TATURA PRISOLUTE TRIPPINO STUDO Name: Circuit Program-Remember to stretch at the end for 5min

Date : 26-8-2020

Consultant : Lisa Niglia

Jog OTS or your choice					Step Up					Up Row					Skipping				
Running on place										-Keep back straight									
Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight	
1	3-5min				X3	1min				X3	1min				X3	1min			
Cmi	nah Cunl		<u> </u>																
Crunch Curl					Tricep Dips off step					BB Bicep Curls					Side step over x4 towels				
					The property of step					Supination EZ-bar									
Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight	
X2	1min				X3	20				X3	20				X3	1min			
Alt arm swim					Step Straddle					BB Shoulder Press					Shoulder Stretch				
										-Keep back straight -Chest out -Head up					Shoulder Street				
Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight		Set	Rep	Tempo	weight	
Х3	1min				X3	1min				X3	20				1	10sec			
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