



DEFINIZIONE E SOTTILIAMENTO AVANZATO LEGGIO

DEFINIZIONE CON PRINCIPALI ESERCIZI

DEFINIZIONE
Rafforzamento per la definizione e qualità muscolare
Rafforzamento



TENEFICAZIONE E SOTTILIAMENTO INTERMEDIO LEGGIO

1° Sessione
2° Sessione

1 CORSA SU TAPPETO



7 CRUNCH CON TOCCO ALLE



8 ALZATE GAMBE TESI CON



RICONDIZIONAMENTO DONNA CIRCUIT TRAINING + TABATA

DEFINIZIONE
Circuito di allenamento aerobico e cardiovascolare a intensità moderata, con esercizi a intensità e a riposo.

DEFINIZIONE
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MASSA E SOTTILIAMENTO AVANZATO LEGGIO

1° Sessione
2° Sessione
3° Sessione

1 CYCLETTE



Cardio
Serie a 10
5-10 MIN
Riposo
0 min 0 sec

2 LAT MACHINE AVANTI



Dorsali
Serie a 10
12-10-8-6
Riposo
1 min 30 sec

3 REMATORE BILANCERE



Dorsali
Serie a 10
12-12-12
Riposo
1 min 30 sec

4 PULLEY BASSO



Dorsali
Serie a 10
10-10-10
Riposo
1 min 30 sec

5 DOWN AL LAT MACHINE



Dorsali
Serie a 10
12-12-12



Trattato di anatomia



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