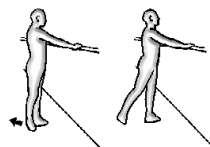


ANNA ROSA

Scheda valida dal: 14/11/2020 sino al:
14/12/2020

	Serie	Rip.	Peso	Pausa
--	-------	------	------	-------

GLUTEI



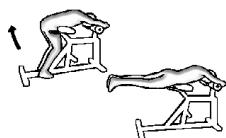
Mezzi slanci posteriori

3

12

30"

GLUTEI



Glutei all'apanca per iperenstension

3

12

palla

30

GAMBE



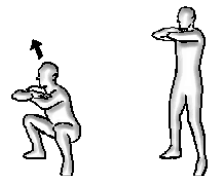
Leg curl ai cavi

3

12

30"

GAMBE

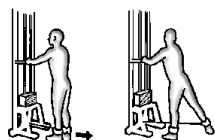


Squat senza peso

3

12

GAMBE



Apertura laterali al cavo

3

12

30"

GAMBE



Aperture laterali con cavigliere

3

12

30"



POLPACCI



Calf seduto con bilancere

3

12

30"

ADDOMINALI

Crunch a terra mani sul petto

3

15

30"

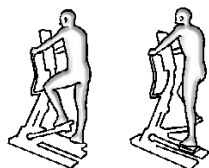
Importantissima la pausa di 30 sec



--	--	--	--	--



CARDIO FITNESS

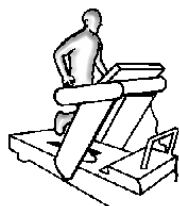


Step alla macchina

10 min alla velocità del bpm

--	--	--	--	--

CARDIO FITNESS



Tapisroulant

30 min velocità bpm

--	--	--	--	--