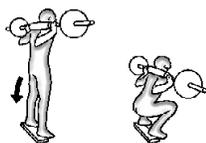


SCHEDA FOND 1

Scheda valida dal: 06/06/2021

| | Serie | Rip. | Peso | Pausa |
|--|-------|------|------|-------|
|--|-------|------|------|-------|

GAMBE



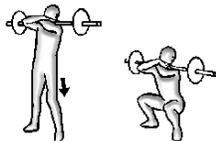
Squat libero

3

20-15-12

90

GAMBE



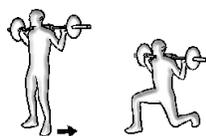
Squat frontale con bilancere

3

20-15-12

90

GAMBE



Affondi con bilancere

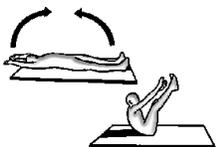
Tutti su una gamba , cambio e mai pausa

3

10

No

ADDOMINALI



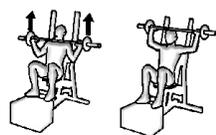
**Sollevamento busto e ginocchia al petto
gambe tese**

3

33

30

SPALLE



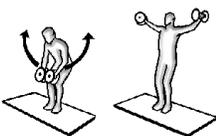
Lento avanti con bilancere

5

15-15-12-12-10

90

SPALLE



Alzate laterali con manubri busto inclinato

Poco peso ma fatte bene

5

20

60