



# cardio hiit

Caldea (undefined undefined)

Total time: 7 m

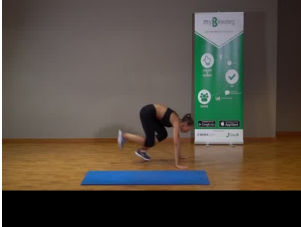
Kcal: 17 Kcal

Equipment: Kettlebell, Free, no equipment, Battle Rope, Rowing Machine

Objective:

## 1- Burpee

2sets Recov:20s



Reps Dur.

10 10s

10 10s

## 2- Màquina de Rem

1sets Recov:60s



## 3- Climbers

2sets Recov:20s



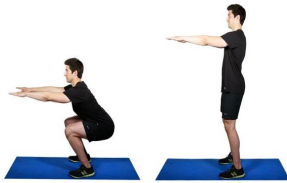
Reps Dur.

10 10s

10 10s

## 4- Esquat

2sets Recov:20s



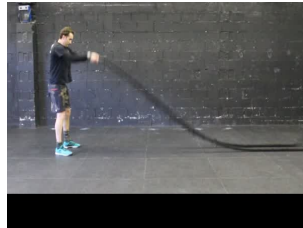
Reps Dur.

10 10s

10 10s

## 5- Corda de batalla

2sets Recov:20s



Reps Dur.

10 10s

10 10s

## 6- Planxa

2sets Recov:20s



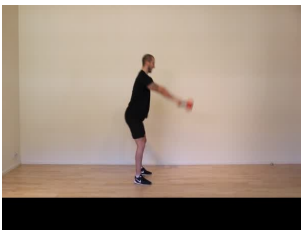
Dur.

10s

10s

## 7- Swing kettlebell

2sets Recov:20s



Reps Dur. Weight

10 10s 10kg

10 10s 10kg