



Name: GIUSEPPE **Surname:** FRANZESE
Age: 21
Weight: 60 **Gender:** MASCHIO

EXERCISE

N. REP

Chest Crosses



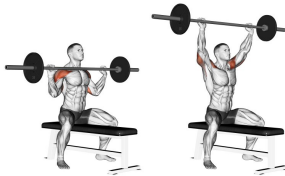
3x8

Bench-Press



3x10

Military Press



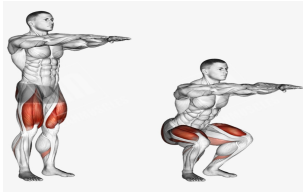
3x6

Leg Extension



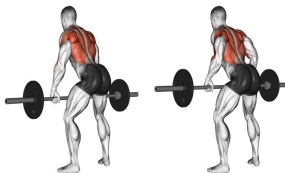
4x8

Squat



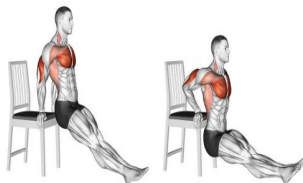
3x10

Row



3x8

Dips



3x8