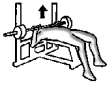
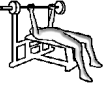
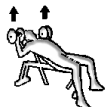

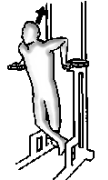
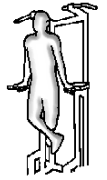


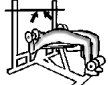
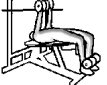


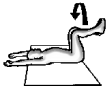



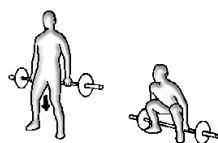


SCHEDA FEBBRAIO 2020

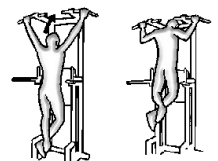
Scheda valida dal: 02/02/2020

	Serie	Rip.	Peso	Pausa
PETTORALI				
 	Panca piana con bilancere			3
	REP 3X4 2X6			
PETTORALI				
 	Panca inclinata con manubri			1.30
	REP 4X8			
PETTORALI				
 	Parallele			1
	REP 4X CEDIMENTO (CON ZAVORRA O ELASTICO)			
PETTORALI				
 	Croci ai cavi			1.30
	REP 4X10			
PETTORALI				
 	Spinte su panca declinata			1.30
	REP 4X8			
ADDOMINALI				
 	Crunch gambe sospese			
ADDOMINALI				
 	Rotazione busto a terra gambe piegate			
ADDOMINALI				
 	Crunch inverso su panca piana			
LOMBARI				
	Stacco da terra con bilancere			3



REP 3X4 2X6

DORSALI



Sbarra dietro

REP 4X10 (CON ZAVORRA O ELASTICO)

1.30

DORSALI

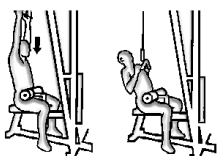


Pulley basso orizzontale presa larga

REP 4X8

1.30

DORSALI

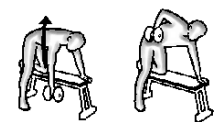


Lat machine presa stretta

REP 4X10

1.30

DORSALI

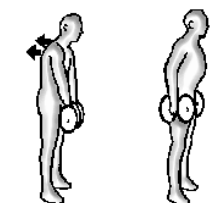


Rematore con manubrio

REP 4X10 REST 20 SECONDI

1.30

TRAPEZI

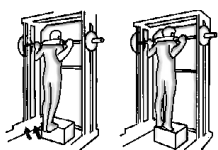


Scrollate con manubri

REP 3X15

1

POLPACCI

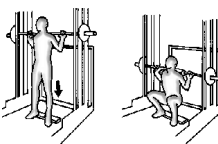


Calf in piedi al multipower

REP 4XCEDIMENTO

1.30

GAMBE



Squat al multipower

REP 3X4 2X6

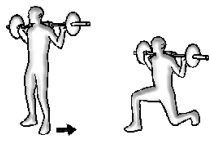
3

GAMBE

Affondi con bilancere

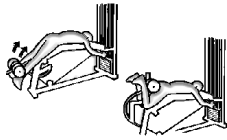
ALLA MULTIPOWER AFFONDI BULGARI REP 4X8

1.30



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GAMBE



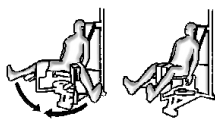
Leg curl				1.30
REP 4X10 REST				

GAMBE



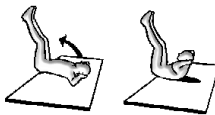
Adduttori				1
REP 4X10 REST 20 SECONDI				

GAMBE



Abduttori				1
REP 4X10 REST 20 SECONDI				

ADDOMINALI



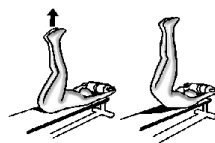
Crunch gambe sospese				
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ADDOMINALI



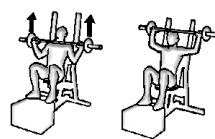
Rotazione busto a terra gambe piegate				
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ADDOMINALI



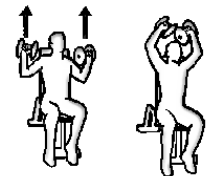
Crunch inverso su panca piana				
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SPALLE



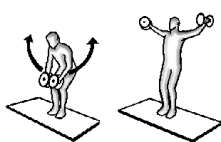
Lento avanti con bilancere				2
MILITARY REP 4X10				

SPALLE



Lento con manubri				1.30
REP 4X8				

SPALLE

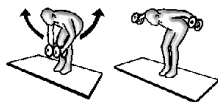


Alzate laterali con manubri busto inclinato

REP 4X10

1

SPALLE

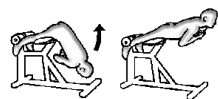


Alzate posteriori con manubri

ALZATE AI CAVI 3X15 REST 20 SECONDI

1.30

LOMBARI

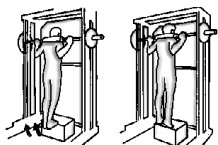


Hiperestensioni con peso aggiuntivo

REP 4X15

1.30

POLPACCI

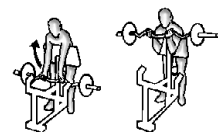


Calf in piedi al multipower

REP 4XCEDIMENTO

1.30

BICIPITI

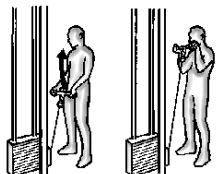


Curl con bilancere curvo all panca scott in piedi

REP 4X10

1.30

BICIPITI

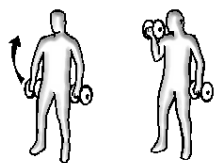


Curl al cavo basso in piedi

REP 3X15

1

BICIPITI



Curl alternato con manubri in piedi

REP 4X8

1.30

TRICIPITI



French press con bilancere

REP 4X10

1.30

TRICIPITI

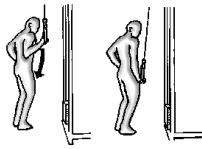
French press con manubri

REP 3X15

1



TRICIPITI

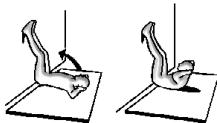


Push down al cavo alto alternato

4X10

1.30

ADDOMINALI



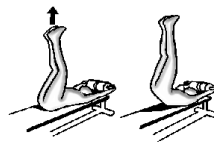
Crunch gambe in alto

ADDOMINALI



Rotazione busto a terra gambe piegate

ADDOMINALI



Crunch inverso su panca piana