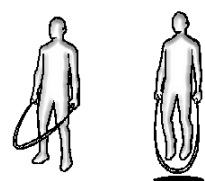


GABRELE

Scheda valida dal: 03/05/2021 sino al:
31/12/2020

	Serie	Rip.	Peso	Pausa
CARDIO FITNESS				
 	Cyclette	10 MIN.		

ANDATURE



Salto della corda

5 MIN

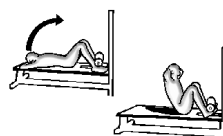
ANDATURE



Corsa ginocchia alte

5 MIN

ADDOMINALI



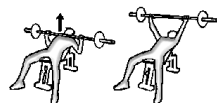
Sit-up alla panca

PIEDI INASTRATI SOTTO LA SPALLERA

4

20

PETTORALI



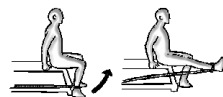
Panca inclinata con bilancere

3

15

15-20

GAMBE



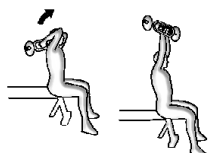
Leg extension al cavo

2

20

20

TRICIPITI



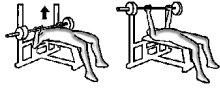
French press con bilancere curvo seduto

2

8

10

PETTORALI



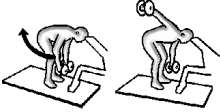
Panca piana con bilancere

3

15

20

SPALLE



Alzate posteriori con manubri alterne con appoggio

3

10

10

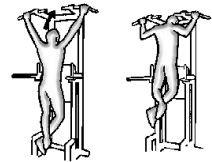
ANDATURE



Corsa

15

DORSALI



Sbarra dietro