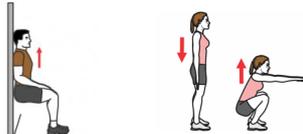
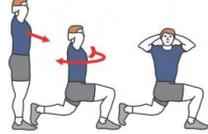
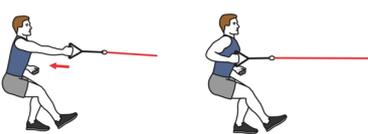
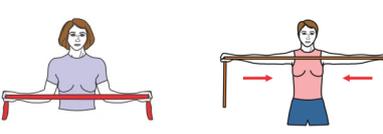
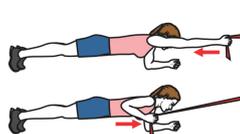
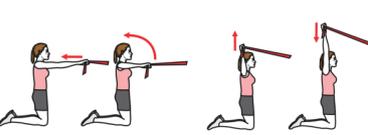
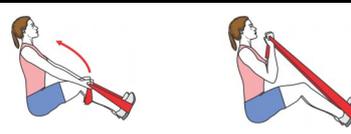


Clients Name: name

**LUNEDI GIOVEDI**

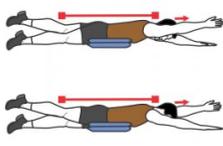
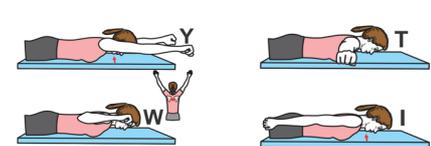
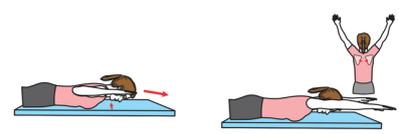
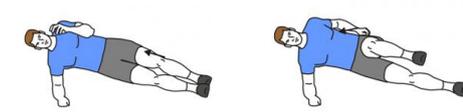
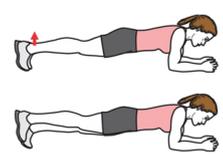
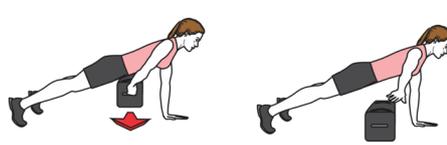
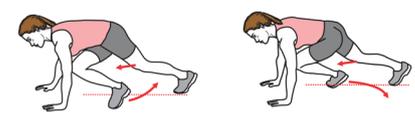
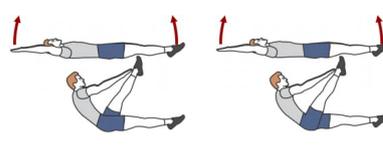
**A STAZIONI. Terminare serie e ripetizioni di ogni esercizio, e poi passare al successivo**

<p>3 x 30" tenuta +20</p> 	<p>1</p>	<p>3 x 15dxsx</p> 	<p>2</p>
<p>3 x 15dxsx</p>  <p><b>SI PUO' USARE IL DIVANO</b></p>	<p>3</p>	<p>3 x 15dxsx</p> 	<p>4</p>
<p>3 x 15+15</p> 	<p>5</p>	<p>3 x 15dxsx</p> 	<p>6</p>
<p>3 x massimo numero forma corretta</p>  <p><b>SCEGLIERE IN BASE ALLE CAPACITA'</b></p>	<p>7</p>	<p>3 x 10</p>  <p><b>mantenere scapole addotte</b></p>	<p>8</p>
<p>3 x 15</p>  <p><b>ATTENZIONE ALL'ELASTICO!</b></p>	<p>9</p>	<p>3 x massimo numero forma corretta</p> 	<p>10</p>
			

Clients Name: name

**MERCOLEDI**

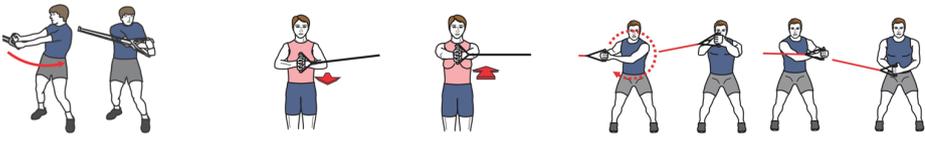
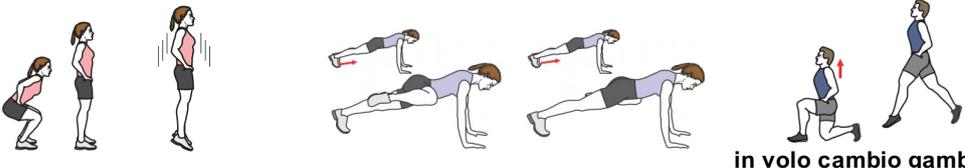
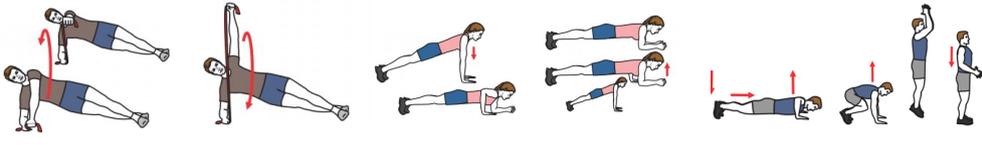
**A STAZIONI. Terminare serie e ripetizioni di ogni coppia di esercizi, e poi passare ai successivi**

3 x 15dxsx + di seguito 8 rip di ogni posizione		
		1
3 x 15+ 8dxsx		
		2
3 x 15dxsx + 10dxsx		
		3
Potete usare una borsa o zaino zavorrato		
3 x 15 + 15dxsx		
		4
3 x 15dxsx + 15dxsx		
		5
		

Clients Name: name

**MARTEDI VENERDI**

**CIRCUITI: Eseguire di seguito i primi tre esercizi. Recuperare 2' e ripetere totale 2/3 serie. Pausa di 3 minuti. Passare ai secondi tre esercizi ed eseguire con la stessa modalità. Proseguire allo stesso modo per gli ultimi tre esercizi.**

10dxsx + 10dxsx + 10dxsx	
	1
10/15 + 20dxsx + 8dxsx	
 in volo cambio gamba	2
10dxsx + 8dxsx + 10/15	
	3
	