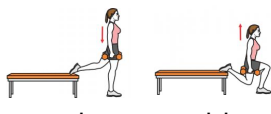
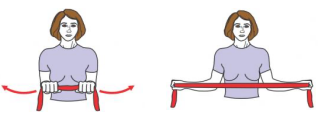
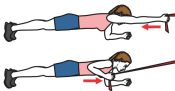
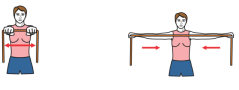


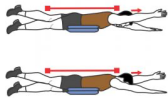
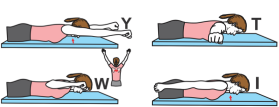
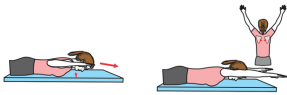
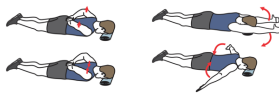
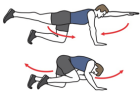
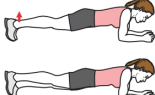
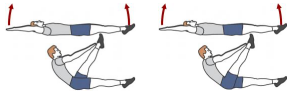
Clients Name: **name** LUNEDI GIOVEDI

A STAZIONI. Terminare serie e ripetizioni di ogni esercizio, e poi passare al successivo

3 x 25 	1	3 x 15dxsx  anche senza manubri	2
3 x 30 	3	3 x 20 	4
3 x 20 	5	3 x 15dxsx 	6
3 x 20 	7	3 x 15  mantenere scapole addotte	8
3 x 15 	9	3 x 10dxsx 	10

in base alle proprie capacità, potete inserire un'ulteriore stazione con piegamenti sulle braccia.

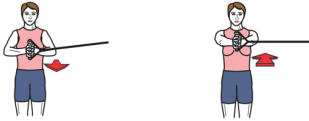
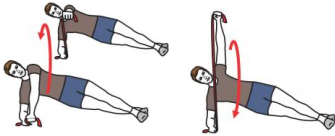
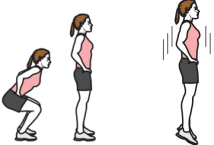
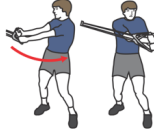
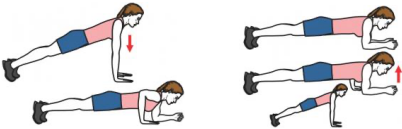
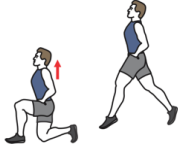
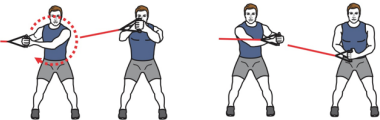
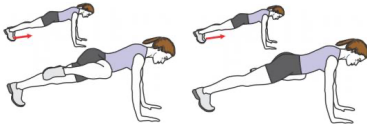
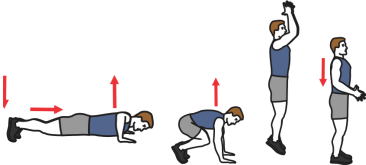
A STAZIONI. Terminare serie e ripetizioni di ogni esercizio, e poi passare al successivo

3 x 15dxsx		2 x 15 di ogni posizione	
	1		2
3 x 15		3 x 15	
	3		4
3 x 10dxsx		3 x 15dxsx	
	5		6
2 x 15dxsx		2 x 25dxsx	
	7		8
3 x 15dxsx		3 x 10dxsx	
	9		10

Clients Name: **name**

MARTEDI VENERDI

CIRCUITO: Eseguire di seguito. Recupero 3min e ripetere 3 serie totali

10dxsx		10dxsx	
	1		2
15		10dxsx	
	3		4
8dxsx		8dxsx	
	5	 in volo cambio gamba	6
10dxsx		20dxsx	
	7		8
10/15			
	9		