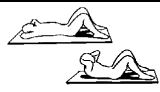




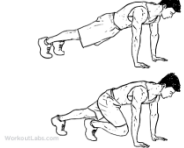

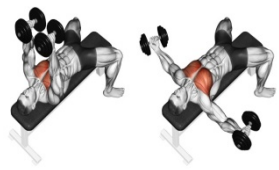


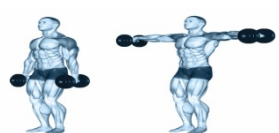



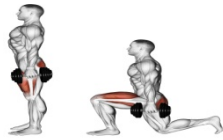
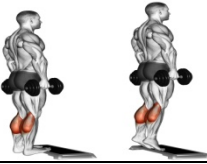
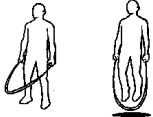


SCHEDA ALLENAMENTO UOMINI INTERMEDIA

ESERCIZIO		SERIE	RIPETIZIONI	CARICO	RECUPERO
CRUNCH		3	15		30''
CRUNCH INVERSO		3	15		30''
CRUNCH OBLIQUO		3	15		30''
HALF PLANK		3	30''		30''
SIDE PLANK		3	30''x fianco		30''
MOUNTAIN CLIMBER		3	15 x gamba		30''
PIEGAMENTI SULLE BRACCIA		5	AD ESAURIMENTO		30''
CROCI DA SUPINI		4	15	MANUBRI/BOTTIGLIE	1' 30''
CURL PER BICIPITI		4	10 X BRACCIO	MANUBRI/BOTTIGLIE	1' 30''
LENTO AVANTI		4	15	MANUBRI/BOTTIGLIE	1' 30''
ALZATE LATERALI		4	15	MANUBRI/BOTTIGLIE	1' 30''

REMATORE		4	10	MANUBRI/BOTTIGLIE	1' 30"
TRICIPITI IN APPOGGIO		4	15		1' 30"
SQUAT		4	15	MANUBRI/BOTTIGLIE	1' 30"
AFFONDI		4	10	MANUBRI/BOTTIGLIE	1' 30"
CLAF PER POLPACCI		4	15	MANUBRI/BOTTIGLIE	1' 30"
CARDIO A PIACERE					10'