

# Queda't a casa

Joan Parés



Temps total: 31 m

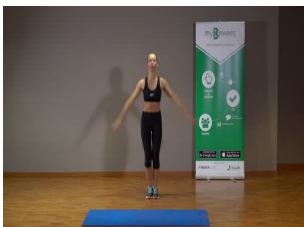
Kcal: 218 Kcal

Equipament: Free, no equipment, Abdominal Crunch Machine, Abductor Machine, Adductor Machine, Adjustable Bench, A...

Objectiu:

## 1- Jumping jacks

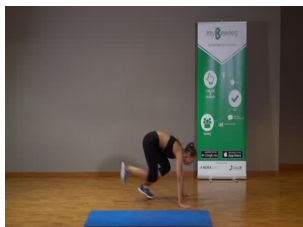
1series Recup:



Reps  
10

## 2- Burpee

1series Recup:



Reps  
5

## 3- 3/4 Esquat

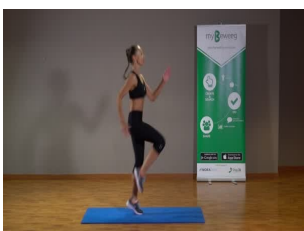
1series Recup:



Reps  
15

## 4- Skipping

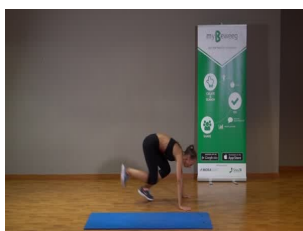
1series Recup:



Dur.  
30s

## 5- Burpee

1series Recup:



Dur.  
5s

## 6- Lunge tancant el peu

3series Recup:20s



Reps  
10  
10  
10

## 7- Back Lunge

3series Recup:20s



Reps  
10  
10  
10

## 8- Lunge lateral altern

3series Recup:20s



Reps  
10  
10  
10

## 9- Pes mort una cama

3series Recup:20s



Reps  
10  
10  
10

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10- Pes mort sumo amb ma...

3series Recup:20s



Reps

10

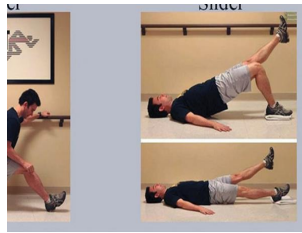
10

10

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11- CURL FEMORAL EXCENTR 12- CAIGUDA NORDICA INVE...

3series Recup:



Reps

10

10

10

3series Recup:20s



Reps

10

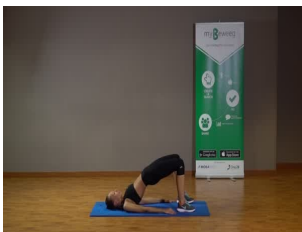
10

10

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13- El pont

3series Recup:20s



Reps

10

10

10

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14- Gat i gos

1series Recup:20s



Dur.

60s