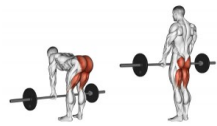


FORZA/IPERTROFIA GIORNO 2

Scheda valida dal: 13/02/2021 sino al:
21/03/2021

GLUTEI

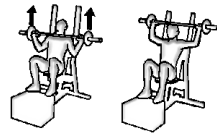


Stacchi rumeni

Inclinarsi in avanti mantenendo la curva lombare, appena si sente il blocco dei muscoli femorali si torna su.

Serie	Rip.	Peso	Pausa

SPALLE



Lento avanti con bilancere

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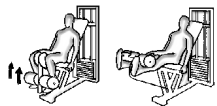
DORSALI



Trazione sbarra presa prona larga

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GAMBE

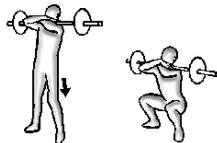


Leg extension

In superset con squat cavo basso

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GAMBE

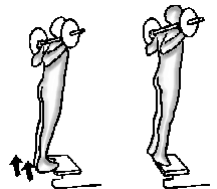


Squat frontale con bilancere

Anche al cavo basso

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POLPACCI



Calf in piedi con bilancere

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