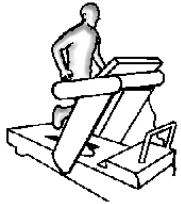


CARMELA - ANNA

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

Serie Rip. Peso Pausa

CARDIO FITNESS

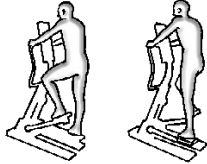


Tapisroulant

20 min velocità bpm

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CARDIO FITNESS

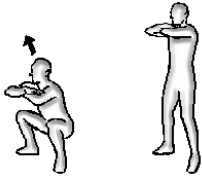


Step alla macchina

10 min a velocità bpm

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GAMBE



Squat senza peso

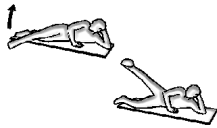
3

15

20"

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GAMBE



Abduttori a terra

3

15

20"

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GAMBE



Adduttori schiena a terra

3

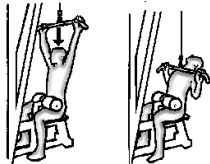
15

2

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DORSALI



Lat machine avanti presa larga

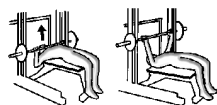
3

15

30

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PETTORALI



Panca al multipower

3

12

30

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TRICIPITI

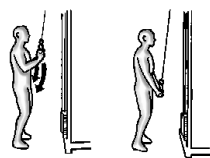
Push down con corda

3

12

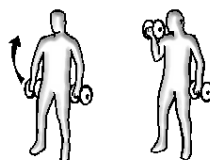
30

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BICIPITI



Curl alternato con manubri in piedi	3	12		30
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ADDOMINALI



Crunch a terra	3	max		30
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ADDOMINALI



Distensione gambe alternato	3	max		30
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