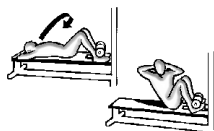


SCHEDA FOND 4

Scheda valida dal: 06/06/2021

ADDOMINALI



Sit-Up con torsione su panca piana

Serie

Rip.

Peso

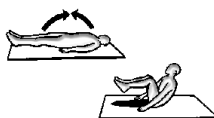
Pausa

3

33

60

ADDOMINALI



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

3

25

60

TRICIPITI



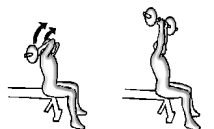
French press con bilancere

5

15

90

TRICIPITI



French press kampered

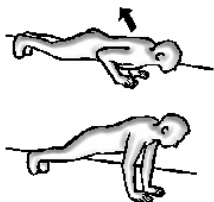
Poco peso

3

12

60

PETTORALI



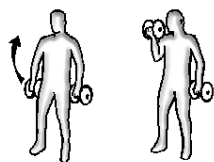
Flessioni a terra braccia strette

2

Max

60

BICIPITI



Curl alternato con manubri in piedi

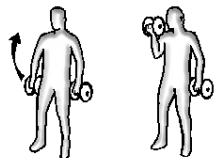
Con bilanciere

4

15-15-12-12

90

BICIPITI



Curl alternato con manubri in piedi

BICIPITI

Curl comanubri a martello in piedi

Con bilanciere, presa inversa

4

12

60



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