Card N° 1863	3						
	Workout 1						
	Circuit	Exercise N°			Repetitions		
			Addominali	3	20	50%	1'
-	A		Bicipiti concentrati Tricipiti castello	3	15 15	50% 50%	1' 1'
	_		Panca scott	3	12	50%	2'
		5	Panca orizzontale	4	20	50%	1'
		1	Cardio	3	15	50%	1'
		2	Cyclette	3	12	50%	1'
	В		Piegamenti	4	12	50%	1'
			Flessioni	3	20	50%	1'
	arous rooms on the rooms of the	A SECURITY OF THE PARTY.	Squat	3	15	50%	1'
			Panca inclinata	3	12	50%	2'
			Addominali libretto		12	50%	1'
	С		Addominali inversi	3 5	20 12	50%	1' 1'
			Rowing Cardio	3	12 15	50%	1' 1'
	Market Street Co.		Juliu			50 /6	Server 1
	Workout 2						
	Circuit	Exercise N°	Name	Series	Repetitions	Executions	Rest
		1	Addominali	3	20	50%	1'
		2	Bicipiti concentrati	3	15	50%	1'
	Α	3	Tricipiti castello	3	15	50%	1'
		4	Panca scott	3	12	50%	2'
		5	Panca orizzontale	4	20	50%	1'
		1	Cardio	3	15	50%	1'
		2	Cyclette	3	12	50%	1'
	В		Piegamenti	4	12	50%	1'
			Flessioni	3	20	50%	1'
	ACOMO DE CONTRACTOR DE CONTRAC		Squat	3	15	50%	1'
			Panca inclinata	3	12	50%	2'
			Addominali libretto		12	50%	1'
	С		Addominali inversi		20	50%	1'
			Rowing	5	12	50%	1'
		5	Cardio	3	15	50%	1'
	Morkovit						
	Workout 3 Circuit	Exercise N°	Name	Series	Repetitions	Executions	Roct
	Gircuit						
			Addominali Bicipiti concentrati	3	20 15	50% 50%	1' 1'
	A		Tricipiti castello	3	15 15	50%	1' 1'
	A		Panca scott	3	12	50%	2'
			Panca orizzontale		20	50%	1'
			Cardio	3	15	50%	1'
			Cyclette	3	12	50%	1'
	 B		Piegamenti	4	12	50%	1'
			Flessioni	3	20	50%	1'
			Squat	3	15	50%	1'
			Panca inclinata	3	12	50%	2'
			Addominali libretto		12	50%	1'
	С		Addominali inversi		20	50%	1'
			Rowing	5	12	50%	1'
			Cardio	3	15	50%	1'
		1					