

Queda't a casa sup

Joan Parés



Temps total: 36 m

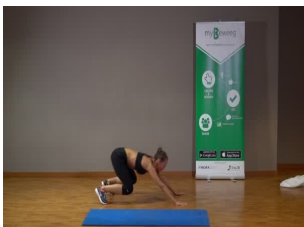
Kcal: 215 Kcal

Equipment: Dumbbell , Kettlebell, Free, no equipment, Flat Bench

Objectiu:

1- Blast off pushup

3series Recup:20s

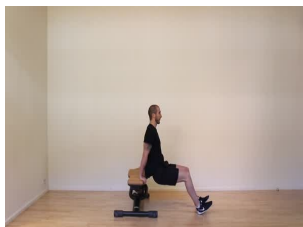


Reps

10
10
10

2- Fondos amb banc

4series Recup:20s



Reps

15
15
15
15

3- Flexions de tríceps

4series Recup:20s



Reps

10
10
10
10

4- Flexions

4series Recup:20s

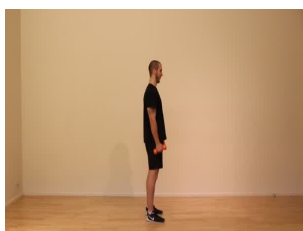


Reps

15
15
15
15

5- Bíceps Martell

4series Recup:20s

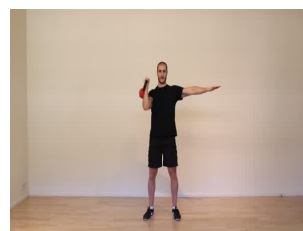


Reps

12
12
12
12

6- Pres d'espatlla amb ...

4series Recup:20s

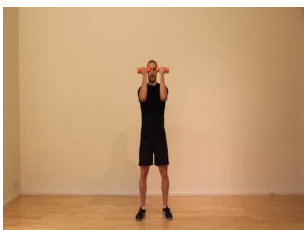


Reps Weight

12 -1kg
12 -1kg
12 -1kg
12 -1kg

7- Arnold press

4series Recup:20s



Reps

12
12
12
12