

# HIIT en casa

Caldea (undefined undefined)



Total time: 19 m

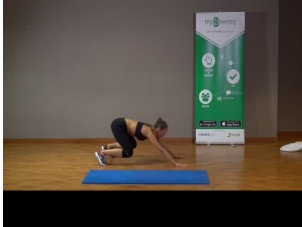
Kcal: 147 Kcal

Equipment: Dumbbell , Free, no equipment

Objective:

## 1- Blast off pushup

4sets Recov:20s



Reps

- 15
- 15
- 15
- 15

## 2- Burpee

4sets Recov:60s

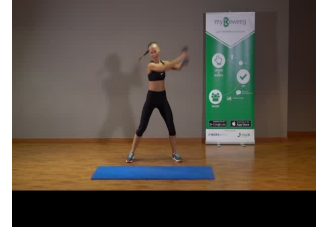


Reps

- 10
- 10
- 10
- 10

## 3- Diagonal Chop amb ma...

4sets Recov:20s



Reps

- 15
- 15
- 15
- 15