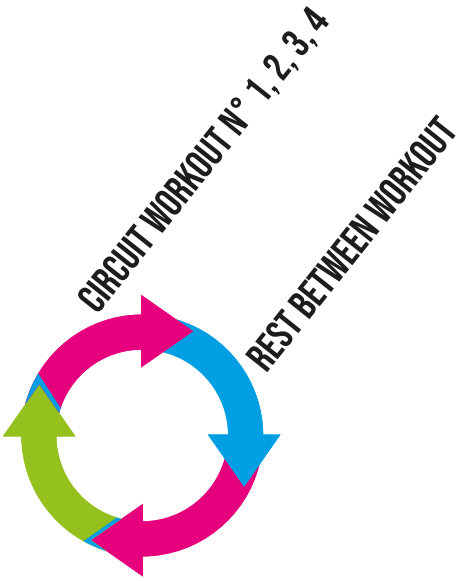
# “FAST” CIRCUIT WORKOUT

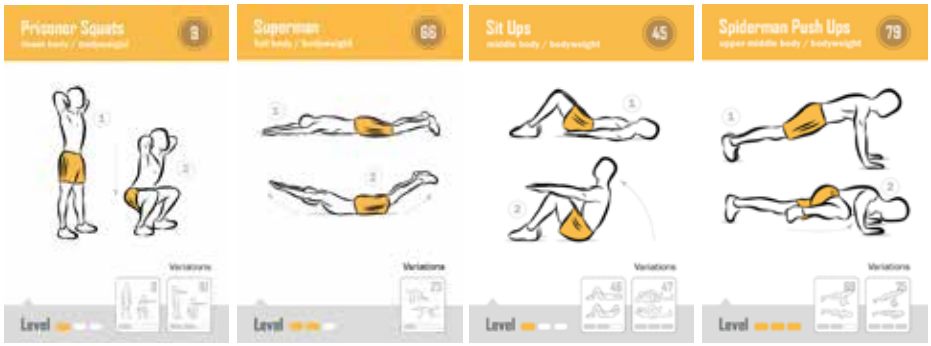



Total Body Circuit Workout
Total duration: 12 minutes, to be repeated 4 times, for a total of 48 minutes of training.
Each round consists of 3 sets of 4 minutes each.

**Execution:**
Set n° 1 and Set n° 3: Total Body Workout composed of 4 exercises, each work for 45 seconds with 15 seconds of rest between exercises.
Set n°2: Ergometer machine for 4 minutes at a pace of 26–28 strokes per minute.
Rest between Set: 30 seconds (needed to switch stations).
Rest between circuits: 4 minutes.

Set-up Circuit Workuot with Tabata App (Work 45”/ Rest 15”/ Cycles 4/ Set 3/ Rest between Set 30” - Rest between circuit 4’)

SET 1: TOTAL BODY (4’/ 45”-15”)

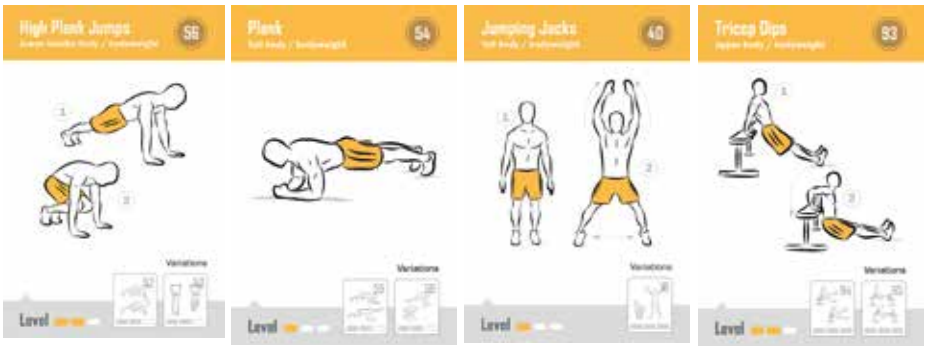



REST 30”

SET 2: ERGOMETER (4’ - 1/26 - 1/28 - 1/26 - 1/28)

REST 30”

SET 3: TOTAL BODY (4’/ 45”-15”)




REST 4’