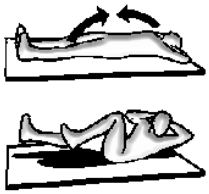
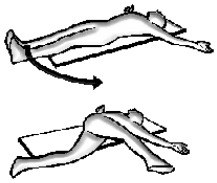
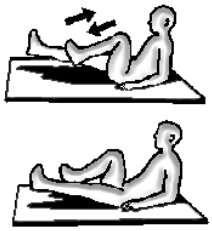
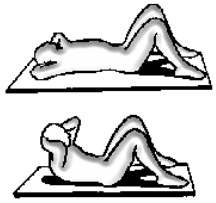
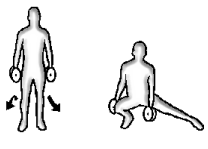
TONOFICARE

Scheda valida dal: 24/03/2020 sino al: 24/04/2020

	Serie	Rip.	Peso	Pausa
ADDOMINALI				
 **Crunch con sollevamento gamba e rotazione alternata.**	3	10		
ADDOMINALI				
 **Divaricata inversa a terra**	3	10		
ADDOMINALI				
 **Distensione gambe alternato**	2	10		
ADDOMINALI				
 **Crunch a terra mani dietro la testa**	3	10		
GAMBE				
 **Aperture laterali con cavigliere**	3	10		
GAMBE				
 **Affondi laterali con manubri** Se non hai i manubri bastano dei piccoli pesi	3	10		
GAMBE				

 	**Adduttori schiena a terra**	2	10		

GLUTEI

	**Calci laterali mani a terra**	3	10		

GLUTEI

 	**Slanci laterali gambe tese**	2	10		

GLUTEI

 	**Slanci laterali mani a terra**	2	10		

GLUTEI

 	**Calci indietro**	3	10		

PETTORALI

 	**Flessioni a terra braccia strette**	2	10		

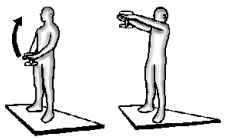
PETTORALI

 	**Flessioni in ginocchio**	3	10		

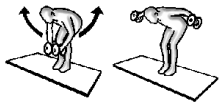
PETTORALI

 	**Flessioni a terra**	2	10		

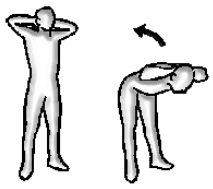
SPALLE

	**Alzate frontali con manubrio** Se non hai dei manubri bastano anche dei piccoli pesi	3	10		

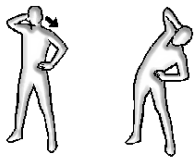
SPALLE

	**Alzate posteriori con manubri** Se non hai dei manubri bastano anche dei piccoli pesi	3	10		

LOMBARI

	**Good morning a corpo libero**	2	10		

FIANCHI

	**Obliqui mani sui fianchi alternato**	3	10		

LOMBARI

 	**Hiperenstensioni a terra**	2	10		