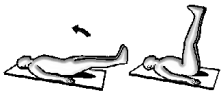
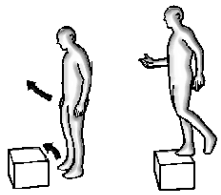
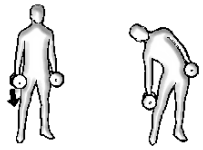
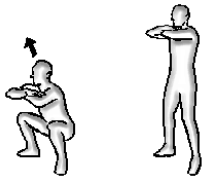
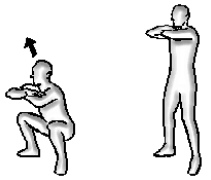
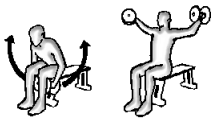
Inserisci qua il testo

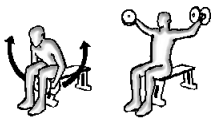
CRISTINA BOBOIA

Scheda valida dal: 22/11/2021 sino al: 22/12/2021

		Serie	Rip.	Peso	Pausa
ADDOMINALI					
	**Sollevamento busto e ginocchia am petto**	4	20	libero	1 minut
ANDATURE					
	**Pliometria** pe o cutie sau scaun,urci cu acelasi picior de 20 si 20 cu altul/asta inseamna o serie	4	20	max	1 minut
FIANCHI					
	**Obliqui con manubri**	4	20	5 kg	1 minut
GAMBE					
	**Squat senza peso**	5	15	libero	45 sec
GAMBE					
	**Squat senza peso**				
GLUTEI					
	**Calci indietro** 15 rep pe picior	5	15	libero	45 sec
					
SPALLE					
	Alzate laterali con manubri saduto partenza busto inclinato pe scaun cu 2 bidoane de apa	4	12	max	1 minut

SPALLE

	**Alzate laterali con manubri saduto partenza busto inclinato**				