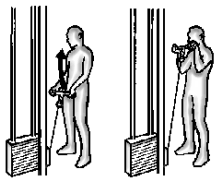
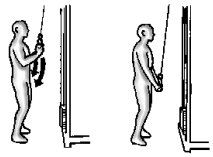
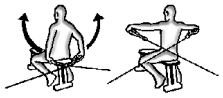
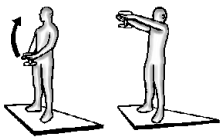
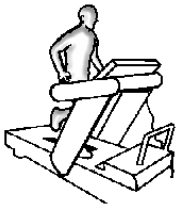
LUN

Scheda valida dal: 12/03/2019 sino al: 17/03/2019

		Serie	Rip.	Peso	Pausa
No Picture	5 min				
	**Curl al cavo basso in piedi**	3	12		
	**Push down con corda**	3	12		
	**Alzate laterali ai cavi incrociato**	3	12		
	**Alzate frontali con manubrio**	3	12		
	**Tapisroulant** 20 min				5