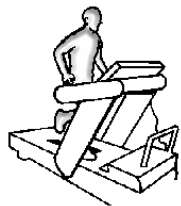


**1 CIRCUIT A/B**

Scheda valida dal: 30/06/2020

## CARDIO FITNESS

**Tapisroulant**

Serie

10 min

Rip.

Peso

Pausa

## GAMBE

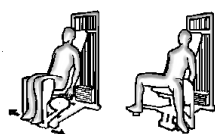
**Sumo squat**

3

15

30'secondi

## GAMBE

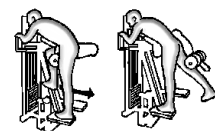
**Adduttori**

3

15

30'secondi

## GLUTEI

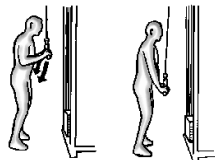
**Standing gluteus**

3

15

30'secondi

## TRICIPITI

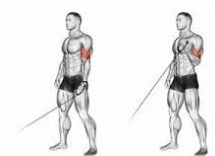
**Push down**

4

15

30'secondi

## BICIPITI

**Curl singolo al cavo basso**

3

10

30'secondi

## PETTORALI

**Chest press**

3

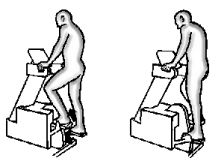
15

30'secondi

## CARDIO FITNESS

**Step machine**

5 min



|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

#### ADDOMINALI



#### Crunch alla panca cramping

4

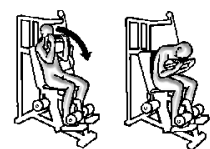
15

#### ADDOMINALI



#### Crunch alla panca cramping

#### ADDOMINALI



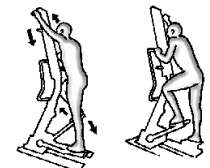
#### Abdominal Machine

4

15

30'secondi

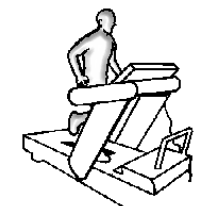
#### CARDIO FITNESS



#### Stair climber

5

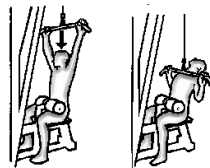
#### CARDIO FITNESS



#### Tapisroulant

5 min

#### DORSALI



#### Lat machine avanti presa larga

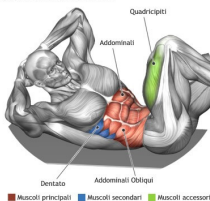
3

12

1 min

#### ADDOMINALI

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4

10

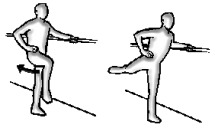
#### GLUTEI

#### Slanci posteriori in piedi

4

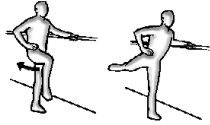
20

30'secondi



|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

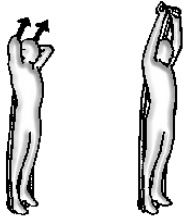
## GLUTEI



**Slanci posteriori in piedi**

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

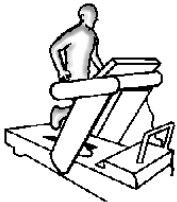
## TRICIPITI



**French press in piedi con elastico**

|   |    |  |            |
|---|----|--|------------|
| 3 | 10 |  | 30'secondi |
|---|----|--|------------|

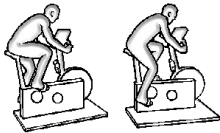
## CARDIO FITNESS



**Tapisroulant**

|        |  |  |  |
|--------|--|--|--|
| 10 min |  |  |  |
|--------|--|--|--|

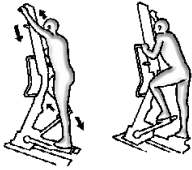
## CARDIO FITNESS



**Cyclette**

|        |  |  |  |
|--------|--|--|--|
| 10 min |  |  |  |
|--------|--|--|--|

## CARDIO FITNESS



**Stair climber**

|        |  |  |  |
|--------|--|--|--|
| 10 min |  |  |  |
|--------|--|--|--|