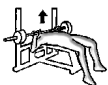
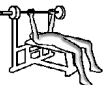
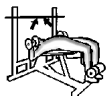
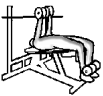


DP MASSA 4GG

Scheda valida dal: 07/11/2019

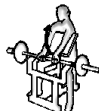
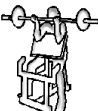
	Serie	Rip.	Peso	Pausa
PETTORALI				
  Panca piana con bilancere Peso Ad Aumentare 2,5Kg	6	12-10-8	15kg	1:30

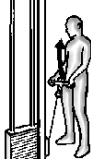
PETTORALI				
  Spinte su panca declinata	3	12	12/14 kg	1:00

PETTORALI				
  Croci su panca piana	3	12	12/14 kg	1:00

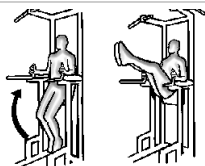
PETTORALI				
 Flessioni a terra	3	10		0:30
				

BICIPITI				
  Curl alternato con manubri in piedi	3	16	8	1:00

BICIPITI				
  Curl con bilancere alla panca scott Peso ad Aumentare 1kg(per Lato)	6	15-12-10-8-6	5kg	1:30

BICIPITI				
  Curl al cavo basso in piedi	3	15-12-10		1:30

ADDOMINALI



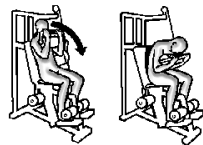
Leg raises alle parallele

3

30

1:00

ADDOMINALI



Abdominal Machine

3

25

45kg

0:45