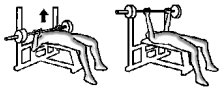
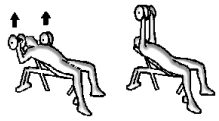
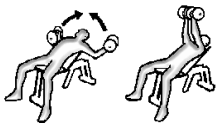
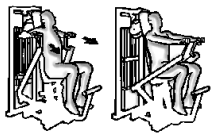
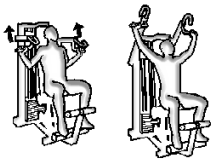
MANUEL BASE 3XWEEK

Scheda valida dal: 06/09/2021

		Serie	Rip.	Peso	Pausa
PETTORALI					
	**Panca piana con bilancere**	3	10		
PETTORALI					
	**Panca inclinata con manubri**	3	8		
PETTORALI					
	**Croci su panca inclinata**	3	8		
PETTORALI					
	**Chest press**	3	12		
SPALLE					
	**Lento alla macchina**	3	12		
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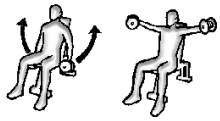
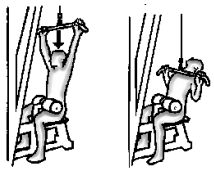
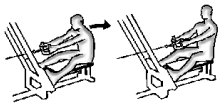
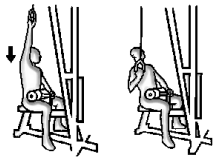
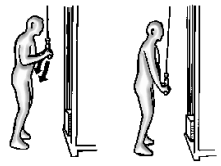
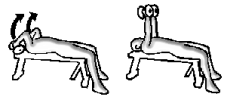
	**Alzate laterali con manubri seduto**	3	8		
SPALLE					
	Alzate posteriori con manubri su panca piana	3	8		
DORSALI					
	**Lat machine avanti presa larga**	4	10		
DORSALI					
	**Pulley basso stretto**	3	8		
DORSALI					
	**Lat machine inversa singola**	3	8		

TRICIPITI



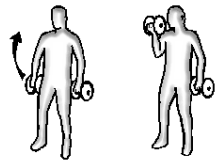
Push down	4	10		

TRICIPITI



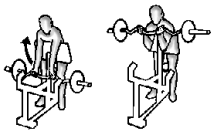
French press con manubri	3	8		

BICIPITI



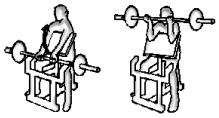
Curl alternato con manubri in piedi	3	10		

BICIPITI



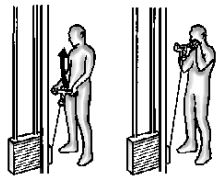
Curl con bilancere curvo all panca scott in piedi				

BICIPITI



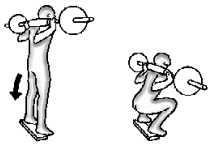
Curl con bilancere alla panca scott	3	8		

BICIPITI



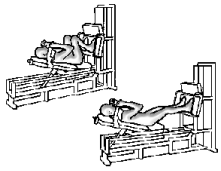
Curl al cavo basso in piedi	3	8		

GAMBE



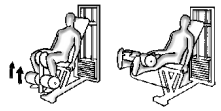
Squat libero	3	10		

GAMBE



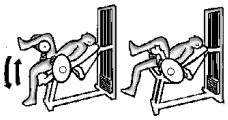
Squat orizzontale alla macchina	3	10		

GAMBE



Leg extension	3	8		

GAMBE

	**Leg curl seduto**	3	10		

POLPACCI

	Calf seduto con bilancere	3	12		