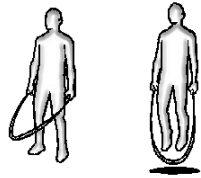


3 GIORNO ENRICO

Scheda valida dal: 12/07/2023 sino al:
30/09/2023

ANDATURE



Salto della corda

AL TERMINE 5' ELLITTICA

Serie

Rip.

Peso

Pausa

5'

ADDOMINALI



Crunch a terra mani dietro la testa

AL TERMINE DI OGNI SERIE 20" DI
BARCHETTA

4

20

50"



ADDOMINALI



Crunch a terra con torsione

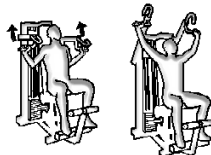
4

15-15

50"



SPALLE



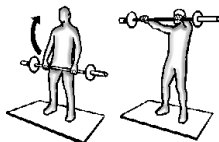
Lento alla macchina

5

10-8-8-6-6

1'30

SPALLE



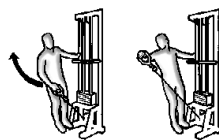
Alzate frontali con bilancere

4

10

1'

SPALLE



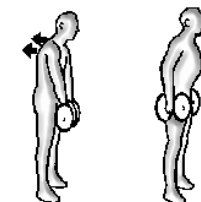
Alzate al cavo basso

5

8+8

1'

TRAPEZI



Scrollate con manubri

4

15

25

1'

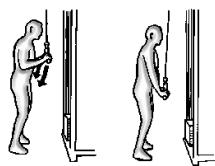
TRICIPITI

Push down

5

10-10-8-8-8

1'30



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TRICIPITI



	5	8		1'
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MOVIMENTO LENTO E CONTROLLATO, SIA IN
SALITA CHE DISCESA

PETTORALI



Flessioni a terra

	5	8		20"
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