






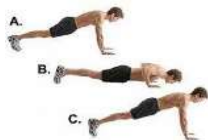





ISOMETRIA

set rip

set rip

set rip

1a	SQUAT CINTURONE RUSSO	3	30"		1b	APERTURE A T CON ELASTICO	3	30"		1c	PLANK	3	30"	
2a	AFFONDO SAGITTALE ISOMETRIA	3	20"xdx+20"sx		2b	ALZATE LATERALI	3	30"		2c	SIDE PLANK	3	20"xdx+20"sx	
3a	FITBALL HAMSTRING ISOMETRIA	3	20"/30"		3b	PUSH UP	3	20"		3c	HOLLOW POSITION	3	20"	
4a	AFFONDO LATERALE ISOMETRIA	3	20"xdx+20"sx		4b	BICIPITI	3	30"		4c	TRX STANDING ROLL OUT	3	30"	