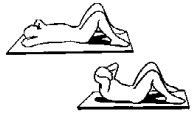
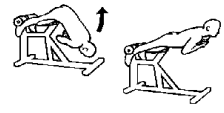
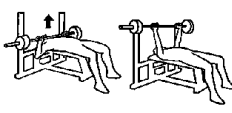
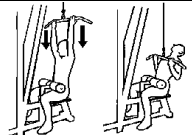
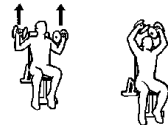
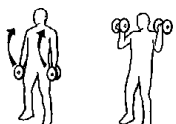
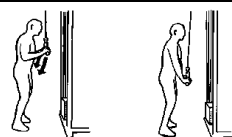


CLIENTE: www.marcomartone.com - www.wellnessnapoli.com
Pasquale Cenni

Data: 28/07/2008

ESERCIZIO	SERIE	RIPETIZIONI	RECUPERO
 Addome: Crunch inverso su Panca	3	15 - 20	1'
 Crunch Tappetino	2	20 - 25	1'
 Lombari alla Panca	2	15	1'30"
 Squat con bilanciere o manubri	3	10	1'30"
 Torace: Panca Piana con Bilanciere	3	12 - 10 - 8	1'30"
 Dorso: Lat Machine Avanti	3	12 - 10 - 8	1'30"
 Spalle: spinte manubrio	3	10	1'30"
 Curl manubri	3	10	1'30"
 Tricipiti: Spinte in basso ai cavi	3	12 - 10 - 8	1'30"
 CardioFitness e Stretching		Interval Training	30'