

# full body en casa

Caldea (undefined undefined)



Total time: 40 m

Kcal: 245 Kcal

Equipment: Weight Disc, Plates, Free, no equipment

Objective:

## 1- Flexions de tríceps

3sets Recov:



Reps

12

12

12

## 2- El pont

3sets Recov:



Reps

20

20

20

## 3- Planxa aixecant les ...

3sets Recov:



Reps

12

12

12

## 4- Lunge

3sets Recov:



Reps

20

20

20

## 5- Esquat

3sets Recov:



Reps

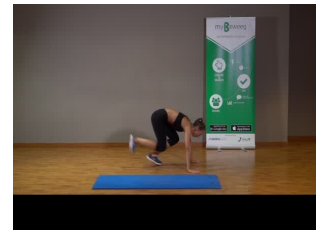
25

25

25

## 6- Burpee

3sets Recov:



Reps

5

5

5

## 7- V obrint i tancant l...

3sets Recov:



Reps

12

12

12

## 8- El pont aixecant una...

3sets Recov:



Reps

20

20

20

## 9- Planxa alternant cam...

3sets Recov:



Reps

20

20

20

10- Planxa lateral amb l...

1sets Recov:20s



11- Planxa lateral moven...

2sets Recov:20s



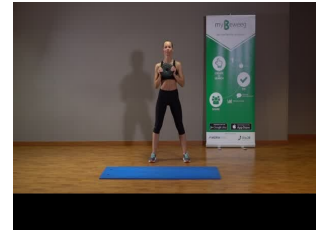
Dur.

10s

10s

12- Pick up amb disc

2sets Recov:20s



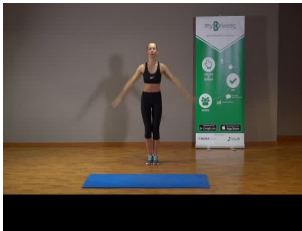
Reps Dur. Weight

10 10s 10kg

10 10s 10kg

13- Jumping jacks

2sets Recov:20s



Reps Dur.

10 10s

10 10s

14- Shouldering

2sets Recov:20s



Reps Dur. Weight

10 10s 10kg

10 10s 10kg