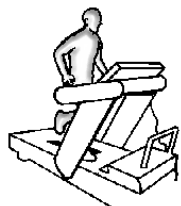


# FRANCI DEFINIZIONE 1

Scheda valida dal: 04/02/2020

## CARDIO FITNESS

Serie Rip. Peso Pausa

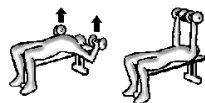


### Tapisroulant

5-10 MINUTI RISCALDAMENTO LENTO CON  
ROTAZIONE BRACCIA

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## PETTORALI



### Panca piana con manubri

3

12

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## PETTORALI



### Croci su panca piana

3

12

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## PETTORALI



### Flessioni a terra

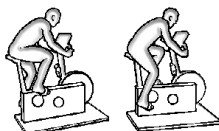
3

12

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## CARDIO FITNESS



### Cyclette

3 MINUTI ALTA INTENSITA'

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## TRICIPITI



### French press con manubri

3

10

ALTERNATO

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## POLPACCI



### Calf seduto con bilancere

O CON MANUBRIO

3

20

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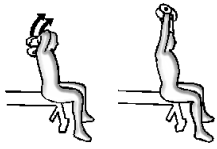
## TRICIPITI

### French press con manubrio seduto

3

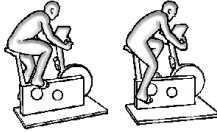
10

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CARDIO FITNESS



**Cyclette**

3 MINUTI ALTA INTENSITA'

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ADDOMINALI



**Crunch a terra**

3	15		30
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ADDOMINALI

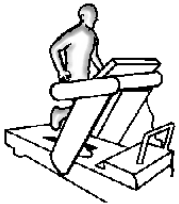


**Gambe al petto a terra**

3	15		30
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CARDIO FITNESS



**Tapisroulant**

30 MINUTI CARDIO DA ALTERNARE O  
SOSTITUIRE AD ALTRO A PIACIMENTO

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