

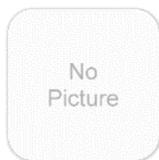
AUTUNNO2021_2GIORNO

PETTO/BICIPITI

Scheda valida dal: 24/09/2021

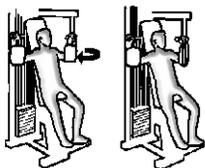
	Serie	Rip.	Peso	Pausa
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CARDIO FITNESS



	5 minuti			
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PETTORALI



Pectoral machine alternato	4	10	65	1
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PETTORALI



Croci su panca piana aperture	4	10	18	1
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PETTORALI



Panca inclinata con bilancere 8 ripetizioni	4	10	17,5	1
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PETTORALI



pull up panca piana	4	10	24	1
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BICIPITI



curl manubrio martello 8 ripetizioni con 10kg più sfinimento con 8 kg	3	8 più	10	1
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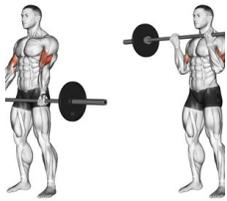
BICIPITI



trx curl	4	10		1
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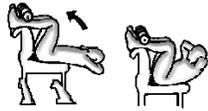
BICIPITI

curl asta in piedi Asta zeta	4	10	7,5	1
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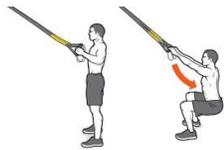
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ADDOMINALI



Crunch alla panca cramping	4	10		1
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STRETCHING



stretching con trx	5 minuti			
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