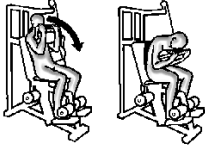
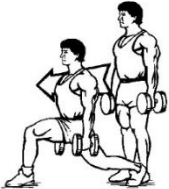
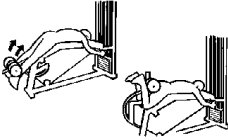

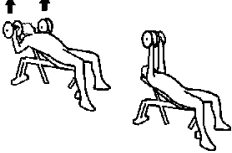



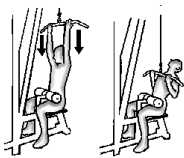
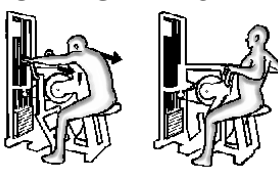
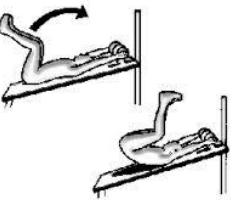
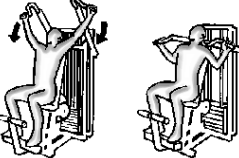
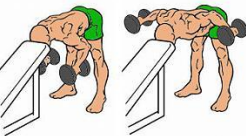
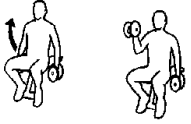
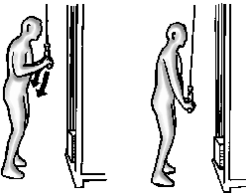


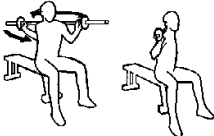
TrainersBody

Ad ogni individuo il suo corpo
Ad ogni corpo il suo programma

SCHEDA PER PRINCIPIANTE TOTAL-BODY PER GENETICA ENDOMORFO E INTERMEDIO MESO-ENDOMORFO
X 8 SETTIMANE

ESERCIZIO:	SERIE-RIPET:	PESO:
CRUNCH ALLA MACHINE 	2X20 ADDOMINALI	
AFFONDI AVANTI M 	2X12 GAMBE	
LEG CURL 	2X12 “	
CALF SEDUTO 	2X15 POLPACCI	
DISTENSIONI M PANCA INCLINATA 	2X12 PETTO	
CROCI PANCA PIANA 	2X12 “	

<p>LAT MACHINE A PRESA INVERSA</p> 	<p>2X12</p>	<p>DORSO</p>
<p>ROWING A PRESA LARGA</p> 	<p>2X12</p>	<p>“</p>
<p>CRUNCH INVERSO</p> 	<p>2X20</p>	<p>ADDOMINALI</p>
<p>SHOULDER PRESS</p> 	<p>2X12</p>	<p>SPALLE</p>
<p>ALZATE LATERALI CORPO A 90° CON PANCA</p> 	<p>2X12</p>	<p>“</p>
<p>CURL M SEDUTO ALTERNATO</p> 	<p>2X12</p>	<p>BICIPITI</p>
<p>PUSH DOWN ALLA POLIERCOLINE</p> 	<p>2X12</p>	<p>TRICIPITE</p>

<p>TORSIONI CON BASTONE</p> 	<p>5" MINUTI</p>	<p>FIANCHI</p>
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Spiegazione del programma: il **total-body** consiste di allenare tutti i gruppi muscolari per 3 volte a settimana, a giorni alterni. **Obiettivo:** tonificare e perdere grasso. Inizia con il riscaldamento 10 minuti (tapis roulant), a fine allenamento fai 15 minuti o anche più (tapis roulant). **Osservazione tecniche:** M. (MANUBRI) B. (BILANCIERE). RECUPERO PER SERIE 30 SECONDI, GAMBE 60 SECONDI, PER ESERCIZIO 90 SECONDI, SCEGLI UN PESO PER FARE LE RPETIZIONI PRESCRITTE, AUMENTA IL PESO GRADUALMENTE.