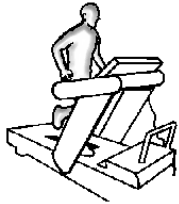


PETTORALI BICIPITI TRAPEZI

Scheda valida dal: 04/02/2019 sino al:
04/03/2019

Serie	Rip.	Peso	Pausa
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CARDIO FITNESS

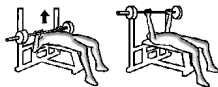


Tapisroulant

Riscaldamento 8-10 min

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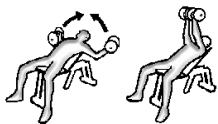
PETTORALI



Panca piana con bilancere

4	10		90"
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PETTORALI



Croci su panca inclinata

4	10		1"
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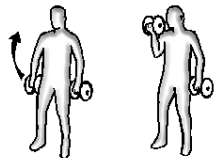
PETTORALI



Panca inclinata con manubri

4	10		90"
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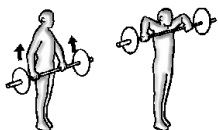
BICIPITI



Curl alternato con manubri in piedi

4	8		1"
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TRAPEZI



Titate al mento

4	8		90"
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