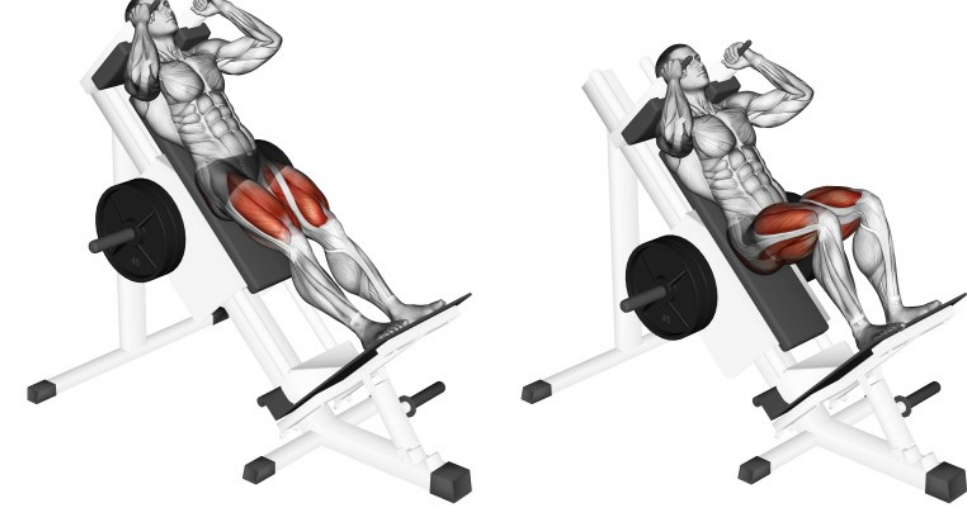


GIORNO 1

1. HACK SQUAT

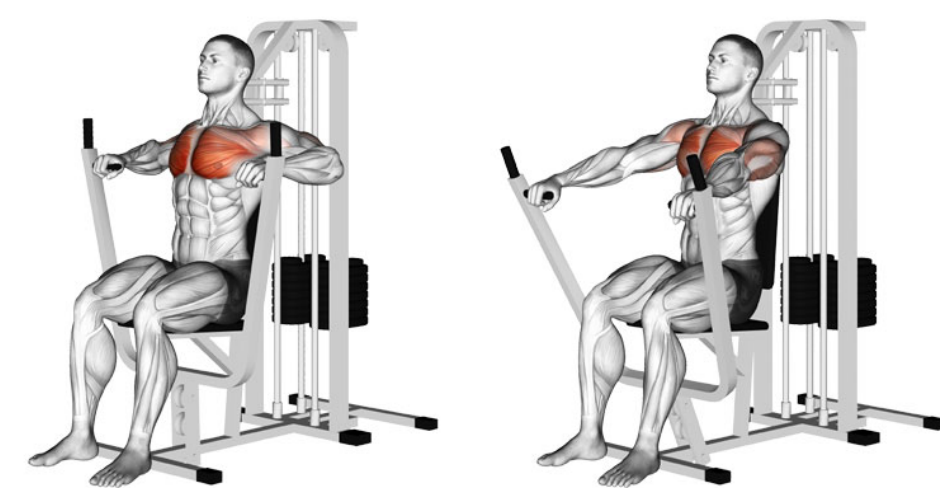
5 x 8



RECUPERO: 90 sec

2. CHEST PRESS

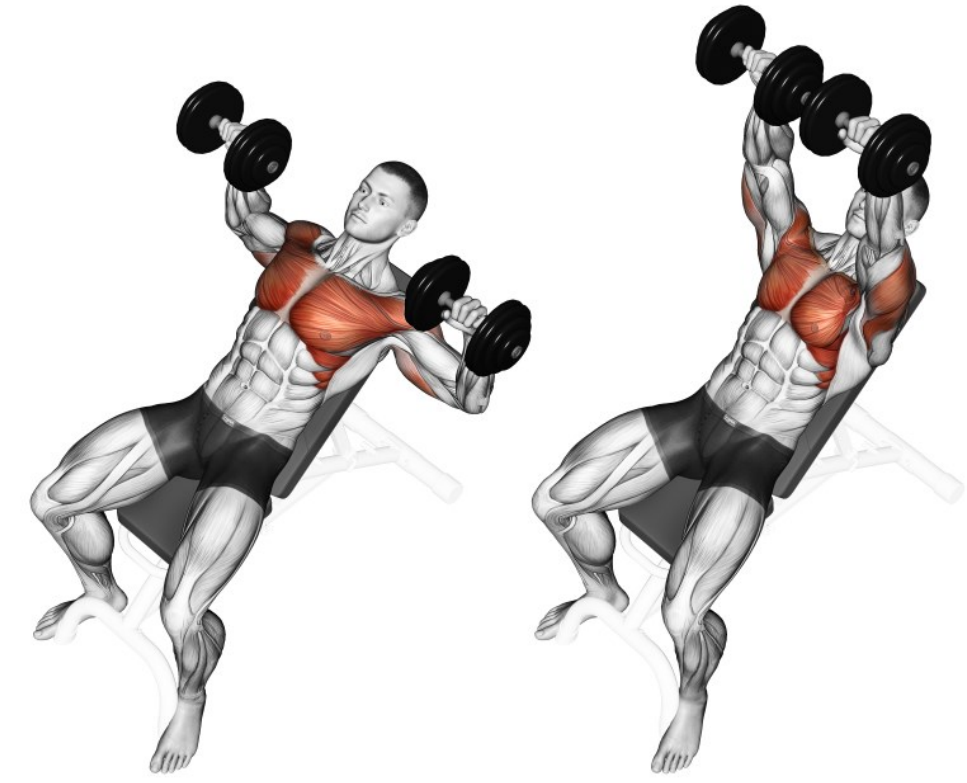
4 x 8



RECUPERO: 90 sec

3. SPINTE MANUBRI

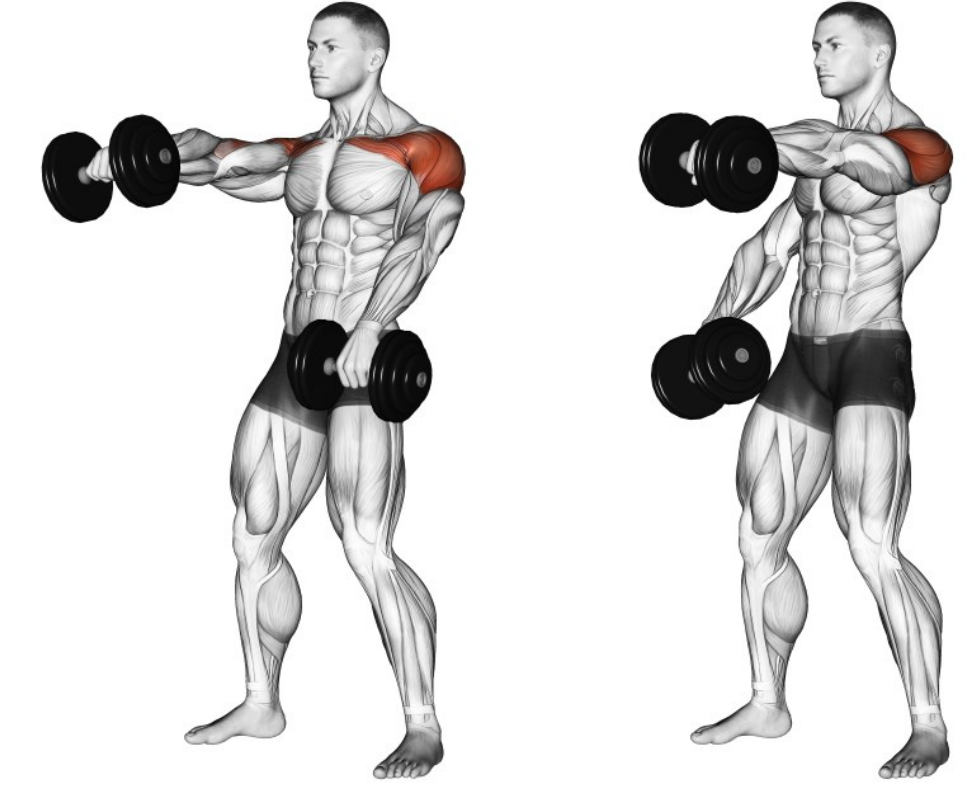
3 x 12



RECUPERO: 60 sec

4. ALZATE FRONTALI

3 x 12



RECUPERO: 60 sec

5. CALF DA SEDUTO

3 x 15



RECUPERO: 60 sec

6. REVERSE CRUNCH

3 x 15

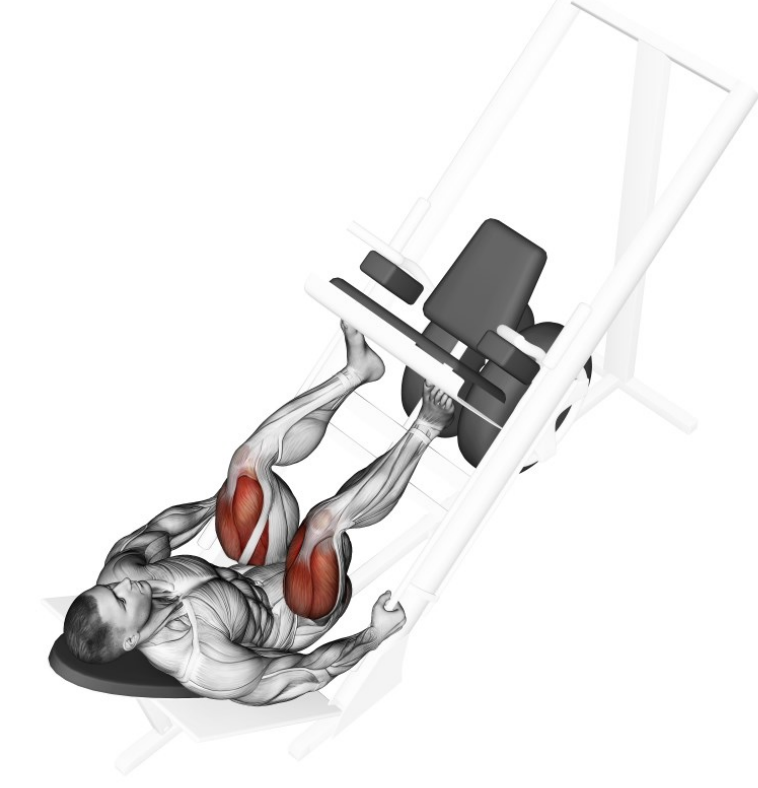


RECUPERO: 60 sec

GIORNO 2

1. LEG PRESS

5 x 8



RECUPERO: 90 sec

2. LAT MACHINE

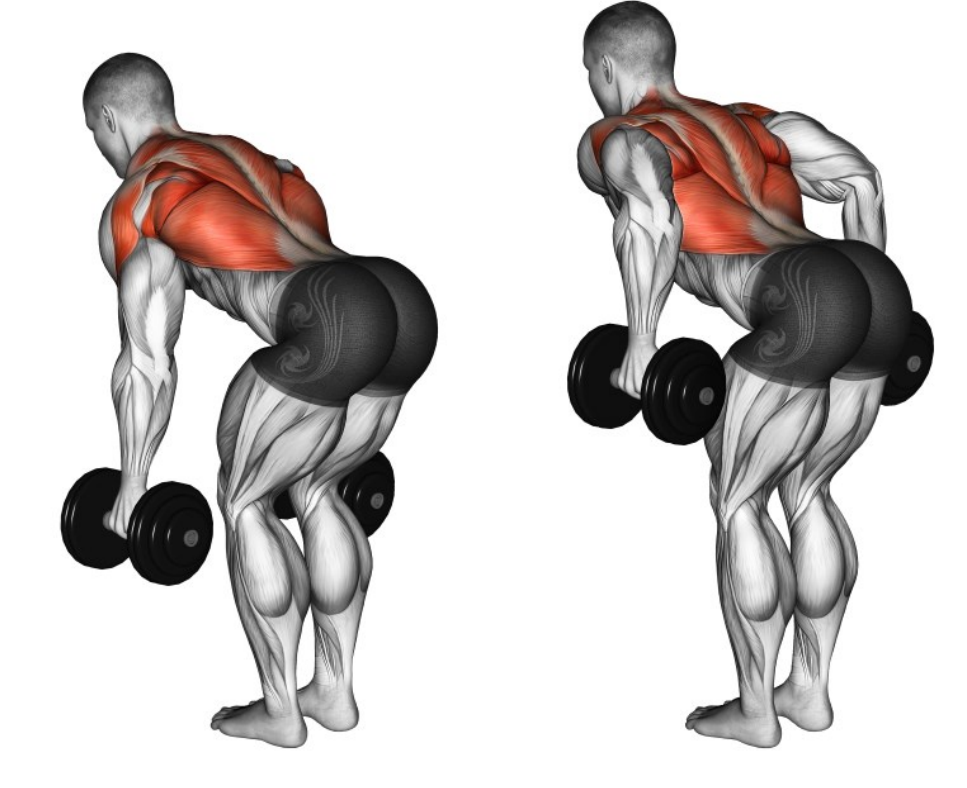
4 x 8



RECUPERO: 90 sec

3. REMATORE MANUBRI SU PANCA

3 x 12



RECUPERO: 60 sec

4. APERTURE POSTERIORI

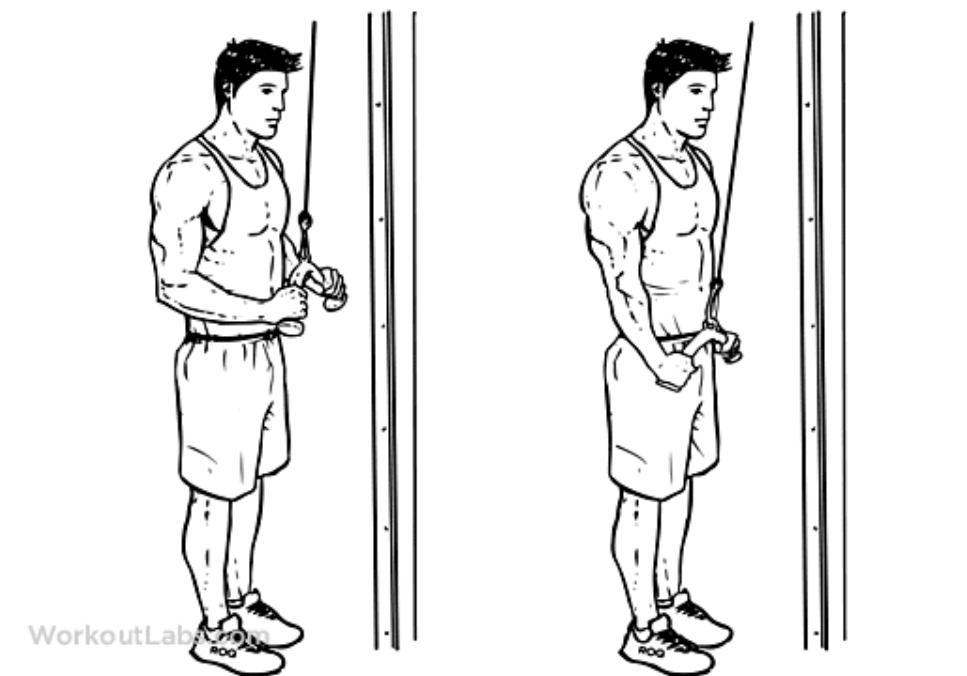
3 x 12



RECUPERO: 60 sec

5. PUSH DOWN

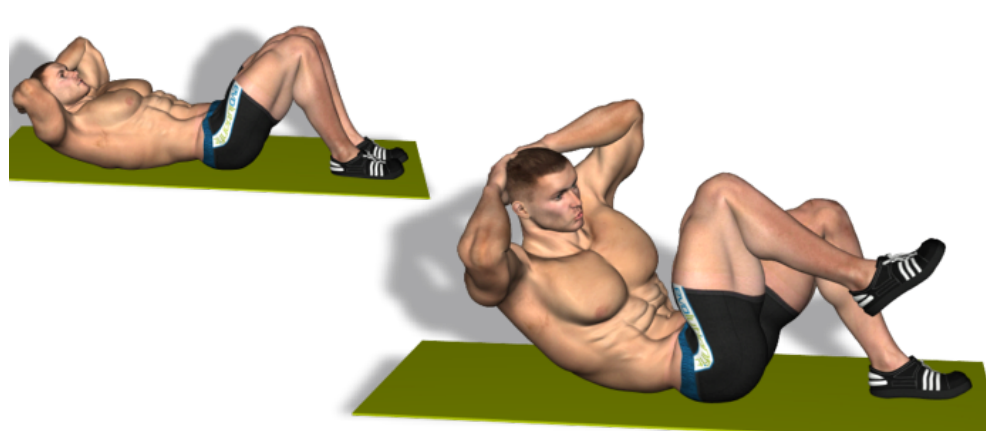
3 x 15



RECUPERO: 60 sec

6. ADDOMINALI OBLIQUI GOMITO/GINOCCHIO

3 x 15

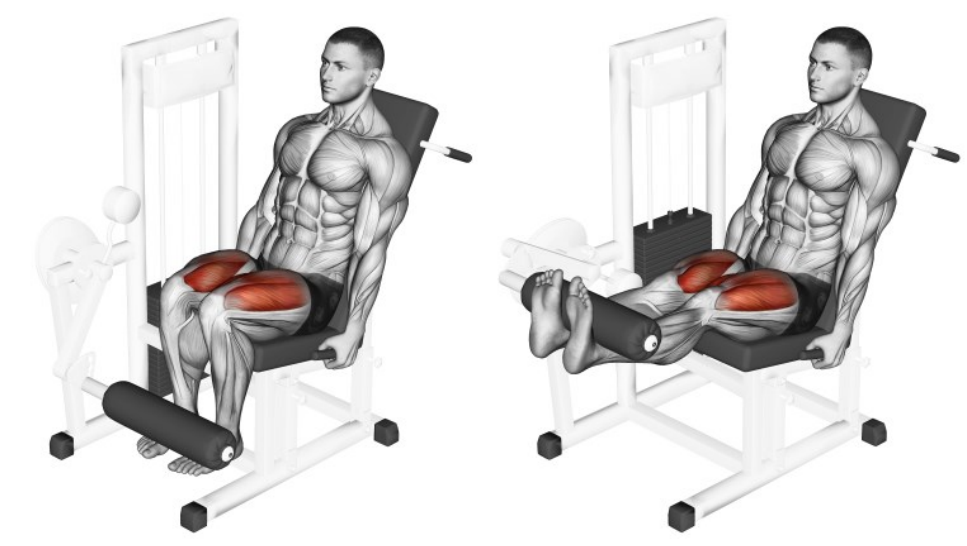


RECUPERO: 60 sec

GIORNO 3

1. LEG EXTENSION

5 x 8



RECUPERO: 90 sec

2. SHOULDER PRESS

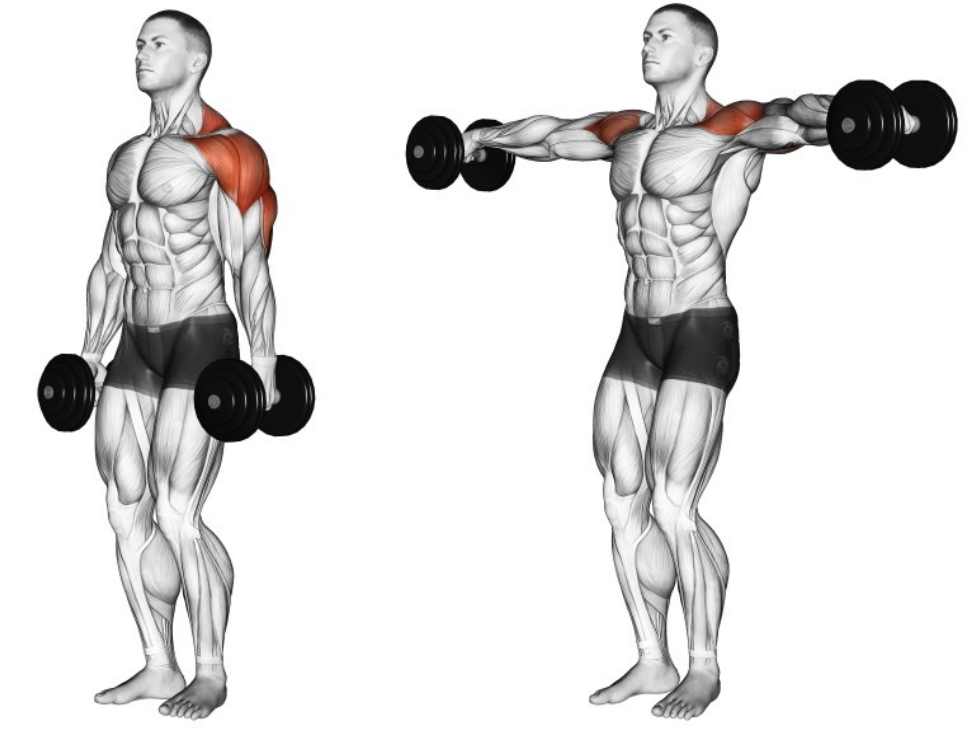
4 x 8



RECUPERO: 90 sec

3. ALZATE LATERALI

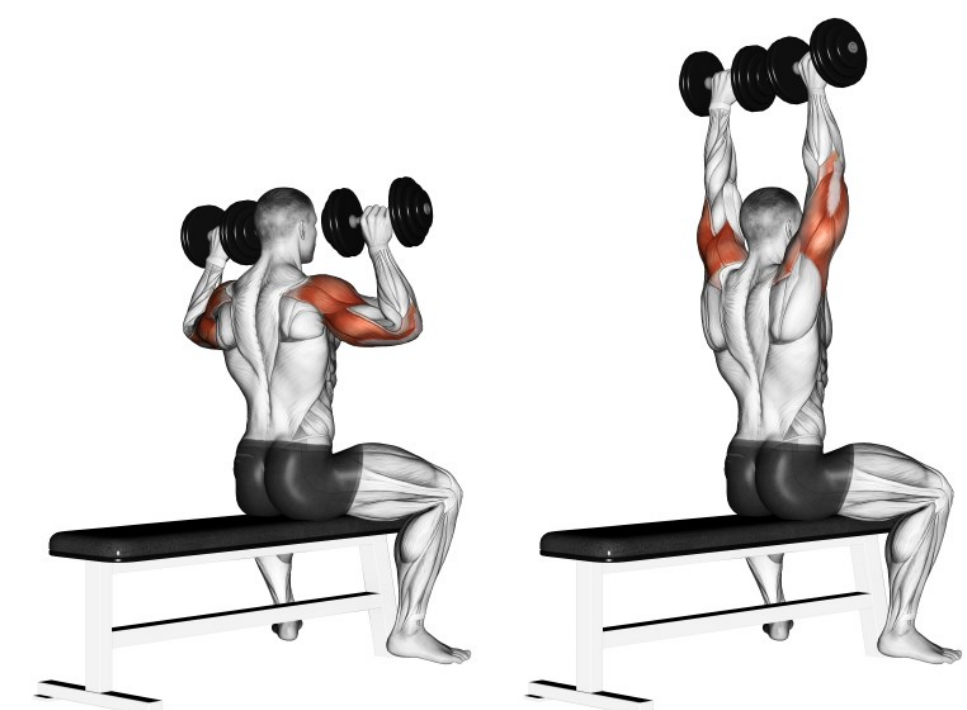
3 x 12



RECUPERO: 60 sec

4. LENTO MANUBRI

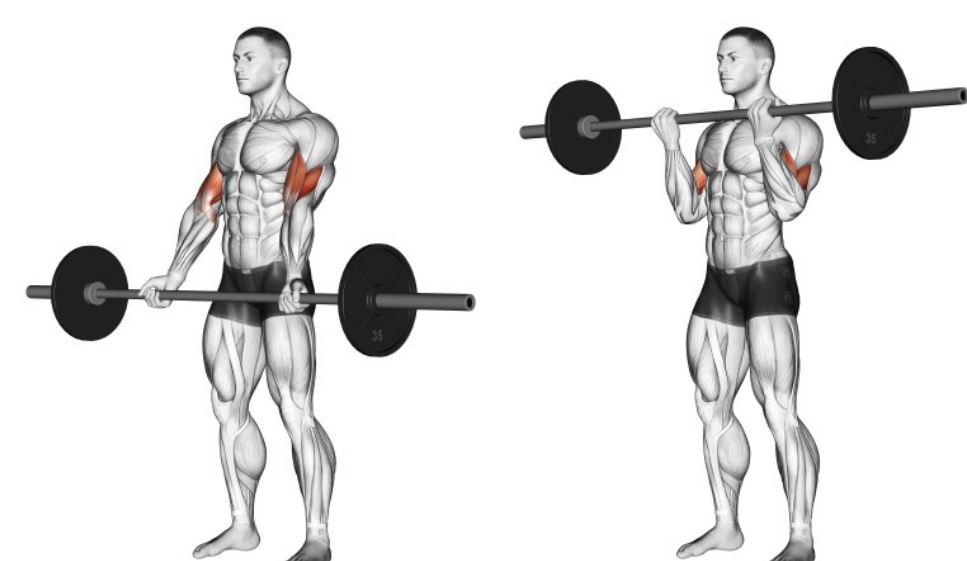
3 x 12



RECUPERO: 60 sec

5. CURL MANUBRI

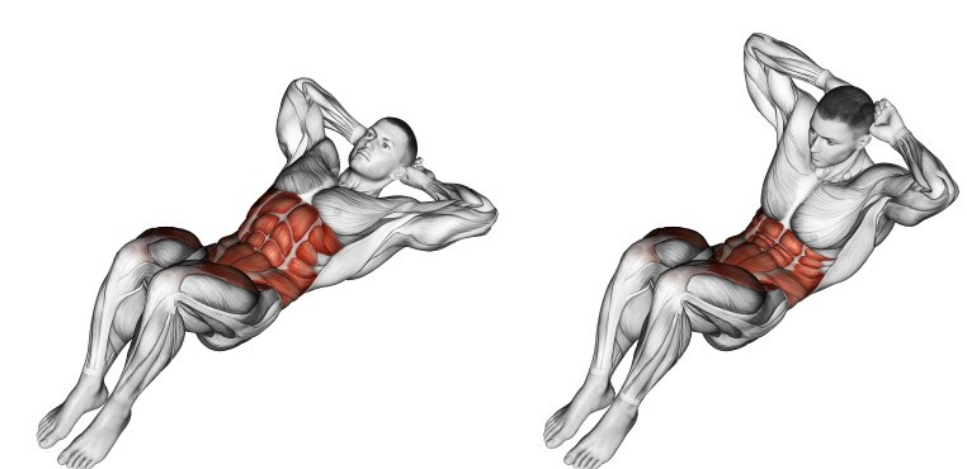
3 x 15



RECUPERO: 60 sec

6. CRUNCH A TERRA

3 x 15



RECUPERO: 60 sec

SCARICA LA SCHEDE

PDF DESKTOP

PDF SMARTPHONE