

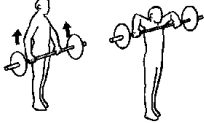
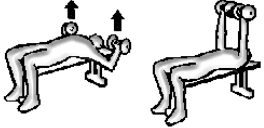


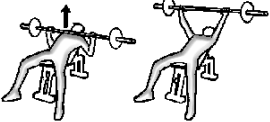
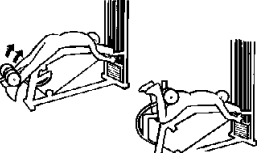
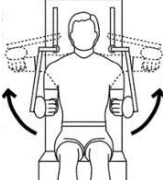



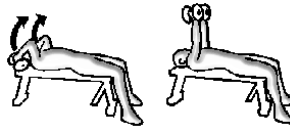


LUNEDI	MERCOLEDI	VENERDI
PETTO/DORSO	GAMBE/POLPACCI/TRICIPITE	SPALLE/BICIPITE
CROCI PANCA INCLINATA AI CAVI 3X10 	SQUAT LIBERO 1X15 (RISCALDAMENTO) + 3X12  Squat	TIRATE AL MENTO CON B A PRESA LARGA 3X12-10-8 
DISTENSIONI PANCA PIANA M 3X12 	AFFONDI AVANTI B 3X10 	LENTO AVANTI ARNOLD PRESS 3X10 
DISTENSIONI PANCA INCLINATA B 3X12-10-8 	LEG CURL 3X12-10-8 	DELTS MACHINE 3X8 
FLESSIONI ALLE PARALLELE PER PETTO 3XMAX 	CALF SEDUTO 3X15-12-10 	DELTOIDE POSTERIORE AI CAVI ALTI 3X12  <small>Copyright © EvolutionFit. All rights reserved.</small>

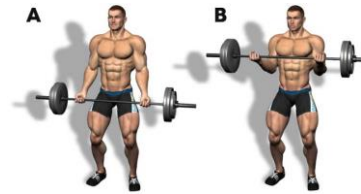
POLL-OVER M 3X12



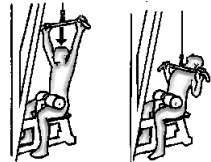
**FRENCH PRESS CON M PANCA PIANA
3X10-8-6**



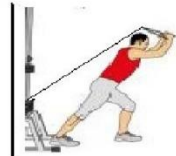
CURL B DRITTO 3X12-10-8



LAT MACHINE AVANTI 3X12-10-8



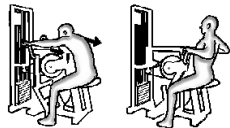
TRICIPITE CON CORDA DIETRO LA NUCA 3X10



ZOTTMAN 3X10



ROWING A PRESA LARGA 3X10



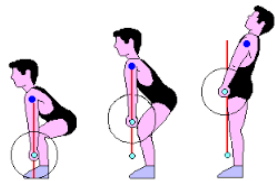
**FRENCH PRESS SOPRA LA TESTA A UN
BRACCIO 3X12**



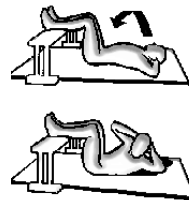
CURL AI CAVI ALTI 3X12



STACCO PER LOMBARI 3X15



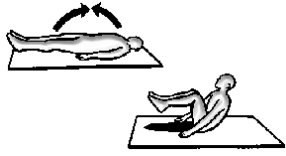
**CRUNCH ALLA PANCA CON TORSIONI PER
OBLIQUI 3X15**



SPINTE DEL BACINO GAMBE ALTE 3X15



DOPPIO CRUNCH A TERRA 3X15



(SCHEDA AVANZATA PER MASSA E FORZA PER GENETICA MESOMORFO PER 10 SETTIMANE). TEMPO MASSIMO PER COMPLETARE LA SCHEDA 60 MINUTI. RECUPERO PER OGNI SERIE 90 SECONDI. GAMBE 120 SECONDI. ESEGUI GLI ESERCIZI LENTI, CONCENTRATI E CORRETTI. USA UN CARICO PER ARRIVARE A COMPLETARE LE ULTIME SERIE FORZATE OGNI ESERCIZIO. IL PIRAMIDALE 12-10-8 VA FATTO CON L'AUMENTO DI PESO OGNI SERIE. ESEMPIO: (12 RIP. 20KG) (10 RIP. 25KG) (8 RIP. 30KG). IL 3X10 3X8 2X12 VA FATTO CON UNICO PESO PER ARRIVARE A COMPLETARE LE SERIE.