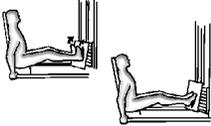
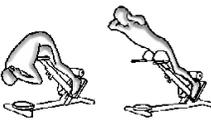
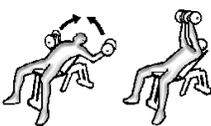
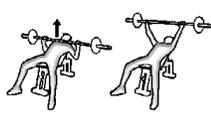
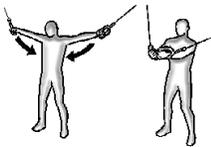
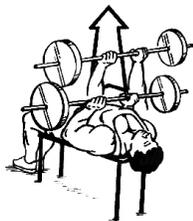


A/B 1 CIRCUITO

Scheda valida dal: 13/07/2020

		Serie	Rip.	Peso	Pausa
POLPACCI					
	Polpacci alla pressa seduto 1°ALLENAMENTO alternarlo con esercizi(aDduttori e PRESSA) sotto	2	15		40
GAMBE					
	Adduttori	2	20		40
GAMBE					
	Pressa orizzontale movimento negativo	2	10		40
LOMBARI					
	Hiperensioni con mani dietro su panca inclinata con peso	2	12		
PETTORALI					
	Croci su panca inclinata circuito con i prossimi4 esercizi di pettorali la panca inclinazione 15°	2	10		50
PETTORALI					
	Panca inclinata con bilancere	2	10		50
PETTORALI					
	Croci ai cavi	2	10		50
PETTORALI					
	Croci su panca piana	2	10		50

TRICIPITI



panca presa stretta

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TRICIPITI

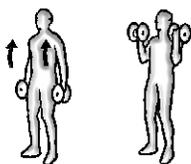


French press con manubri

IN SUPERSET CON ESERCIZI SOTTO

2	10		50
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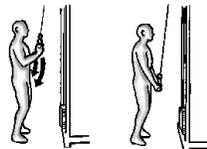
BICIPITI



Curl comanubri a martello in piedi

2	10		50
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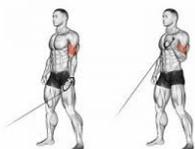
TRICIPITI



Push down con corda

2	10		50
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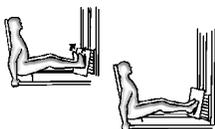
BICIPITI



Curl singolo al cavo basso

2	10		50
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POLPACCI



Polpacci alla pressa seduto

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GAMBE



Pressa orizzontale

2° ALLENAMENTO superset con abduttori e hip trust

2	10		40
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GLUTEI

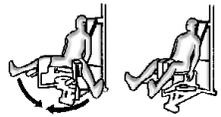
HIP TRUST

2	20		40
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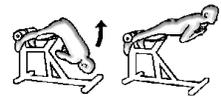
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GAMBE



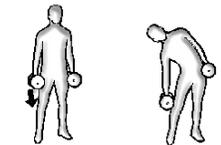
Abduttori	2	50		40
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LOMBARI



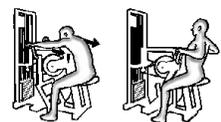
Hiperestensioni con peso aggiuntivo	2	25		50
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FIANCHI



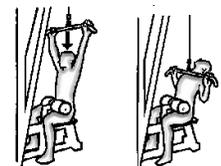
Obliqui con manubri	1	20		
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DORSALI



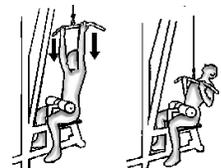
Hammer machine movimento completo IN SUPERSET CON GLI ESERCIZI SOTTO PER IL DORSO	2	10		40
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DORSALI



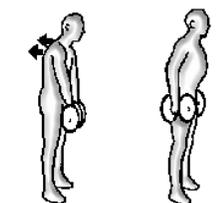
Lat machine avanti presa larga	2	10		40
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DORSALI



Lat machine inversa presa in pronazione	2	10		40
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TRAPEZI



Scrollate con manubri	2	10		40
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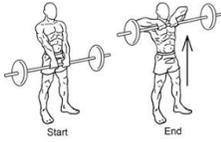
DORSALI

PULL DOWN	2	10		40
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SPALLE



tirate ai mento

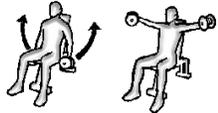
IN SUPERSET CON ESERCIZI SOTTO PER LE SPALLE

3

10

1,10

SPALLE



Alzate laterali con manubri seduto

3

10

1,10

SPALLE



sculder press

3

10

1,10