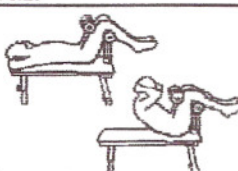
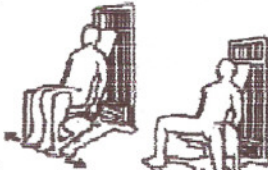
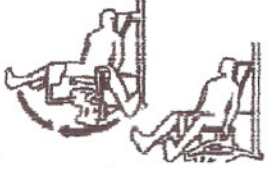

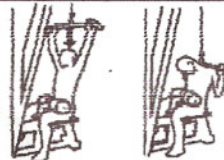

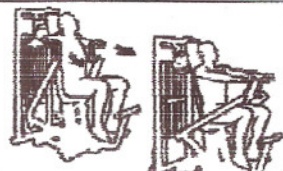
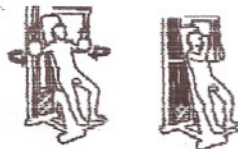
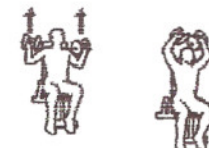




## Allenamento 1

Esercizi	Descrizione	Raccomandate				Sett.1		Sett.2		Sett.3		Sett.4	
		serie	Rip.	Peso	Rec.	Peso	Rip.	Peso	Rip.	Peso	Rip.	Peso	Rip.
1	 <p>Cardio minuti 10 livello3 Addominali: Crunch alla panca</p>	3	15		1								
2	 <p>Gambe: Abduttori machine</p>	3	15	20	1								
3	 <p>Gambe: Adduttori machine</p>	3	15	15	1								
4	 <p>Gambe: Gluteo Machine</p>	3	15	20	1								
5	 <p>Schiena: Lat dietro il collo</p>	3	15	20	1								
6	 <p>Schiena: Vertical row</p>	2	15	15	1								
7	 <p>Petto: Chest press</p>	3	15	15	1								
8	 <p>Petto: Pectoral machine</p>	2	15	20	1								
9	 <p>Spalle: Lento manubri</p>	3	15		1								
10	 <p>Spalle: Alzate laterali seduto</p>	2	15	2	1								
11	 <p>Tricipiti: Push down Bicipiti Curl Seduto con Manubri</p>	2	12	10	1								
		2	12	8									