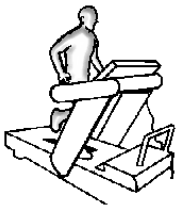
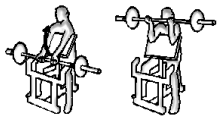
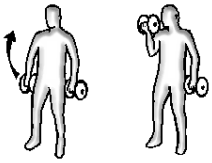
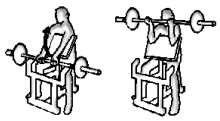
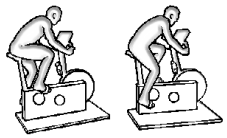
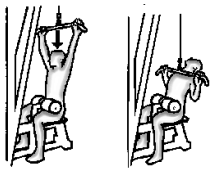
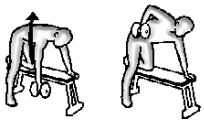
11 SCHEDA 7° MESE C

Scheda valida dal: 25/03/2021 sino al: 30/06/2021

		Serie	Rip.	Peso	Pausa
CARDIO FITNESS					
	**Tapisroulant**			10	
BICIPITI					
	**Curl con bilancere alla panca scott** in piedi senza panca	3	12		
BICIPITI					
	**Curl alternato con manubri in piedi**	3	12		
BICIPITI					
	**Curl con bilancere alla panca scott**				
CARDIO FITNESS					
	**Cyclette**			5	
DORSALI					
	**Lat machine avanti presa larga**	4	12		
DORSALI					
	**Rematore con manubrio**	4	12		
CARDIO FITNESS					
	Tapisroulant altri 2-3 giorni tappeto 7 kmh o cyclette 1 ora			10	

