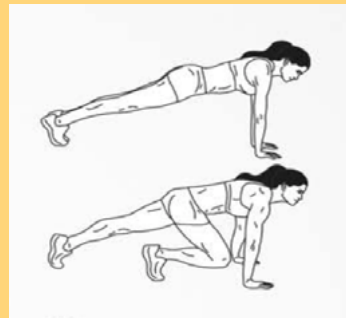




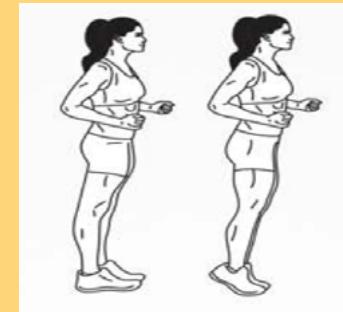
10 RIPETIZIONI PER ESERCIZIO, 30"
RECUPERO TRA GLI ESERCIZI. ESEGUI 4 GIRI,
1' DI RECUPERO TRA I GIRI



SQUAT



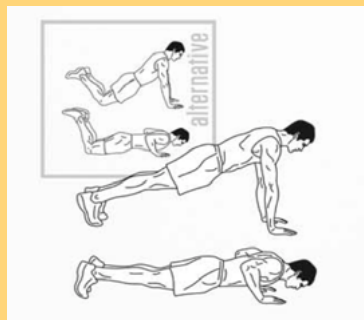
MOUNTAIN CLIMBERS
10X GAMBA



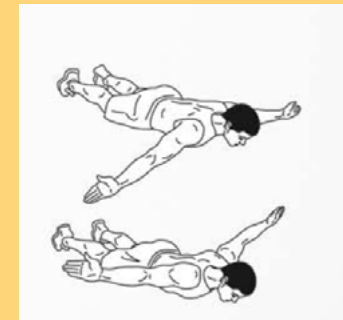
CALF RAISE
10 X GAMBA



AFFONDI FRONTALI



PUSH UP



REVERSE FLY