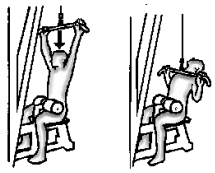
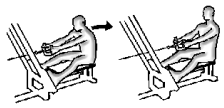
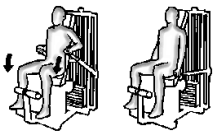
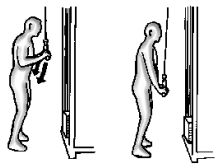
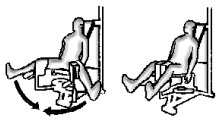
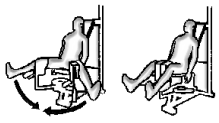
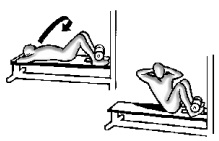
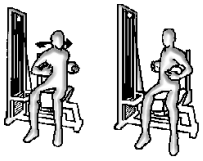
GIORNO B

Scheda valida dal: 20/09/2021 sino al: 18/10/2021

		Serie	Rip.	Peso	Pausa
DORSALI					
	**Lat machine avanti presa larga**	4	12	15/20	60
DORSALI					
	**Pulley basso stretto**	3	12	15/20	60’
DORSALI					
	**Pullover con manubrio**	3	12		60
TRICIPITI					
	**Spinte in basso alla macchina**	3	15		60
TRICIPITI					
	**Push down**	3	15	15	60’
GAMBE					
	**Abduttori** Abductor reverse machine	4	15	35/40	60
BALL					
	**Abduttori**	3	15		
ADDOMINALI					
	**Sit-Up con torsione su panca piana**	3	20		30

FIANCHI

	**Obliqui alla macchina**	3	10 per lato		30