

Queda't a casa Core

Joan Parés

Temps total: 39 m

Kcal: 165 Kcal

Equipament: Free, no equipment.

Objectiu:



1- Planxa

3series Recup:20s



Dur.

30s

30s

30s

2- Planxa lateral

4series Recup:20s



Dur.

30s

30s

30s

30s

3- Tisores laterals

3series Recup:20s



Dur.

30s

30s

30s

4- Planxa aixecant les ...

3series Recup:20s



Dur.

30s

30s

30s

5- Climber jump

3series Recup:20s



Dur.

30s

30s

30s

6- Abdominal clàssica

3series Recup:20s



Reps

25

25

25

7- Abdominals oblics de...

3series Recup:20s



Reps

12

12

12

8- El pont isomètric

3series Recup:20s



Dur.

30s

30s

30s

9- El pont aixecant una...

4series Recup:20s



Reps

10

10

10

10

10- Gos coordinat
3series Recup:20s



Reps
10
10
10

11- Gos amb extensió de ...
3series Recup:20s



Reps
10
10
10

12- Gat i gos
1series Recup:20s



Reps
10