

01 workout mensili

day 1

day 2

day 3

day 4

day 5

day 6

SETTIMANA 1

TABATA BODYWEIGHT KILLER



DINAMIC PILATES GLUTEI E CORE



ABS & UPPER SUPER FUEL



REST

KETTLBELL AMRAP WORKOUT



GLUTEI + PHA METABOLIC



SETTIMANA 2

GAG METABOLICO



STEP KILLER HIIT



BEST OF
A SCELTA

REST

KETTLBELL AMRAP WORKOUT



ROUTINE
DRENANTE
A SCELTA

SETTIMANA 3

TABATA BODYWEIGHT KILLER



DINAMIC PILATES GLUTEI E CORE



ABS & UPPER SUPER FUEL



REST

KETTLBELL AMRAP WORKOUT



GLUTEI + PHA METABOLIC



SETTIMANA 4

GAG METABOLICO



STEP KILLER HIIT



BEST OF
A SCELTA

REST

KETTLBELL AMRAP WORKOUT



ROUTINE
DRENANTE
A SCELTA