TOTAL BODY CIRCUIT WORKOUT

Total Body Circuit Workout with a total duration of 24 minutes, to be repeated twice, composed of 4 set of 6 minutes each, for a total of 48 minutes of work.



Execution:
Set n° 1 and Set n° 3: Total Body Workout composed of 6 exercises, each work for 45 seconds with 15 seconds of rest between exercises.
Set n°2 and Set n° 4: Ergometer machine for 6 minutes at a pace of 22–24 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 6/ Set 4/ Rest between Set 30")

SET 1: TOTAL BODY (6'/ 45"-15")

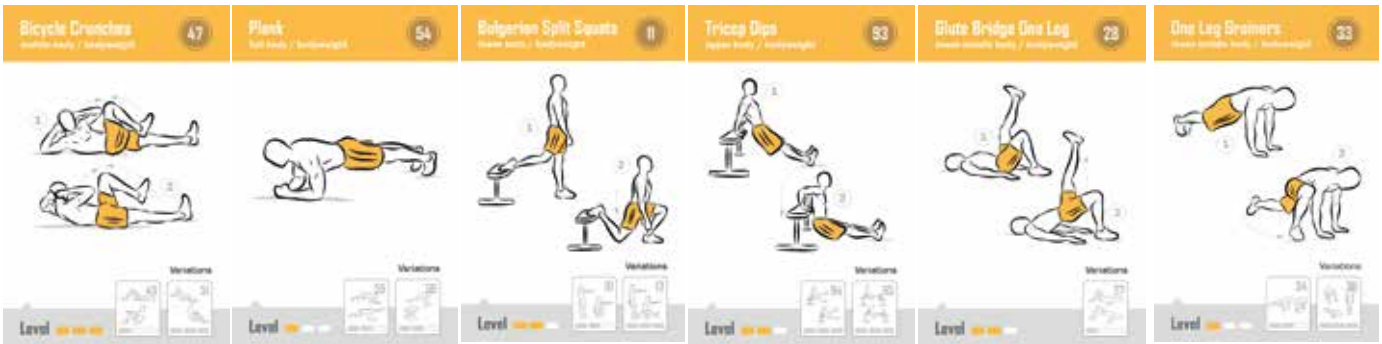


REST 30"

SET 2: ERGOMETER

REST 30"

SET 3: TOTAL BODY



REST 30"

SET 4: ERGOMETER

REST 4'

Co-funded by the European Union