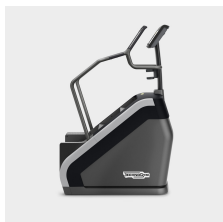


DOPPIE GAMBE VERS 2

Scheda valida dal: 01/03/2019 sino al:
29/03/2019

Serie Rip. Peso Pausa

CARDIO FITNESS

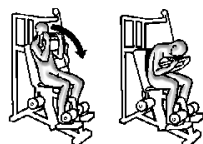


Climb

1

10m

ADDOMINALI



Abdominal Machine

Total Abdominal Selection

4

20

30

ADDOMINALI



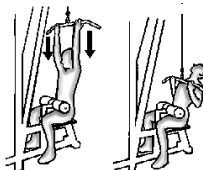
Plank Prono Leva Lunga

3

40s

20s

DORSALI



Lat machine inversa presa in supinazione

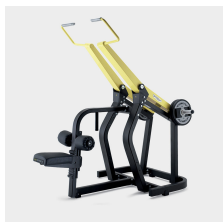
presa inversa

4

12

45

DORSALI



Lat Pull Down Strenght Pure

4

12

45

DORSALI



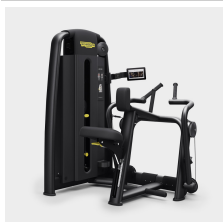
Pulley basso orizzontale presa stretta

3

15

45

DORSALI



Low Row Selection

3

12

45

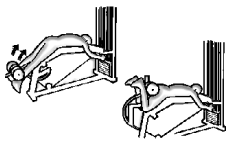
GAMBE

Leg curl

4

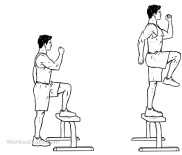
15

45



--	--	--	--	--

GAMBE



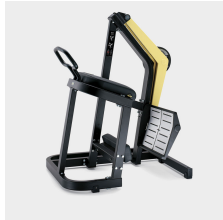
Step Up

4

20

45

GLUTEI



Rear Kick Pure

3

15

45

CARDIO FITNESS

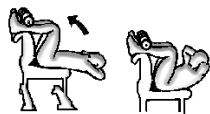


Top XT

1

10m

ADDOMINALI



Crunch alla panca cramping

3

20

30

ADDOMINALI



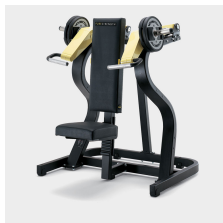
Plank Laterale Leva Corta

3

30s

30

SPALLE



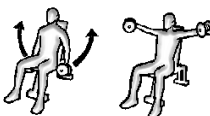
Shoulder Press Strenght Pure

4

15

60

SPALLE



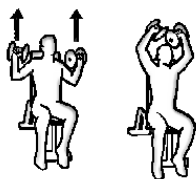
Alzate laterali con manubri seduto

3

12

45

SPALLE



Lento con manubri

Distensioni con manubri da seduto

4

15

45

PETTORALI



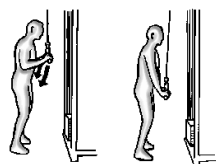
Croci su panca inclinata

3

12

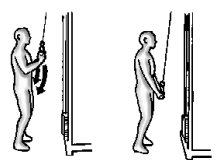
45

TRICIPITI



Push down

TRICIPITI



Push down con corda

4

15

45

TRICIPITI



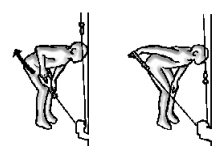
Push down tra due panche

3

12

60

TRICIPITI



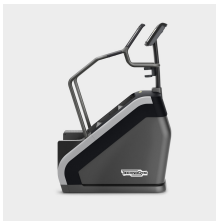
Spinte indietro al cavo basso

3

15

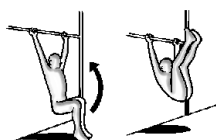
60

CARDIO FITNESS



Climb

ADDOMINALI



Gamba al petto alla sbarra

4

12

60

ADDOMINALI

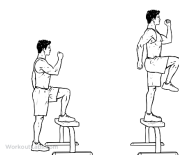
--	--	--	--	--



Plank Laterale Leva Lunga

--	--	--	--

GAMBE



Step Up

--	--	--	--

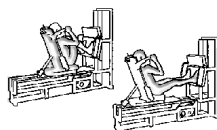
GLUTEI



Squat Sumo Con Kettlebell

4	20		60
---	----	--	----

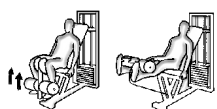
GAMBE



Pressa alla macchina

3	10		45
---	----	--	----

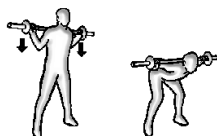
GAMBE



Leg extension

3	15		45
---	----	--	----

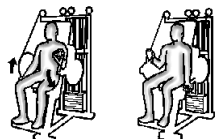
LOMBARI



Good morning

4	20		60
---	----	--	----

BICIPITI

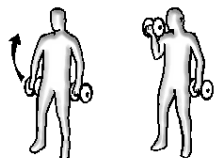


Curl alla macchina alternato

insieme

4	15		45
---	----	--	----

BICIPITI

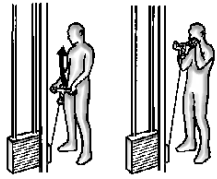


Curl alternato con manubri in piedi

martello

4	12		45
---	----	--	----

BICIPITI



Curl al cavo basso in piedi

3

12

60