# WORKOUT OF THE WEEK





1. Piegamenti
15

Circuito
4/5 round
r.2′



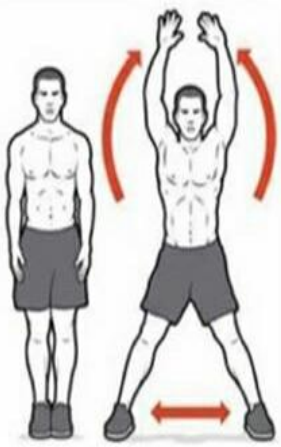
2. Plank
30″



3. Squat
15



4. Wall sit
30″



5. Jumping jacks
1′