

IPERTROFIA PARTE SUPERIORE

Scheda valida dal: 26/04/2021 sino al:
24/05/2021

Serie	Rip.	Peso	Pausa
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ADDOMINALI



Crunch a terra mani dietro la testa

4

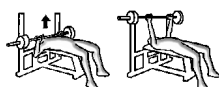
12

70%

1'



PETTORALI



Panca piana con bilancere

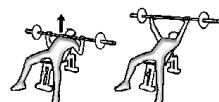
4

10

75%

1'

PETTORALI



Panca inclinata con bilancere

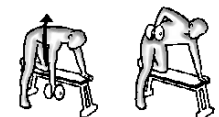
4

10

75%

1'

DORSALI



Rematore con manubrio

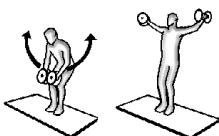
4

10

75%

1'

SPALLE



Alzate laterali con manubri busto inclinato

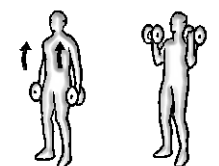
4

10

75%

1'

BICIPITI



Curl comanubri a martello in piedi

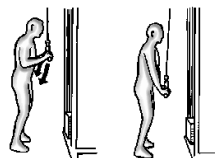
4

10

75%

1'

TRICIPITI



Push down

4

10

75%

1'