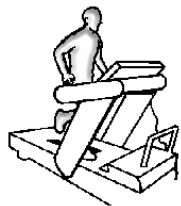


A/B 1ADVANCE

Scheda valida dal: 06/07/2020

CARDIO FITNESS

**Tapisroulant**

Serie

5 min

Rip.

Peso

Pausa

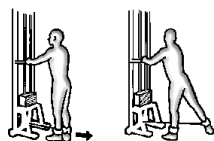
GAMBE

**Sumo squat**

3

15

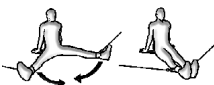
GAMBE

**Apertura laterali al cavo**

3

15

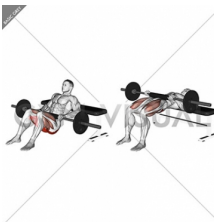
GAMBE

**Adduttori seduto ai cavi**

3

15

GLUTEI

**HIP TRUST**

3

15

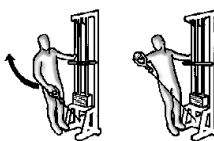
SPALLE

**sculder press**

3

12

SPALLE

**Alzate al cavo basso**

3

12

1 min

SPALLE

Alzate frontali con manubri su panca



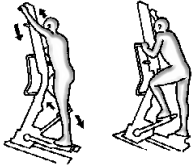
inclinata

3

12

1 min

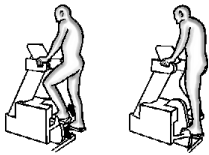
CARDIO FITNESS



Stair climber

5 min

CARDIO FITNESS



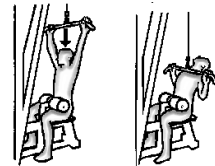
Step machine

3

12

1 min

DORSALI



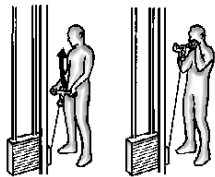
Lat machine avanti presa larga

3

12

1 min

BICIPITI



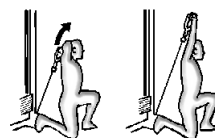
Curl al cavo basso in piedi

3

30sec

1 min

TRICIPITI



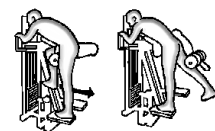
Trazioni al cavo passo alterno

3

30sec

1 min

GLUTEI



Standing gluteus

3

30sec

1 min

ADDOMINALI



Plank

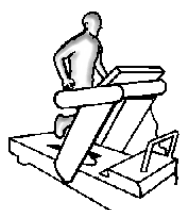
PLANK

4

30sec

CARDIO FITNESS

Tapisroulant



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