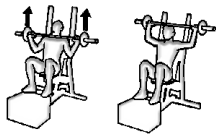


FORZA/IPERTROFIA GIORNO 4

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

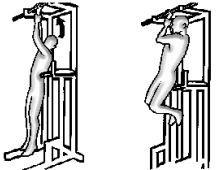
Serie Rip. Peso Pausa

SPALLE



Lento avanti con bilancere

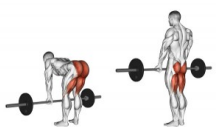
DORSALI



Trazioni alla sbarra presa inversa

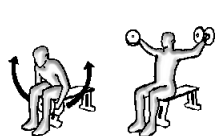
Presa supina

GLUTEI



Stacchi rumeni

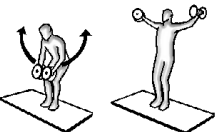
SPALLE



Alzate laterali con manubri seduto partenza busto inclinato

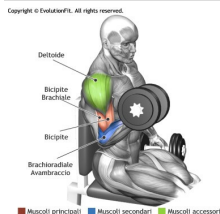
In stripping con alzate laterali in piedi

SPALLE



Alzate laterali con manubri busto inclinato

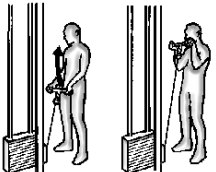
BICIPITI



Curl manubri seduto

In superset con curl in piedi al cavo basso

BICIPITI



Curl al cavo basso in piedi