<!DOCTYPE html PUBLIC "-//W3C//DTD HTML 4.01//EN" "http://www.w3.org/TR/html4/strict.dtd">  
<html><head><title>WORKOUTS-CALISTHENICS</title>  
  
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<img src="immagini/logo.jpg" alt=""></center></td>  
<td bgcolor="black">....<big><big><big><big><big><span style="font-family: Agency FB; color: rgb(153, 0, 0);">***&nbsp***;  
<big style="font-weight: bold;"><big><big><big>CALISTHENICS</big></big></big></big></span></big></big></big></big></big></td>  
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<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="storia.html"><big><big><big>STORIA</big></big></big></a></td>  
<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="atleti.html"><big><big><big>ATLETI</big></big></big></a></td>  
<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="skills.html"><big><big><big>SKILLS</big></big></big></a></td>  
<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="workouts.html"><big><big><big>WORKOUTS</big></big></big></a></td>  
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<td><img src="immagini/muscleup.jpg" alt=""></td>  
<td><img src="immagini/abs.jpg" alt=""></td>  
<td><img src="immagini/legs.jpg" alt=""></td>  
<td><img src="immagini/chest.jpg" alt=""></td>  
</tr><tr>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;">  
<center><b>MUSCLE UP WORKOUT</b></center><br>  
Workout mirato al potenziamento di dorsali e tricipiti per incominciare ad avvicinarsi all'esecuzione del Muscle Up.<br><br>  
-Trazioni 3x5<br>  
-Body Row 3x8<br>  
-Dips 3x5<br>  
-Push Ups 3x12<br>  
<i>Recupero: 2 min tra le serie e 1.5 min tra gli esercizi.</i></span></span></td>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;">  
<center><b>ABS WORKOUT</b></center><br>  
Circuito da inserire a fine allenamento dopo il cardio.<br><br>  
-Crunch x15<br>  
-Leg raises x8<br>  
-Dragon Flag 10sec<br>  
-Spider Climber x10<br>  
-Plank 40s<br>  
<br>  
<i>Recuperare 1 minuto a fine circuito e ripeterlo per altre 2 volte.</i>  
  
</span></span></td>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;">  
<center><b>LEGS WORKOUT</b></center><br>  
Workout che mira al potenziamento di glutei, quadricipiti e polpacci.<br><br>  
-Box Jump 3x15<br>  
-Squat 3xMax<br>  
-Calf raises 2x20<br>  
-Walking Lunges 1x20<br>  
-Wall Sit 1 min<br>  
<br>  
<i>Recupero: 1 minuto tra le serie e 30 secondi tra gli esercizi.</i>  
</span></span></td>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;">  
<center><b>ARMS/CHEST WORKOUT</b></center><br>  
Allenamento completo per petto e braccia.<br><br>  
-One Hand Push Up 1x2<br>  
-Push ups 3x15<br>  
-Body row 3x10<br>  
-Chin Ups 3xMax<br>  
<br><br>  
<i>Recupero: 1.5 minuti tra le serie e 1 minuto tra gli esercizi.</i>  
  
</span></span></td>  
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<marquee>  
***&nbsp***;  
Alunno: Domenico di Stasio  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;   
Classe: 4G  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;  
Contatti: <a href="mailto:domenico.distasio.mail@gmail.com">domenico.distasio.mail@gmail.com</a>  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;  
Copyright 2017  
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<center><a href="download/workouts.docx">DOWNLOAD CODICE SORGENTE PAGINA</a></center></span></span></td>  
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</table><br>  
</center>  
</body></html>