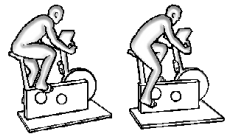
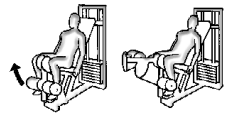
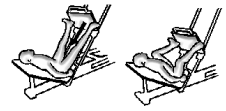
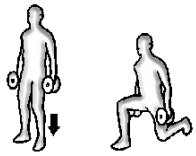
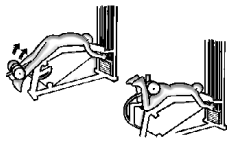
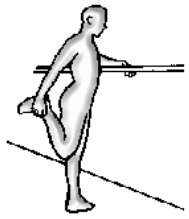
Happy Gym

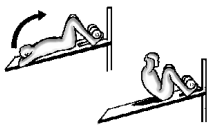
HAPPY GYM - GIORNO 3

Scheda valida dal: 30/10/2019 sino al: 30/11/2019

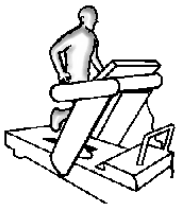
		Serie	Rip.	Peso	Pausa
CARDIO FITNESS					
	**Cyclette**	5 min			
GAMBE					
	**Leg extension alternato**	4	10-10-8-8	20-25 kg	1 min
GAMBE					
	**Pressa inclinata gambe aperte**	4	10	20-25 kg	1 min
GAMBE					
	**Affondi con manubri**	4	10-10-8-8	10kg	1 min
GAMBE					
	**Leg curl**	4	10	10-15 kg	1 min
STRETCHING					
	**Stretching per dorsali alla sbarra bassa ginocchia piegate**	3	20 sec		
STRETCHING					
	Stretching per quadricipiti in piedi singolo	3	20 sec		

ADDOMINALI

	**Sit-Up su panca inclinata**	4	15		30 sec

CARDIO FITNESS

	**Tapisroulant**	15 min			