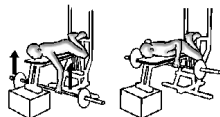


TERZO CICLO

Scheda valida dal: 03/05/2021 sino al:
14/05/2021

DORSALI



Rematore con bilancere disteso su panca

Serie

Rip.

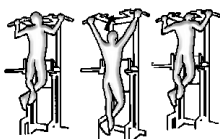
Peso

Pausa

3

12

DORSALI

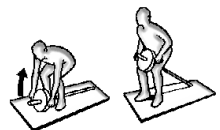


Combinata trazioni alla sbarra avanti e dietro

3

esaurime

DORSALI

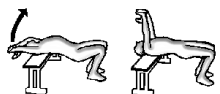


Dorsey bar

3

12

DORSALI

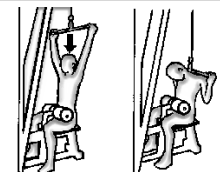


Pullover con manubrio

3

12

DORSALI

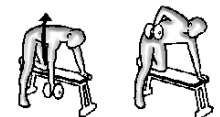


Lat machine presa neutra

3

12

DORSALI



Rematore con manubrio

3

12