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|  |  |  |  |  |  | Nome  ......................................................  data.................................................... |
|  |  | C:\Users\Windows\Desktop\sumo-squat-800x497.jpg | C:\Users\Windows\Desktop\Mountain-Climber.jpg |
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|  |  | C:\Users\Windows\Desktop\palestra\schede\Nuova cartella (2)\funzionale\dt.common.streams.StreamServer.cls.jpg | C:\Users\Windows\Desktop\palestra\schede\Nuova cartella (2)\funzionale\1-stacchi-rumeni.jpg |
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|  |  | C:\Users\Windows\Desktop\palestra\schede\Nuova cartella (2)\funzionale\Sentadilla-Búlgara.png | C:\Users\Windows\Desktop\ragazza-esegue-squat-alla-parete.jpg |
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| C:\Users\Windows\Desktop\Cattura1.JPG |  | C:\Users\Windows\Desktop\a96674f4d5abb1cd3266444b1d2c1915.png |  | C:\Users\Windows\Desktop\esercizi\3.jpg |  | **C:\Users\Windows\Desktop\esercizi\s8aaaa00.jpg** |
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| C:\Users\Windows\Desktop\gluteooo.jpg | C:\Users\Windows\Desktop\e08cc6b888d28224dfdda718ced9b5f4.jpg | C:\Users\Windows\Desktop\esercizi\4440.jpg | C:\Users\Windows\Desktop\esercizi\allenamento-braccia-1.jpg |
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| C:\Users\Windows\Desktop\Cattu111ra.JPG | C:\Users\Windows\Desktop\secondo-esercizio-per-dimagrire-le-braccia.jpg | C:\Users\Windows\Desktop\esercizi\Nuova cartella (2)\bicep-curls-350x321.jpg | C:\Users\Windows\Desktop\esercizi\3.jpg |
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|  |  | C:\Users\Windows\Desktop\Nuova cartella (2)\crunch-obliqui - Copia (2).jpg | C:\Users\Windows\Desktop\Nuova cartella (2)\crunch-classico-780x438.jpg |
|  |  |  |  |
|  |  | C:\Users\Windows\Desktop\Nuova cartella\esercizio-plank.jpg | NOTE: CARDIO INIZIO MINUTI ......  CARDIO INIZIO ALLA FINE MINUTI ......  ADDOMINALI :  RECUPERO TRA RIPETIZIONI ... |