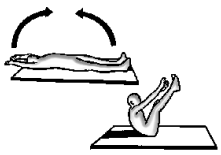
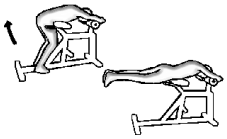
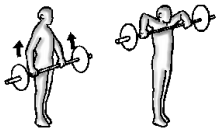
SCHEDA FOND 3

Scheda valida dal: 06/06/2021

	Serie	Rip.	Peso	Pausa
ADDOMINALI				
 **Sollevamento busto e ginocchia al petto gambe tese** Morire !	3	33		60
GLUTEI				
 **Glutei all apanca per iperenstension** Lo puoi fare tranquillamente su una panca con le cosce al di fuori della panca	5	20		60
GAMBE				
Aperture laterali con cavigliere	3	25		60
GLUTEI				
Slanci laterali mani a terra No pausa , sempre cambio	5	20 x gamba		
TRAPEZI				
 **Titate al mento**	4	15		60
DORSALI				
Pullover con bilancere	4	15		60