

FORCE

CROSSFIT

HIT

- Calentamiento 5 min
- 4 series:
 - 30s jumping jacks
 - 30s mountain climbers
 - 30s descanso
- 3 rondas:
 - 20 sentadillas
 - 15 push ups
 - 10 burpees
- 5 min estiramiento

