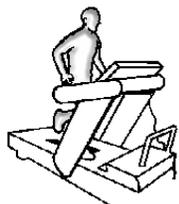


FRANCI DEFINIZIONE 1

Scheda valida dal: 04/02/2020

CARDIO FITNESS

Serie Rip. Peso Pausa



Tapisroulant

5-10 MINUTI RISCALDAMENTO LENTO CON
ROTAZIONE BRACCIA

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PETTORALI



Panca piana con manubri

3

12

--	--

PETTORALI



Croci su panca piana

3

12

--	--

PETTORALI



Flessioni a terra

3

12

--	--



CARDIO FITNESS

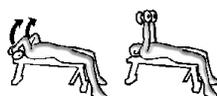


Cyclette

3 MINUTI ALTA INTENSITA'

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TRICIPITI



French press con manubri

3

10

ALTERNATO

--	--

POLPACCI



Calf seduto con bilancere

O CON MANUBRIO

3

20

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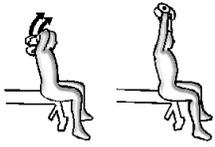
TRICIPITI

French press con manubrio seduto

3

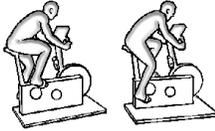
10

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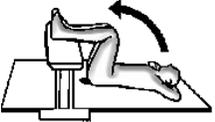
CARDIO FITNESS



Cyclette				
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3 MINUTI ALTA INTENSITA'

ADDOMINALI



Crunch a terra	3	15		30
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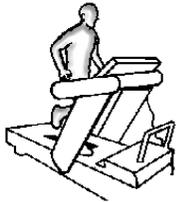
ADDOMINALI



Gambe al petto a terra	3	15		30
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CARDIO FITNESS



Tapisroulant				
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30 MINUTI CARDIO DA ALTERNARE O SOSTITUIRE AD ALTRO A PIACIMENTO