



# hiit casa

Caldea (undefined undefined)

Total time: 7 m

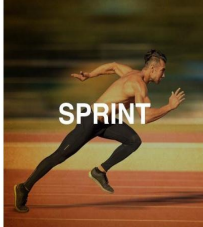
Kcal: 32 Kcal

Equipment: Bag, Box, Free, no equipment

Objective:

## 1- Esprintar

2sets Recov:20s



Reps	Dur.	Dist.
10	30s	10
10	10s	10

## 2- Burpee

2sets Recov:20s



Reps	Dur.
10	10s
10	10s

## 3- Climber jump

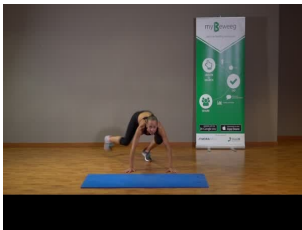
2sets Recov:20s



Reps	Dur.
10	10s
10	10s

## 4- Side - to - side tra...

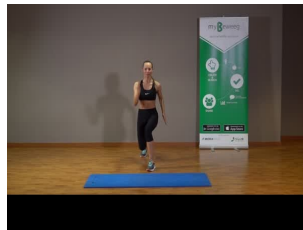
2sets Recov:20s



Reps	Dur.
10	10s
10	10s

## 5- Lunge Runner

1sets Recov:60s



Reps	Dur.
10	10m

## 6- Burpee Box Jump

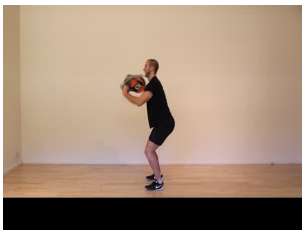
2sets Recov:20s



Reps	Dur.
10	10s
10	10s

## 7- Burpee amb sac

2sets Recov:20s



Reps	Dur.	Weight
10	10s	10kg
10	10s	10kg