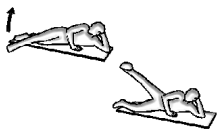
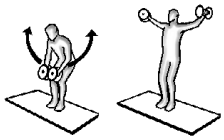
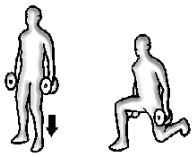
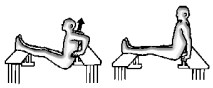
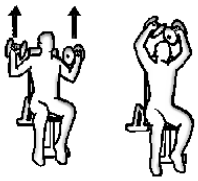
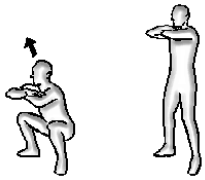
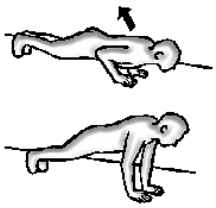
SCHEDA ISA ALLENAMENTO

Scheda valida dal: 22/07/2020

	Serie	Rip.	Peso	Pausa
GAMBE				
 **Abduttori a terra**	3	15		
SPALLE				
 **Alzate laterali con manubri busto inclinato**	3	15		
GAMBE				
 **Affondi con manubri**	3	20		
TRICIPITI				
 **Push down tra due panche**	3	15		
SPALLE				
 **Lento con manubri**	3	15		
GAMBE				
 **Squat senza peso**	3	20		
PETTORALI				
 **Flessioni a terra braccia strette**	3	20		