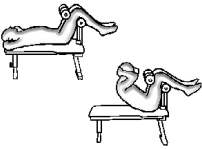
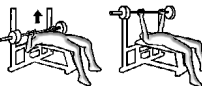
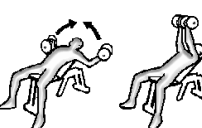
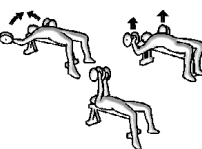
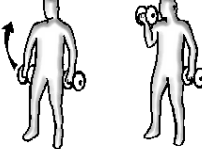
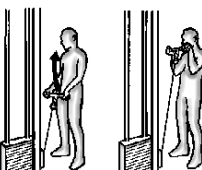
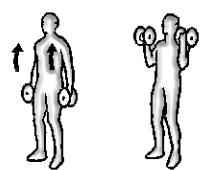
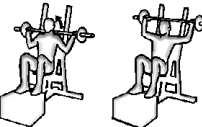
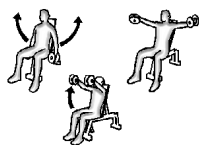
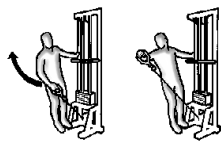


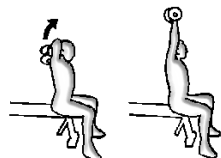
	Serie	Rip.	Peso	Pausa
	Crunch alla panca			
	Flessioni a terra braccia strette			
				
	Panca piana con bilancere			
	Croci su panca inclinata			
	Combinata croci e spinte			
	Curl alternato con manubri in piedi			
	Curl al cavo basso in piedi			
	Curl comanubri a martello in piedi			
	Lento dietro con bilancere			
	Combinata alzate laterali e frontali con			



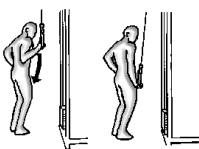
manubri



Alzate al cavo basso



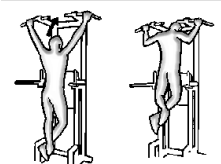
French press manubrio alternato seduto



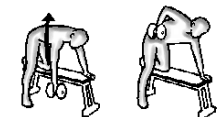
Push down al cavo alto alternato



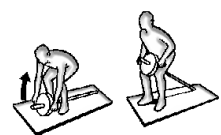
French press con bilancere



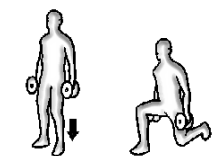
Sbarra dietro



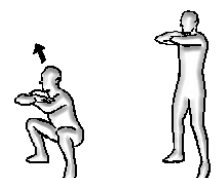
Rematore con manubrio



Dorsey bar

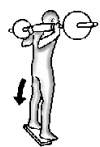


Affondi con manubri



Squat senza peso

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Squat libero

Calf in piedi con bilancere

