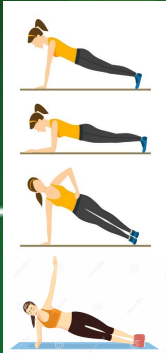


CARDIO CIRCUIT (MONDAY & FRIDAY)



1



High Plank

Low Plank

High/
Low
Side
Plank



Single leg
glute Bridge



Clam

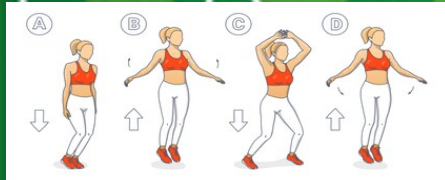


Bridge

20" workout
10" recovery
For every
different position
as it is shown in
the pictures

2

Jumping jack



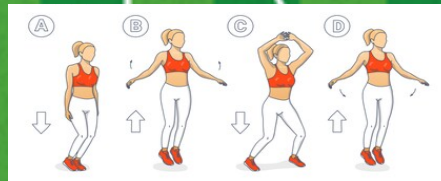
20" recovery 10"

Squat



20" recovery 10"

Jumping jack



20" recovery 10"

Run in place



20" recovery 10"

3

Burpee



20" recovery 10"

Mountain climber



20" recovery 10"

AEROBIC WORKOUT – COOPER TEST - (WEDNESDAY)



EVALUATE YOURSELF RUNNING FOR 12' AND SEE HOW MUCH DISTANCE YOU COVER

LEVEL	GENDER	13-19
LOW	BOYS GIRLS	2090 1610
LOW	BOYS GIRLS	2090-2200 1610-1900
ALMOST GOOD	BOYS GIRLS	2200-2510 1900-2080
GOOD	BOYS GIRLS	2510-2770 2080-2300
VERY GOOD	BOYS GIRLS	2770-2990 2300-2430
EXCELLENT	BOYS GIRLS	oltre 2990 oltre 2430

IT'S IN
METERS