

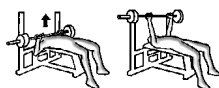
FORZA/IPERTROFIA GIORNO 3

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

Serie Rip. Peso Pausa

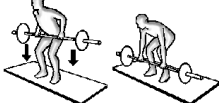
PETTORALI

Panca piana con bilancere



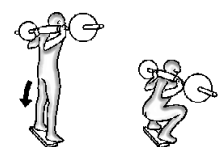
DORSALI

Rematore con bilancere



GAMBE

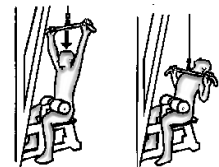
Squat libero



DORSALI

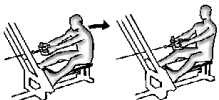
Lat machine avanti presa larga

In superset con Pulley



DORSALI

Pulley basso stretto



DORSALI

Pulldown braccia tese

In stripping, 1 serie 8/10 rip 2 serie senza rest
abbassi il carico del 30% e continui a cedimento

