

W3						
Excercise	SET 1		SET 2		SET 3	
	weight	reps	weight	reps	weight	reps
Pullups	0	8	0	8	0	8
Pullups	0	5	0	5	0	5
Incline PushUps	0	15	7,5	12	7,5	12
Dumbbell Curl	13	8	13	8	13	8
Panca Piana	55	8	55	8	55	8
Triceps Extension	13	8	13	8	13	8
Addome con sedia	60					
Crunch leg up	50					
Crunch caviglie	50					
Leg Raises	20					
Reverse Crunch	20					
Stacchi	55	8	55	8	55	8
Alzate Lat	9	8	9	8	9	8
Rematore	20	8	20	8	20	8
Shoulder Press	20	8	20	8	20	8