

PROGRAMMA DI ALLENAMENTO

FOODSPRING

GAMBE-ADDOMINALI-GLUTEI

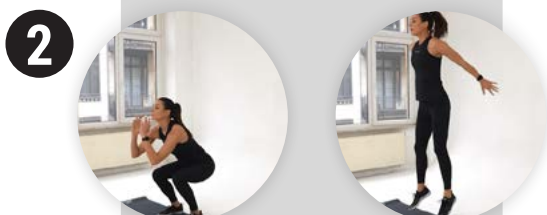
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INTERMEDIO:  X4

ESPERTO:  X5



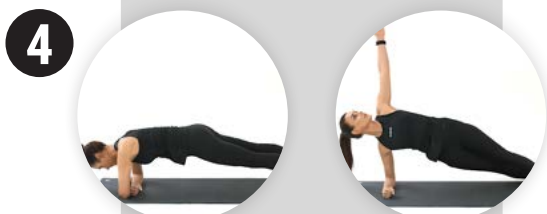
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MOUNTAIN CLIMBERS
10 SECONDI DI PAUSA



20 SECONDI
SQUAT CON SALTO
10 SECONDI DI PAUSA



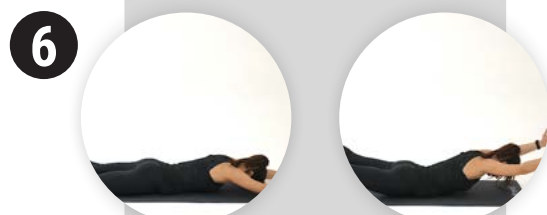
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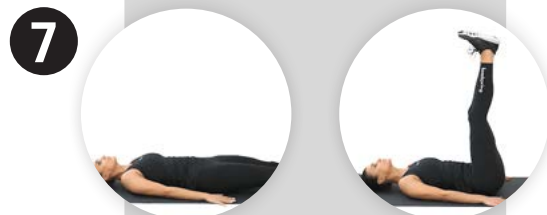
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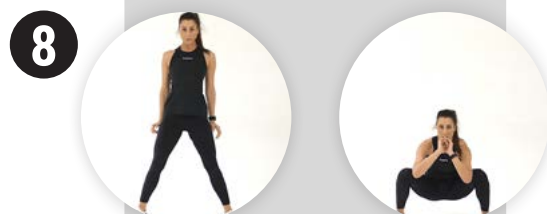
20 SECONDI
**LUNGE
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10 SECONDI DI PAUSA



20 SECONDI
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10 SECONDI DI PAUSA



20 SECONDI
**SOLLEVAMENTO
GAMBE**
10 SECONDI DI PAUSA



20 SECONDI
SUMO SQUAT
10 SECONDI DI PAUSA



20 SECONDI
**ALZATE LATERALI
GAMBE**
10 SECONDI DI PAUSA