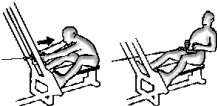
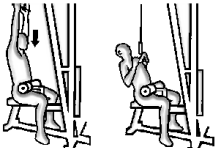

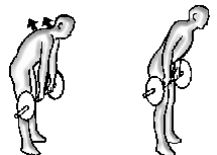

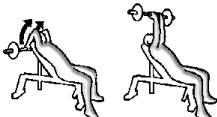
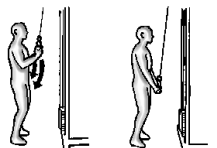
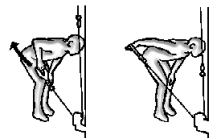

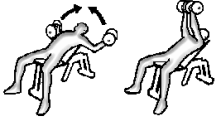

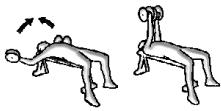
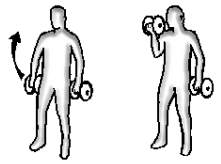


NEWScheda valida dal: 09/02/2020 sino al:
02/03/2020

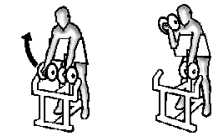
	Serie	Rip.	Peso	Pausa	
	Pulley basso orizzontale presa stretta	3	10-9-8	50	1 min.
	Lat machine presa stretta	3	12-10-8	50	1 min.
	Rematore con manubrio	3	10	22	1 min.
	Stacco da terra con bilancere parziale	3	10	40	1 min.
	Tricipiti con manubri busto a 90°	3	10-8-6		1 min.
	French press con bilancere su panca inclinata	3	10-8-6		1 min.
	Push down con corda	3	10-8-6		1 min.
	Spinte indietro al cavo basso	3	10-8-6		1 min.
	Panca piana con bilancere	4	10-8-6-4		1 min.
	Croci su panca inclinata	3	10-8-6		1 min.
	Panca inclinata con bilancere	3	10-8-6		1 min.
	Croci su panca piana	3	10-8-6		1 min.



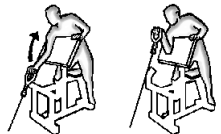
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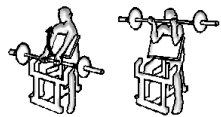
Curl alternato con manubri in piedi	3	10-8-6		1 min.
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Curl con manubri alla panca scott in piedi alternato	3	10-8-6		1 min.
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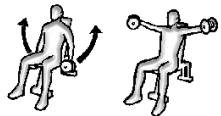
Curl al cavo alla panca scott in piedi	3	10-8-6		1 min.
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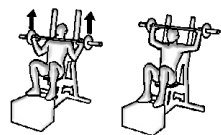
Curl con bilancere alla panca scott	3	10-8-6		1 min.
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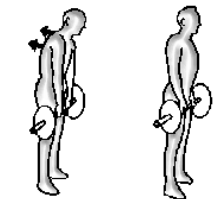
Alzate frontali manubri alternati su panca inclinata	3	10-8-6		1 min.
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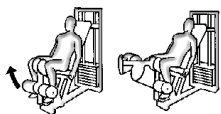
Alzate laterali con manubri seduto	3	10-8-6		1 min.
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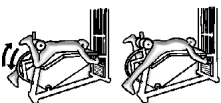
Lento avanti con bilancere	3	10-8-6		1 min.
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Scrollate con bilancere	3	10		1 min.
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Leg extension alternato	3	10		1 min.
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Leg curl alternato	3	10-8-6		1 min.
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Pressa orizzontale	3	10-8-6		1 min.
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Squat senza peso

3

10-8-6

1 min.