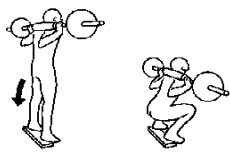
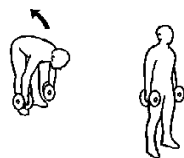
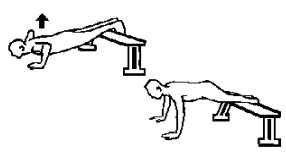
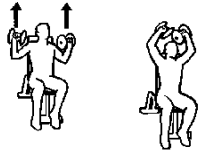


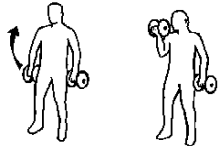
<b>Nome Cognome</b>	<b>Allenamento n.1</b>	<b>18/05/2007</b>
	<b>FULLBODY</b>	


<b>1)</b>	<b>squat</b>
<b>ALTERNATIVA AFFONDI</b>	
<b>2x15</b>	<b>60" 2'00"</b>

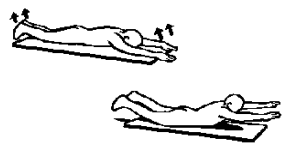
<b>2)</b>	<b>stacchi con manubri</b>
<b>ALTERNATIVA REMATORE MANUBRI</b>	
<b>2x15</b>	<b>60" 2'00"</b>

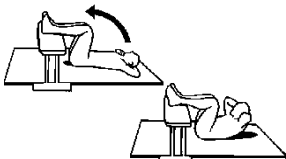
<b>3)</b>	<b>flessioni</b>
<b>SPINTE O CROCI CON MANUBRI</b>	
<b>2x15</b>	<b>60" 2'00"</b>

<b>4)</b>	<b>lento dietro manubri</b>
<b>TIRATE AL MENTO</b>	
<b>2xmax</b>	<b>60" 2'00"</b>

<b>5)</b>	<b>curl</b>
<b>in piedi o seduto</b>	
<b>2x15</b>	<b>60" 2'00"</b>

<b>6)</b>	<b>tricipiti fra 2 panche</b>
	
<b>2x15</b>	<b>60" 2'00"</b>

<b>7)</b>	<b>dorsali</b>
	
<b>2x20</b>	<b>60" 2'00"</b>

<b>8)</b>	<b>addominali</b>
	
<b>2xmax</b>	<b>60" 2'00"</b>

<b>9)</b>	

<b>10)</b>	

