

BIG 3

eseguire a circuito

| | | serie | ripetizioni | carico | rec | |
|--|---|-------|-----------------|--------|-----|---|
| 1 | MC GILL | 3 | 1' (10"+10") | bw | |  |
| | https://www.youtube.com/watch?v=mZgvGcNpsko&list=PLpjQlebsDgJHwP3qciz4RMfI5241Z6zBZ&index=5 | | | | | |
| alternare gamba distesa e piegata ogni 10" | | | | | | |
| 2 | PLANK LATERALE | 3 | 30" dx + 30" sx | bw | |  |
| | https://www.youtube.com/watch?v=Ms1Hc8GFJ0o | | | | | |
| 3 | BIRD DOG | 3 | 1' (10"+10") | bw | |  |
| | https://www.youtube.com/watch?v=RIZHXOJV5oE&t=66s | | | | | |