Scheda 21/07, zin mat

## Giorno A

pull up 3 x 10 rec 2'

Dip 4 x 10 rec 1'

Australian pull up 3 x 10 rec 2'

## Giorno B

pull up 2 x 10 rec 5'

esercizio che non conosco 2 x 10 rec 2'

# Video esercizi

pull up: https://www.youtube.com/shorts/l6-aIZTbAR0

Dip: https://www.youtube.com/shorts/Zh5xZnL1WzI

Australian pull up: https://www.youtube.com/watch?v=bHO0A4ZF\_Zg

esercizio che non conosco: 🔗 [manca link]