

Card N° 1863

Workout 1						
Circuit	Exercise N°	Name	Series	Repetitions	Executions	Rest
A	1	Addominali	3	20	50%	1'
	2	Bicipiti concentrati	3	15	50%	1'
	3	Tricipiti castello	3	15	50%	1'
	4	Panca scott	3	12	50%	2'
	5	Panca orizzontale	4	20	50%	1'
B	1	Cardio	3	15	50%	1'
	2	Cyclette	3	12	50%	1'
	3	Piegamenti	4	12	50%	1'
	4	Flessioni	3	20	50%	1'
	5	Squat	3	15	50%	1'
C	1	Panca inclinata	3	12	50%	2'
	2	Addominali libretto	1	12	50%	1'
	3	Addominali inversi	3	20	50%	1'
	4	Rowing	5	12	50%	1'
	5	Cardio	3	15	50%	1'

Workout 2						
Circuit	Exercise N°	Name	Series	Repetitions	Executions	Rest
A	1	Addominali	3	20	50%	1'
	2	Bicipiti concentrati	3	15	50%	1'
	3	Tricipiti castello	3	15	50%	1'
	4	Panca scott	3	12	50%	2'
	5	Panca orizzontale	4	20	50%	1'
B	1	Cardio	3	15	50%	1'
	2	Cyclette	3	12	50%	1'
	3	Piegamenti	4	12	50%	1'
	4	Flessioni	3	20	50%	1'
	5	Squat	3	15	50%	1'
C	1	Panca inclinata	3	12	50%	2'
	2	Addominali libretto	1	12	50%	1'
	3	Addominali inversi	3	20	50%	1'
	4	Rowing	5	12	50%	1'
	5	Cardio	3	15	50%	1'

Workout 3						
Circuit	Exercise N°	Name	Series	Repetitions	Executions	Rest
A	1	Addominali	3	20	50%	1'
	2	Bicipiti concentrati	3	15	50%	1'
	3	Tricipiti castello	3	15	50%	1'
	4	Panca scott	3	12	50%	2'
	5	Panca orizzontale	4	20	50%	1'
B	1	Cardio	3	15	50%	1'
	2	Cyclette	3	12	50%	1'
	3	Piegamenti	4	12	50%	1'
	4	Flessioni	3	20	50%	1'
	5	Squat	3	15	50%	1'
C	1	Panca inclinata	3	12	50%	2'
	2	Addominali libretto	1	12	50%	1'
	3	Addominali inversi	3	20	50%	1'
	4	Rowing	5	12	50%	1'
	5	Cardio	3	15	50%	1'