


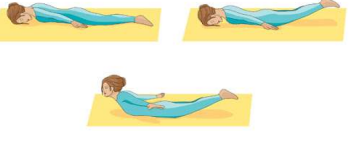




# PERIODO ESTIVO - CIRCUIT TRAINING

		set	rip				set	rip	
circuito n° 1	ESTENSIONI LOMBARI	3	12		circuito n° 2	SQUAT MONOPODALICO CEDUTE ECCENTRICO	3	8dx+8sx	
	<a href="https://www.youtube.com/watch?v=ECDZoven-W8">https://www.youtube.com/watch?v=ECDZoven-W8</a>								
	PIEGAMENTI STRETTI	3	12			TRAPEZIO MEDIO ISOMETRIA	3	6 X 10"	
	<a href="https://www.youtube.com/watch?v=n2xm0H6gBpo&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=41">https://www.youtube.com/watch?v=n2xm0H6gBpo&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=41</a>					<a href="https://www.youtube.com/watch?v=CLcOmFdvkGU&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=44">https://www.youtube.com/watch?v=CLcOmFdvkGU&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=44</a>			
	DEPRESSORE OMERO	3	6			PONTE CON APPOGGIO DELLE SPALLE	3	12	
	<a href="https://www.youtube.com/watch?v=ZyMw4gPJGQI&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=45">https://www.youtube.com/watch?v=ZyMw4gPJGQI&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=45</a>					<a href="https://www.youtube.com/watch?v=HrsZDixtHEk&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=13">https://www.youtube.com/watch?v=HrsZDixtHEk&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=13</a>			

		set	rip				set	rip	
circuito n° 3	SQUAT BULGARO	3	8dx+8sx		circuito n° 4	SQUAT MONO IN ISOMETRIA	3	20"dx+20"sx	
	<a href="https://www.youtube.com/watch?v=XMBDinvmOkU">https://www.youtube.com/watch?v=XMBDinvmOkU</a>								
	TRAZIONI AL TAVOLO	3	12			LOCUSTA	3	12	
	<a href="https://www.youtube.com/watch?v=f4OdZEjIGMg">https://www.youtube.com/watch?v=f4OdZEjIGMg</a>					<a href="https://www.youtube.com/watch?v=6MnrZ_sbfog&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=12">https://www.youtube.com/watch?v=6MnrZ_sbfog&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=12</a>			
	AFFONDI JUMP ALTERNATI	3	4dx+4sx			BURPEES	3	8	
	<a href="https://www.youtube.com/watch?v=bi5wX2yNVhU&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=28">https://www.youtube.com/watch?v=bi5wX2yNVhU&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=28</a>					<a href="https://www.youtube.com/watch?v=0H6bs4p78GY&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=29">https://www.youtube.com/watch?v=0H6bs4p78GY&amp;list=PLpjQlebsDqJHwP3gclz4RMfI5241Z6zBZ&amp;index=29</a>			