

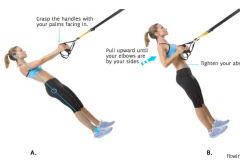


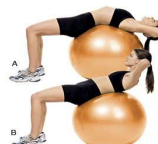




# preparazione pre season - proposta n° 1

2003				set	rip		set	rip		
1	MONSTER WALK	3	20				5	TRX CHEST PRESS	3 12	
2	TRX ROW	2	12				6	SQUAT	3 8dx+8sx	
3	CEDUTE MONO	3	8dx+8sx				7	AB FITBALL	3 20	
8	PLANK LATERALE DINAMICO	3	8dx+8sx				8	TIRANTE SQUAT	3 12	
con movimento della gamba sottostante										