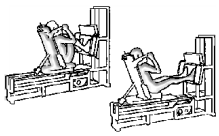
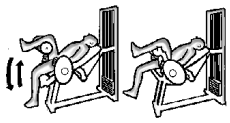
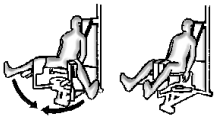
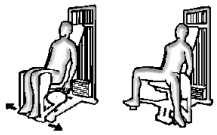
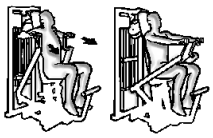
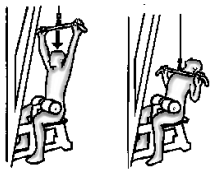
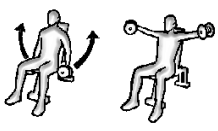
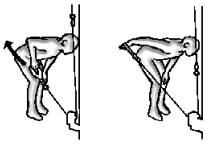
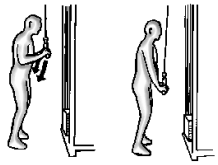
Gianni Personal Trainer

FLAMINIA 1

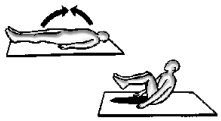
Scheda valida dal: 30/11/2021 sino al: 01/01/2022

		Serie	Rip.	Peso	Pausa
GAMBE					
	**Pressa alla macchina**	3	12	50	1,5
GAMBE					
	**Leg curl seduto** fai al suo posto l' hip trust	3	12	10	1
GAMBE					
	**Abduttori**	3	12	30/35	1
GAMBE					
	**Adduttori**	3	12	20	1
PETTORALI					
	**Chest press**	3	12	10	1
DORSALI					
	**Lat machine avanti presa larga** in alternativa pulldown	3	12	25	1
SPALLE					
	**Alzate laterali con manubri seduto** puoi farlo anche in piedi	3	12	3	1
TRICIPITI					
	**Spinte indietro al cavo basso**				

TRICIPITI

	**Push down** schiena appoggiata	3	12	10	1

ADDOMINALI

	**Sollevamento busto e ginocchia al petto gambe piegate** puoi anche fare sit up	3	2p		1