



[Calendario Tapout Xt Pdf Download](#)

WEEK 1	1 Cardio Challenge MAX OUT	2 Tabata Power MAX OUT	3 Sweat Intervals MAX OUT	4 Tabata Power MAX OUT	5 Friday Fight Round 1 MAX OUT	6 Pulse	7 Rest
	8 Cardio Challenge Ab Attack 10 MAX OUT	9 Tabata Power MAX OUT	10 Sweat Intervals Ab Attack 10 MAX OUT	11 Tabata Power MAX OUT	12 Friday Fight Round 1 MAX OUT	13 Pulse Ab Attack 10	14 Rest
WEEK 2	15 Cardio Challenge MAX OUT ABS MAX OUT	16 Tabata Strength MAX OUT	17 Sweat Intervals 360 ABS MAX OUT	18 Tabata Strength MAX OUT	19 Friday Fight Round 1 MAX OUT	20 Pulse Ab Attack 10	21 Rest
	22 Cardio Challenge 360 ABS MAX OUT	23 Tabata Strength MAX OUT	24 Sweat Intervals MAX OUT ABS MAX OUT	25 Tabata Strength MAX OUT	26 Friday Fight Round 1 MAX OUT	27 Pulse Ab Attack 10	28 Rest
WEEK 3	29 MAX OUT Cardio MAX OUT	30 MAX OUT Power MAX OUT	31 MAX OUT Sweat MAX OUT	32 MAX OUT Strength MAX OUT	33 Friday Fight Round 2 MAX OUT	34 Pulse	35 Rest
	36 MAX OUT Cardio Ab Attack 10 MAX OUT	37 MAX OUT Power MAX OUT	38 MAX OUT Sweat Ab Attack 10 MAX OUT	39 MAX OUT Strength MAX OUT	40 Friday Fight Round 2 MAX OUT	41 Pulse Ab Attack 10	42 Rest
WEEK 4	43 MAX OUT Cardio MAX OUT ABS MAX OUT	44 MAX OUT Power MAX OUT	45 MAX OUT Sweat 360 ABS MAX OUT	46 MAX OUT Strength MAX OUT	47 Friday Fight Round 2 MAX OUT	48 Pulse Ab Attack 10	49 Rest
	50 MAX OUT Cardio 360 ABS MAX OUT	51 MAX OUT Power MAX OUT	52 MAX OUT Sweat MAX OUT ABS MAX OUT	53 MAX OUT Strength MAX OUT	54 Friday Fight Round 2 MAX OUT	55 Cardio Challenge MAX OUT	56 Rest

WWW.WORKOUT-ITALIA.IT POWERED VINCENZO FERRARA 2015

Prima Misure Dopo

**Ricorda di prendere le misure.
Ricorda di scattare una foto.
Ricorda di non dare troppa importanza alla bilancia.**
Fb: Workout-Italia | Official Community

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