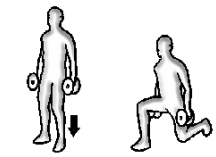
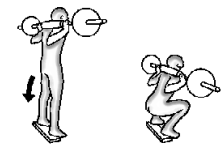
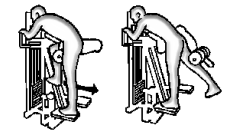
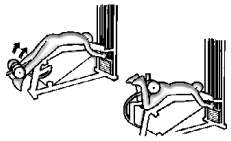
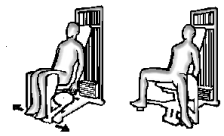
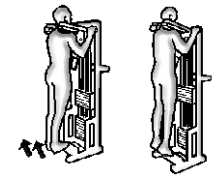
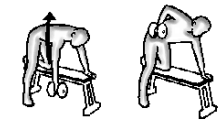
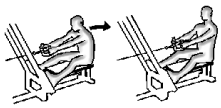
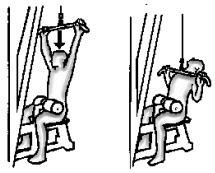
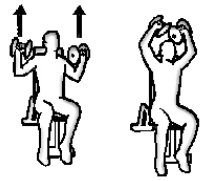
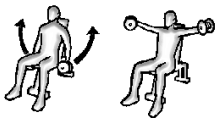
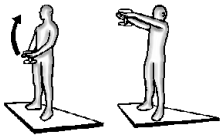
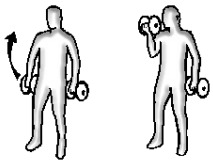
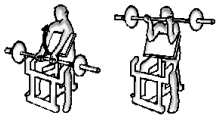
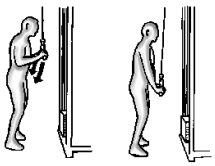
FRANCISCO

ATHLETE&COACH

3 SEDUTE (D.)

Validità non indicata.

		Serie	Rip.	Peso	Pausa
GAMBE					
	**Affondi con manubri**	4	10		90 sec
GAMBE					
	**Squat libero**	4	10		90 sec
GLUTEI					
	**Standing gluteus**	4	10		90 sec
GAMBE					
	**Leg curl**	3	10		90 sec
GAMBE					
	**Adduttori**	3	10		90 sec
POLPACCI					
	**Calf in piedi**	4	10		
DORSALI					
	**Rematore con manubrio** 4 serie per braccio	4	10		90 sec
DORSALI					
	Pulley basso stretto	4	10		90 sec

					
DORSALI					
	**Lat machine avanti presa larga**	4	10		90 sec
SPALLE					
	**Lento con manubri**	4	10		90 sec
SPALLE					
	**Alzate laterali con manubri seduto** IN PIEDI	4	10		90 sec
SPALLE					
	**Alzate frontali con manubrio**	4	10		90 sec
BICIPITI					
	**Curl alternato con manubri in piedi**	4	10		90 sec
BICIPITI					
	**Curl con bilancere alla panca scott** O ALLA MACCHINA	4	10		90 sec
TRICIPITI					
	**Push down**	4	10		90 sec
TRICIPITI					
	French press con manubri	4	10		90 sec