

Workout metabolico: run baby run

AMRAP 5 MIN

5+5 OHD LUNGES

200 m RUN

REST 1 MIN

AMRAP 5 MIN

5+5 KB /DMBL CLEAN&PRESS

200 m RUN

REST 1 MIN

AMRAP 5 MIN

10 KB/DMBL THRUSTER

200 m RUN

REST 1 MIN

AMRAP 5 MIN

10 GOODMORNING

10 FAST ROW

200 m RUN