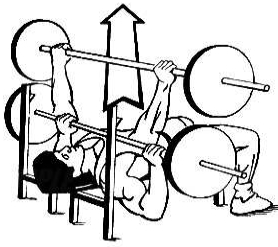


A – PETTO/SPALLE/TRICIPITI

Panca Piana 4x6



Panca 30° manubri 4x10-12



Croci piana oppure inclinata 3x12



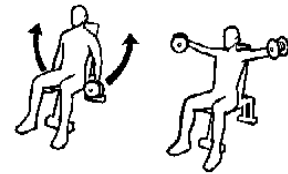
Lento avanti (bil o man) 4x6



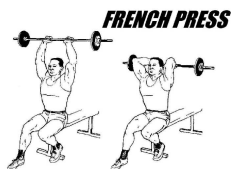
Arnold Press 3/4x10/8



Alzate laterali 3x12



French press 3x6/8

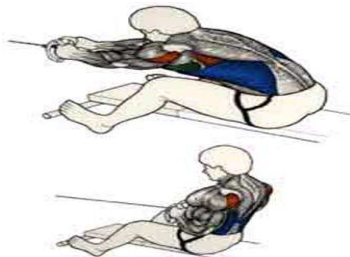


Push down 3x12

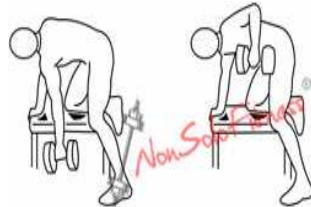


B - SCHIENA(+ DELT. POST.)/BICIPITI

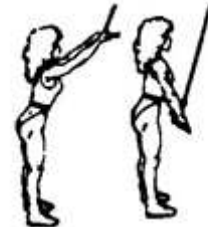
Pulley 4x6



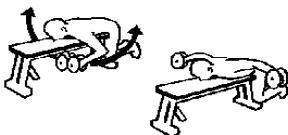
Rematore manubrio 3/4x8/10



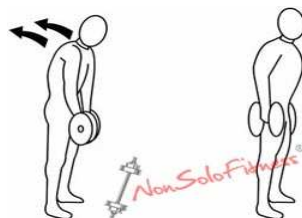
Pull-down braccia tese 3x12



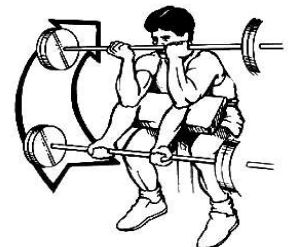
Alzate busto a 90° 3x12



scollate con manubri 3x12/15



Curl alla scott 3x8

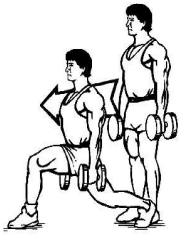


Hammer Curl 3x12

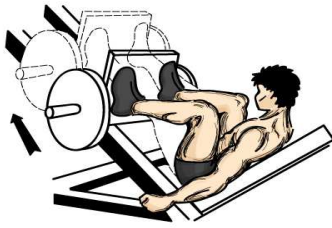


C – GAMBE/ADDOME

Affondi 4x6



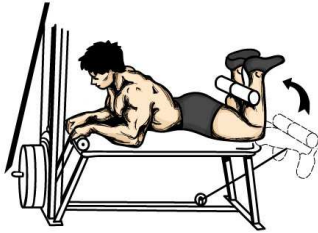
Leg Press 3/4x10/8



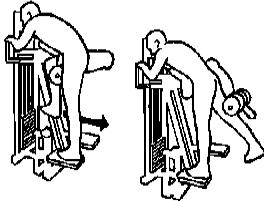
Leg ext 3x10



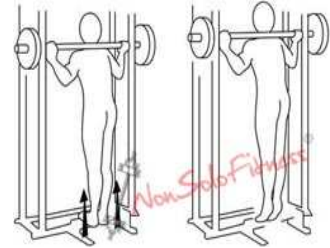
Leg curl 4x6



Gluteus Standing 3x12



Calf con bilanciere 3x12

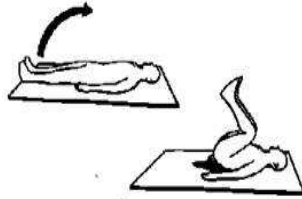


Addominali

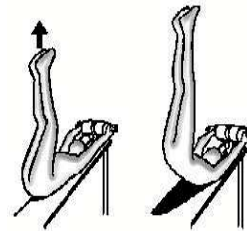
Crunch Classico



Crunch Inverso



Spinte del bacino



Crunch con corda all'ercolina



Flessioni laterali



Plank (mantenere posizione)



Taglialegna



Addominali obliqui

