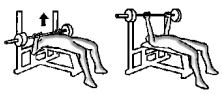
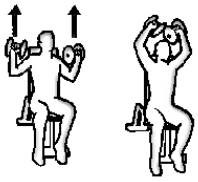
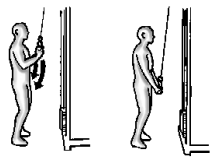
TONO POWER D4

Scheda valida dal: 01/05/2022

		Serie	Rip.	Peso	Pausa
CARDIO FITNESS					
		1x15 min			
PETTORALI					
	**Panca piana con bilancere**	4x15			
GAMBE					
	**Hack squat isometrico**	2	20		1
GAMBE					
	**Hack squat con torsione isometrico**	2	15		
LOMBARI					
	**Hiperenstensioni a terra**	3	20		
	Solleva bene le gambe e strizza i glutei !				
					
SPALLE					
	**Lento con manubri**	4	15		1
TRICIPITI					
	Push down con corda	3	20		1

ADDOMINALI

 	**Gambe al petto a terra** Fai tutti i giorni che ti alleni questi 2 esercizi di addome	3	20		

ADDOMINALI

 	**Crunch a terra con torsione**	3	15xlato		