

BAKAR

Kalori & Lemak

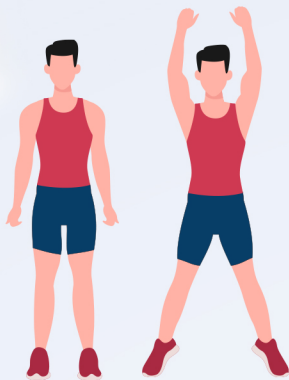
Program latihan oleh:

Tri Haryono

📷 @cayapataphoto

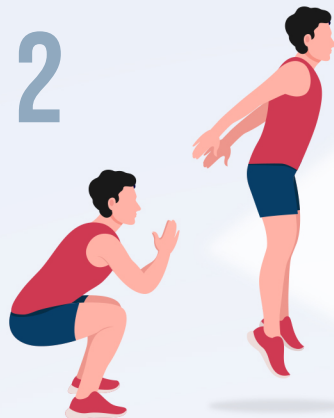
4 Set | Istirahat **5 detik** per gerakan | Istirahat **30 detik** per set

1



Jumping Jack **30 detik**

2



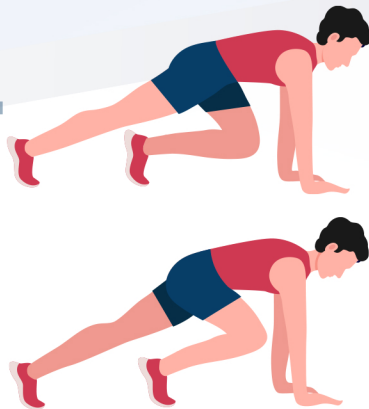
Squat Jump **30 detik**

3



High Knee **30 detik**

4

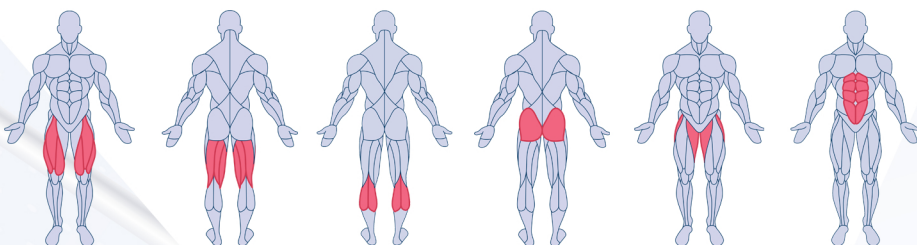


Mountain Climber **30 detik**

5



Jumping Lunges **30 detik**



INFO LENGKAP



LATIHANFISIK.COM