizioni per ciascun esercizio

15
reps

Jump squats



15
reps

Squats



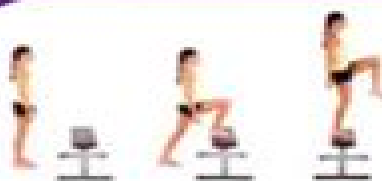
24
steps

Walking lunges (12 per leg)



24
reps

Knee ups (12 per leg)



16
reps

X Jumps (8 per leg)



10
reps

Burpees



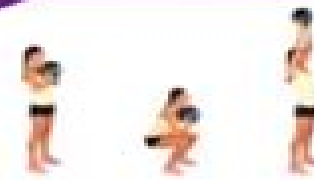
24
reps

Weighted step ups (12 per leg)



15
reps

Medicine ball squat & press



7 minuti per ogni circuito e si ripete il tutto 2 volte

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Kayla Itsines

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