**SPRINT PROGRAMMA 2  
  
TABTA STYLE**  
  
**WORKOUT 1**   
5x 10/20  
  
**WORKOUT 2**   
5x 14/20  
  
**WORKOUT 3**   
6x 12/20  
  
**WORKOUT 4**   
6x 16/20  
 **WORKOUT 5**   
7x 10/20  
  
**WORKOUT 6**   
7x 14/20