

BRACCIA

Scheda valida dal: 24/05/2021 sino al:
28/05/2021

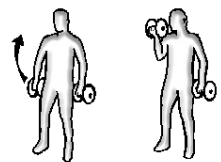
TRICIPITI



French press con manubri alternato su panca inclinata

Serie	Rip.	Peso	Pausa
3	12		

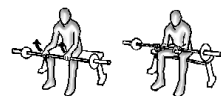
BICIPITI



Curl alternato con manubri in piedi

3	12		
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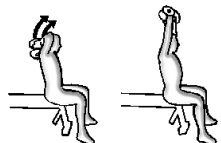
AVAMBRACCI



Avambracci con bilancere presa inversa

3	12		
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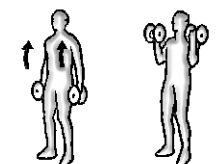
TRICIPITI



French press con manubrio seduto

3	12		
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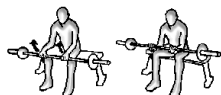
BICIPITI



Curl comanubri a martello in piedi

3	12		
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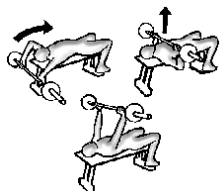
AVAMBRACCI



Avambracci con bilancere

3	12		
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PETTORALI



Combinata french press e spinte

3	12		
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