

10 SANDRO 7° MESE A

Scheda valida dal: 25/03/2021 sino al:
30/06/2021

Serie Rip. Peso Pausa

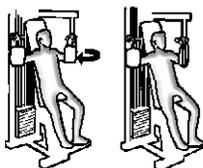
CARDIO FITNESS



Tapisroulant

10

PETTORALI



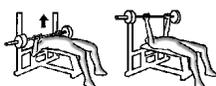
Pectoral machine alternato

3

12

non alternato

PETTORALI

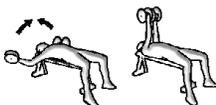


Panca piana con bilancere

3

12

PETTORALI



Croci su panca piana

3

12

CARDIO FITNESS

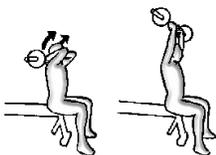


Cyclette

10

dopo questo esercizio 5 pausa

TRICIPITI



French press con bilancere seduto

3

12

TRICIPITI



French press con bilancere presa inversa

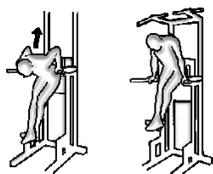
TRICIPITI

Parallele busto in avanti

3

12

tricipiti alla sbarra



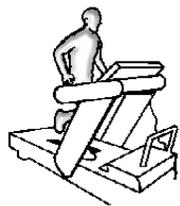
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TRICIPITI

Push down tra due panche	3	12		
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CARDIO FITNESS



Tapisroulant			10	
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