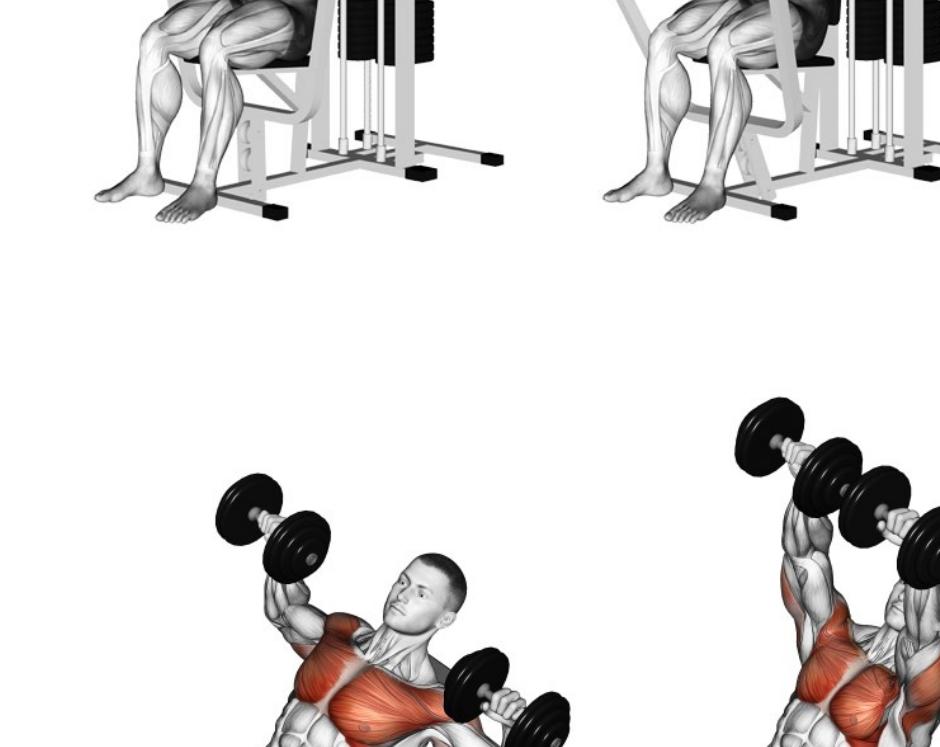


GIORNO 1**1. HACK SQUAT**

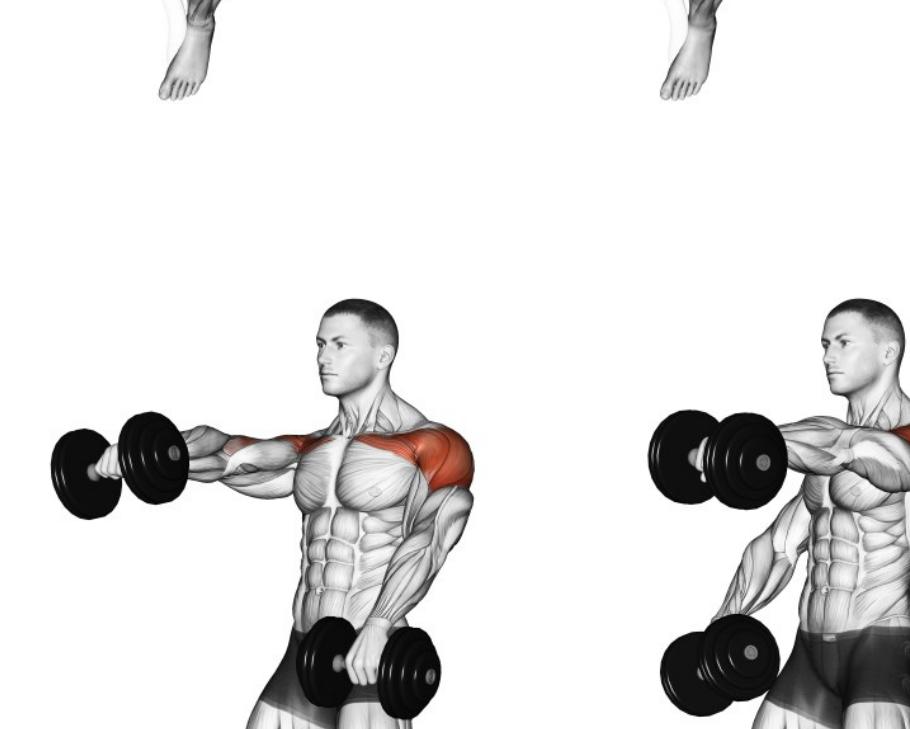
5 x 8



RECUPERO: 90 sec

2. CHEST PRESS

4 x 8



RECUPERO: 90 sec

3. SPINTE MANUBRI

3 x 12



RECUPERO: 60 sec

4. ALZATE FRONTALI

3 x 12



RECUPERO: 60 sec

5. CALF DA SEDUTO

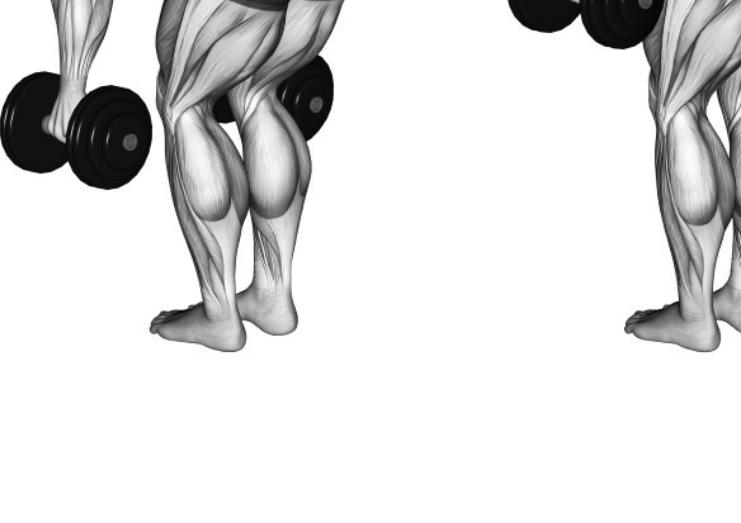
3 x 15



RECUPERO: 60 sec

6. REVERSE CRUNCH

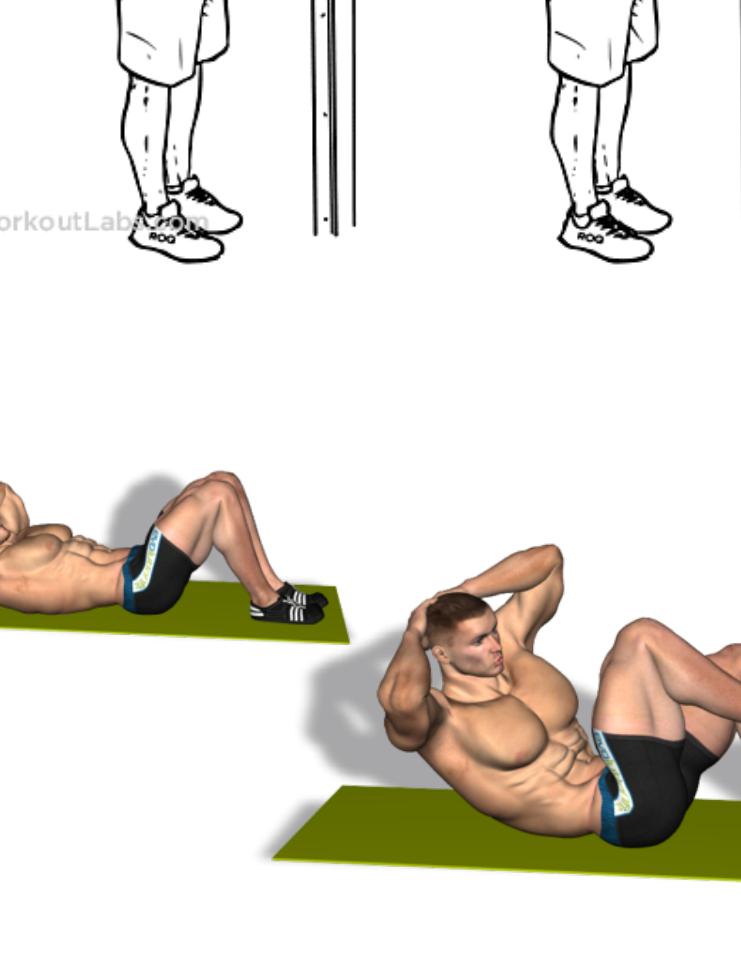
3 x 15



RECUPERO: 60 sec

GIORNO 2**1. LEG PRESS**

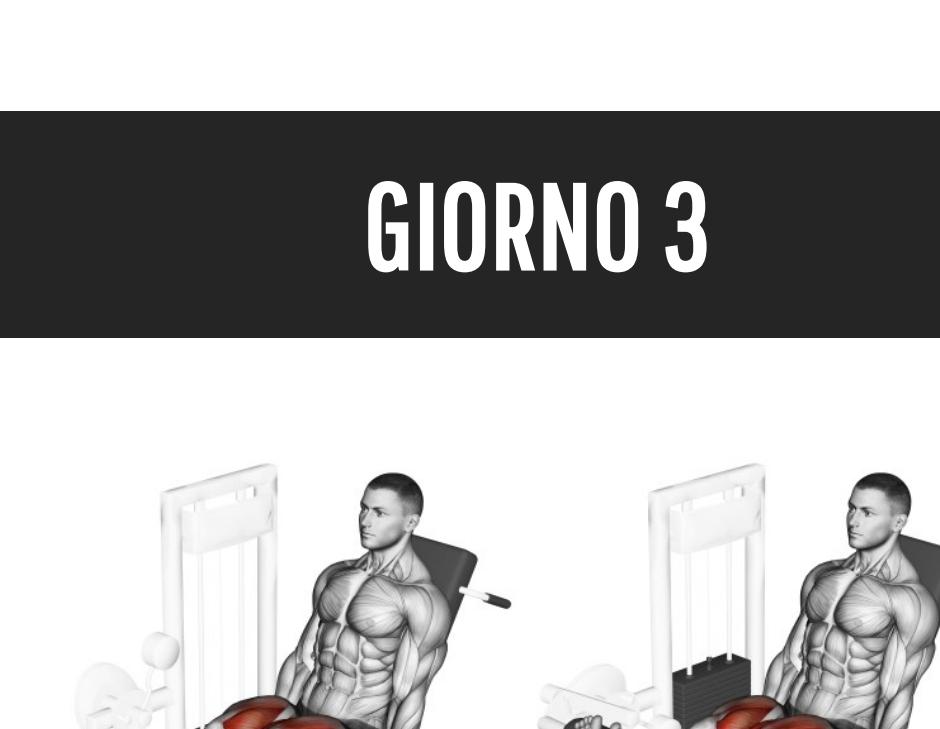
5 x 8



RECUPERO: 90 sec

2. LAT MACHINE

4 x 8



RECUPERO: 90 sec

3. REMATORE MANUBRI SU PANCA

3 x 12



RECUPERO: 60 sec

4. APERTURE POSTERIORI

3 x 12



RECUPERO: 60 sec

5. PUSH DOWN

3 x 15



RECUPERO: 60 sec

6. ADDOMINALI OBLIQUI GOMITO/GINOCCHIO

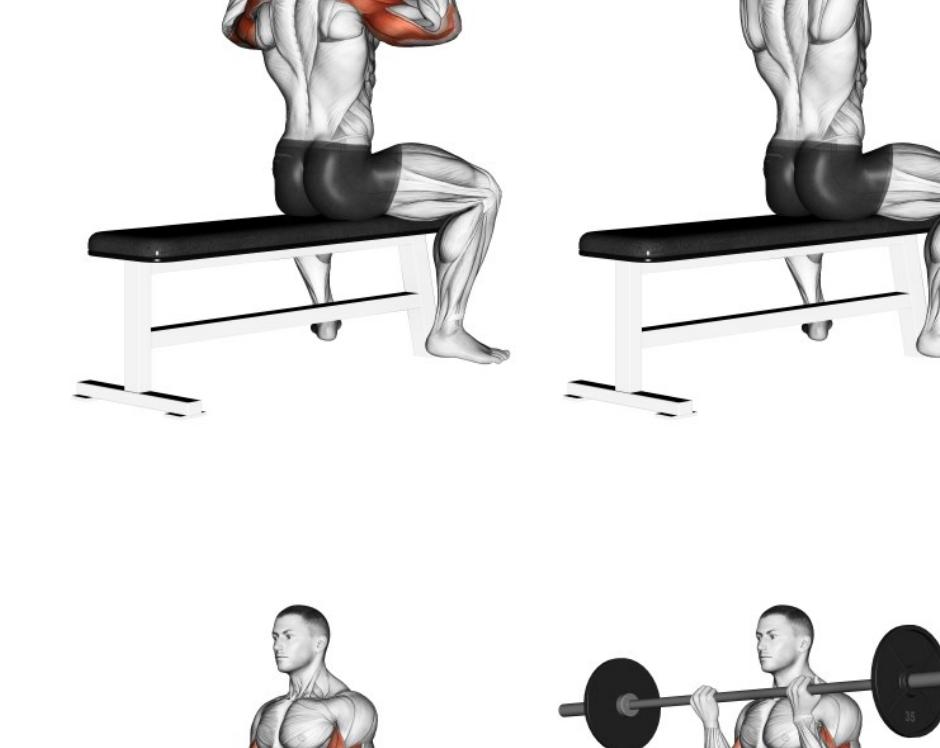
3 x 15



RECUPERO: 60 sec

GIORNO 3**1. LEG EXTENSION**

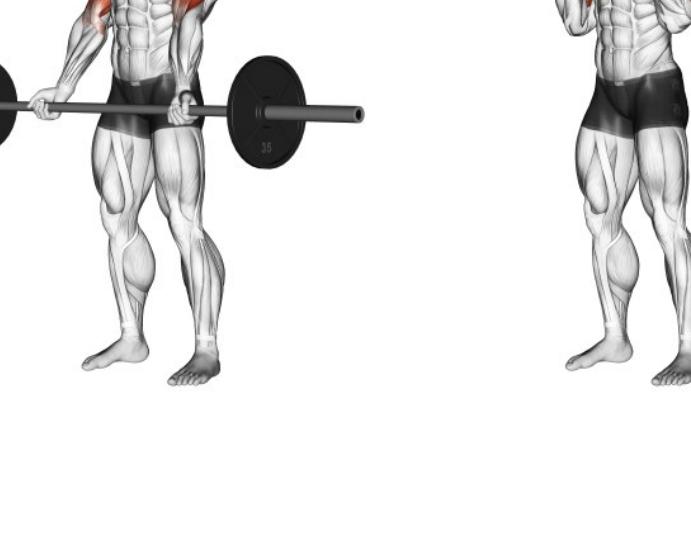
5 x 8



RECUPERO: 90 sec

2. SHOULDER PRESS

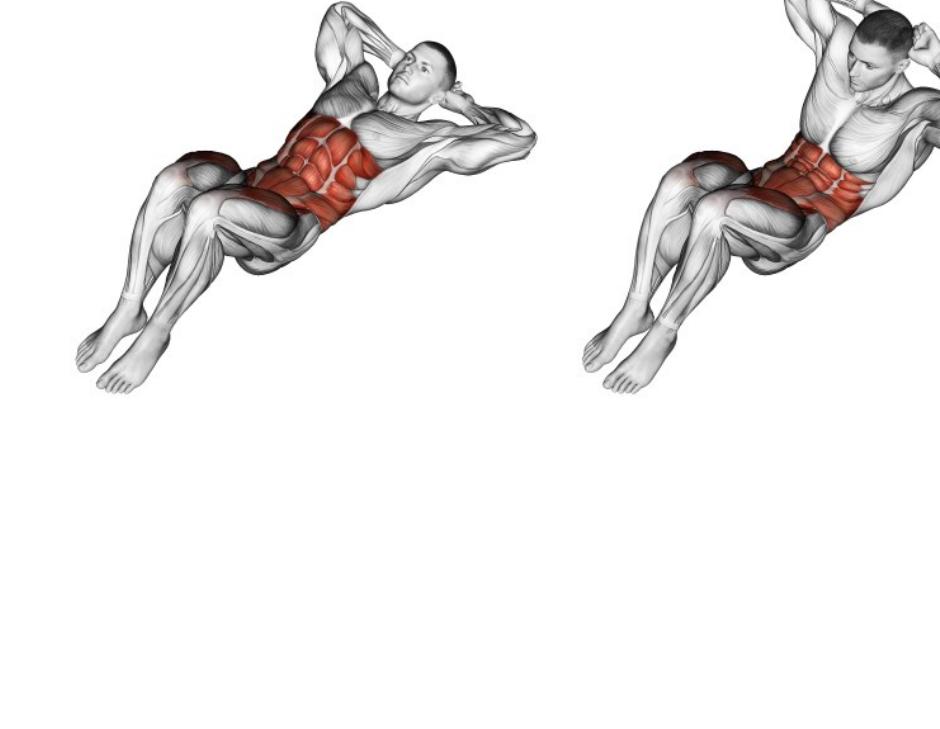
4 x 8



RECUPERO: 90 sec

3. ALZATE LATERALI

3 x 12



RECUPERO: 60 sec

4. LENTO MANUBRI

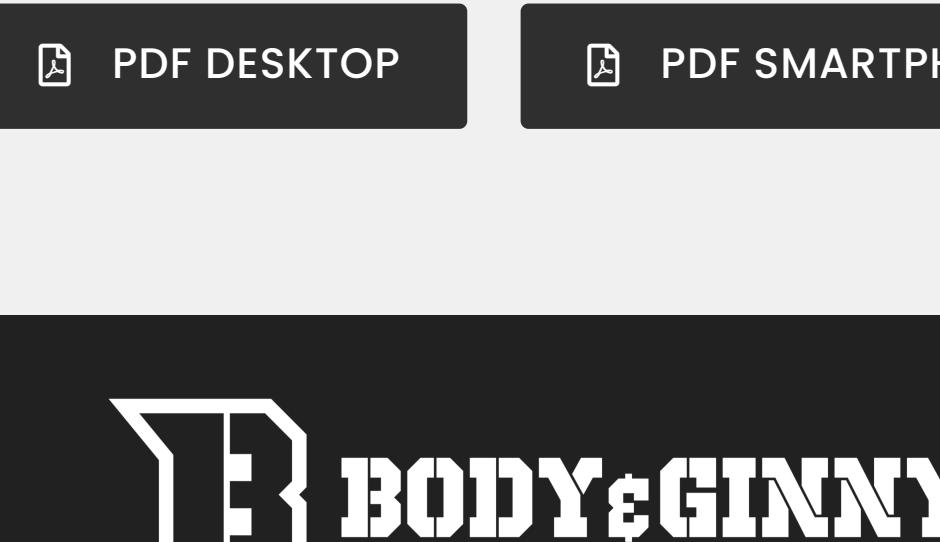
3 x 12



RECUPERO: 60 sec

5. CURL MANUBRI

3 x 15



RECUPERO: 60 sec

6. CRUNCH A TERRA

3 x 15

RECUPERO: 60 sec

SCARICA LA SCHEDA[PDF DESKTOP](#)[PDF SMARTPHONE](#)