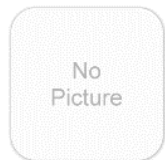


TONO POWER D3

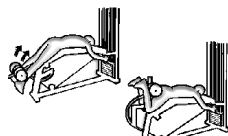
Scheda valida dal: 01/05/2022

CARDIO FITNESS



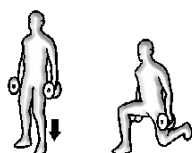
Serie	Rip.	Peso	Pausa
1x15 min			

GAMBE



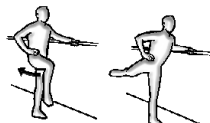
Leg curl	4	18/15/12/10		1
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GAMBE



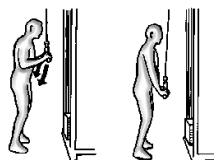
Affondi con manubri	3x15 per gamba			
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GLUTEI



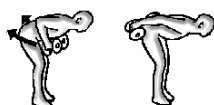
Slanci posteriori in piedi	3x15 per gamba			
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TRICIPITI



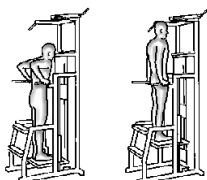
Push down	3	20		1
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TRICIPITI



Tricipiti con manubri busto a 90°	2	15		
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TRICIPITI



Easy power parallele	2	Max		1
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