

BASE HOTEL

Scheda valida dal: 06/11/2019 sino al:
16/04/2020

Serie	Rip.	Peso	Pausa
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ADDOMINALI



Crunch a terra

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ADDOMINALI

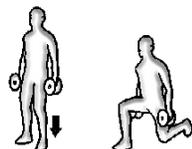


Gambe al petto a terra

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GAMBE



Affondi con manubri

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PETTORALI



Panca piana con manubri

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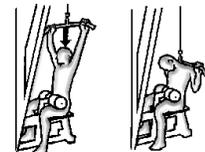
PETTORALI



Crunch su panca inclinata con rotazione

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DORSALI



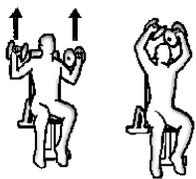
Lat machine dietro

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SPALLE

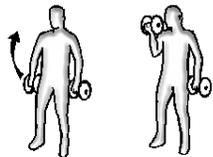
Lento con manubri

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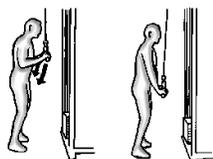
BICIPITI



Curl alternato con manubri in piedi

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TRICIPITI



Push down

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