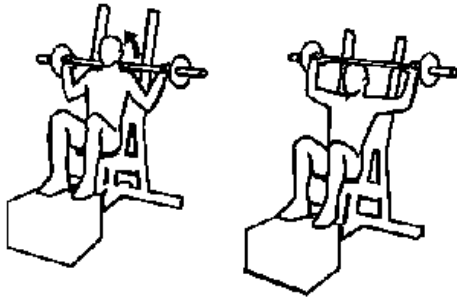


SPALLE

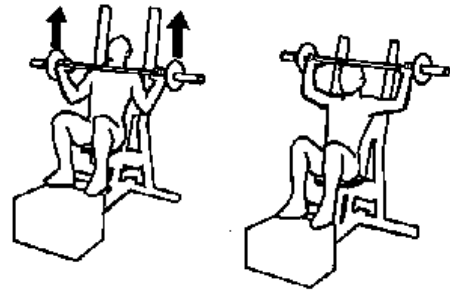
1

**DISTENSIONI CON
BILANCIERE SEDUTO**



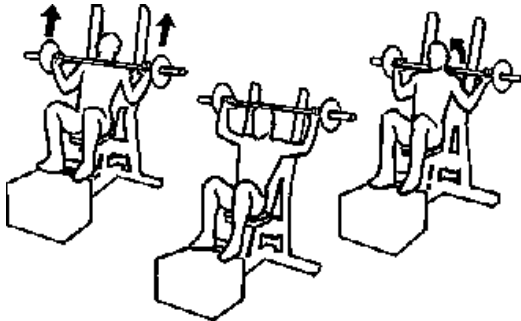
2

**DISTENSIONI CON
BILANCIERE AVANTI
SEDUTO**



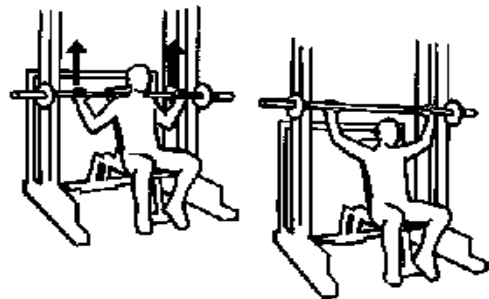
3

**DISTENSIONI CON
BILANCIERE
AVANTI/DIETRO SEDUTO**



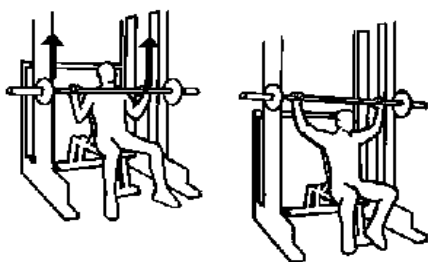
4

**DISTENSIONI CON
BILANCIERE GUIDATO
SEDUTO**



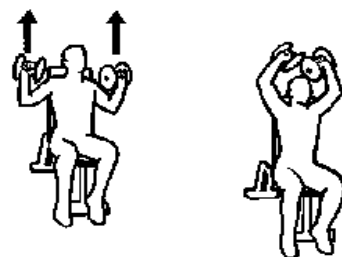
5

**DISTENSIONI AVANTI CON
BILANCIERE GUIDATO
SEDUTO**



6

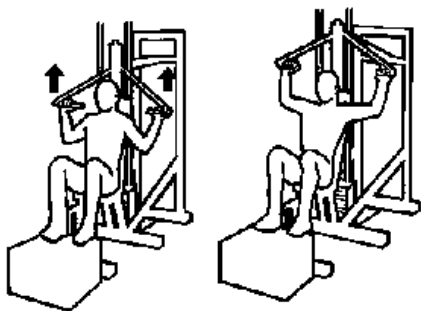
**DISTENSIONI CON
MANUBRI SEDUTO**



SPALLE

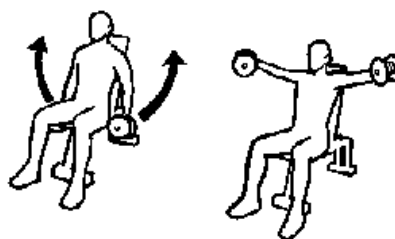
7

DISTENSIONI ALLA MACCHINA



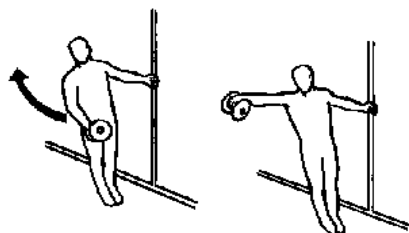
8

ALZATE LATERALI SEDUTO



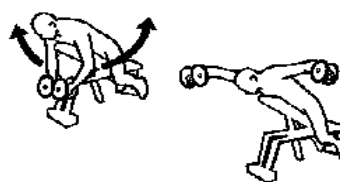
9

ALZATE LATERALI SINGOLE IN PIEDI



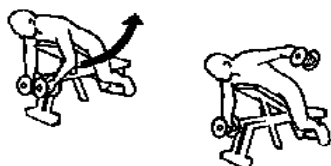
10

ALZATE POSTERIORI CON TORACE IN APPOGGIO



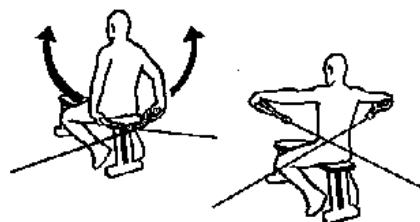
11

ALZATE POSTERIORI SINGOLE CON TORACE IN APPOGGIO



12

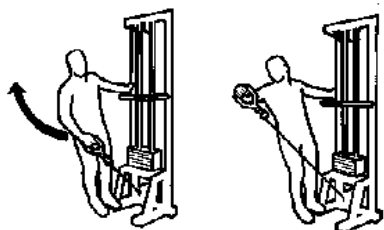
ALZATE LATERALI AI CAVI SEDUTO



SPALLE

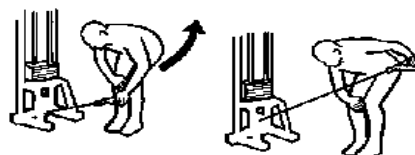
13

**ALZATE LATERALI
SINGOLE AI CAVI**



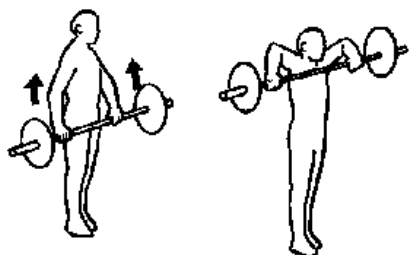
14

**ALZATE AI CAVI
BUSTO A 90°**



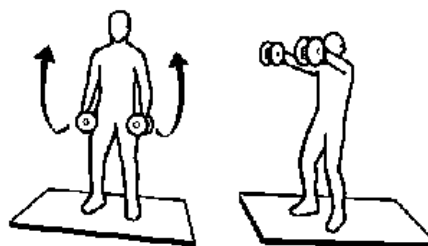
15

**TRAZIONI AL MENTO
CON BILANCIERE**



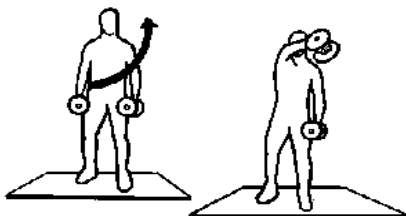
16

**ALZATE FRONTALI CON
MANUBRI IN PIEDI**



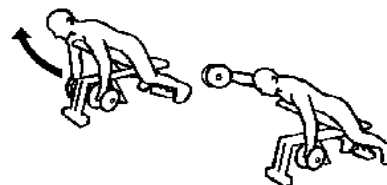
17

**ALZATE FRONTALI CON
MANUBRI SINGOLE**



18

**ALZATE FRONTALI
SINGOLE CON
TORACE IN APPOGGIO**



SPALLE

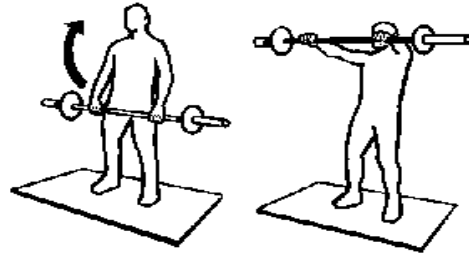
19

**ALZATE FRONTALI CON
TORACE IN APPOGGIO**



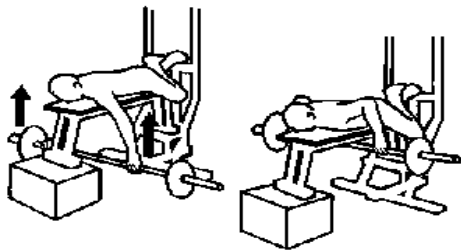
20

**ALZATE FRONTALI
CON BILANCIERE**



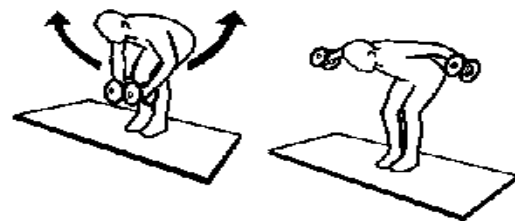
21

**TRAZIONI A GOMITI
LARGHI CON BUSTO A 90°**



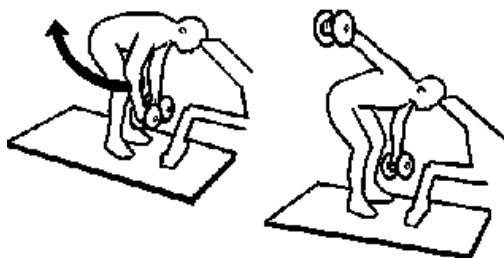
22

**ALZATE CON
BUSTO A 90°**



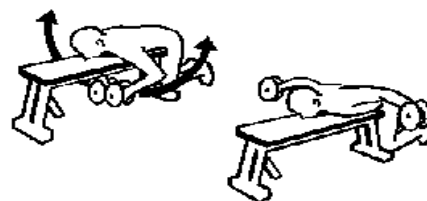
23

**ALZATE SINGOLE CON
BUSTO A 90°**



24

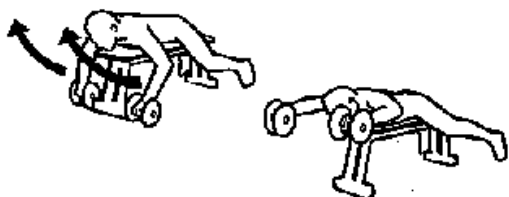
**ALZATE CON BUSTO A 90°
TORACE IN APPOGGIO**



SPALLE

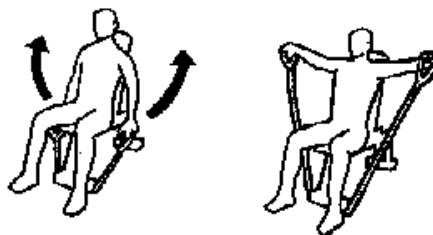
25

**ALZATE FRONTALI CON
BUSTO A 90°**



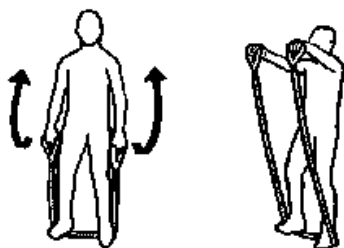
26

**ALZATE LATERALI
CON ELASTICO**



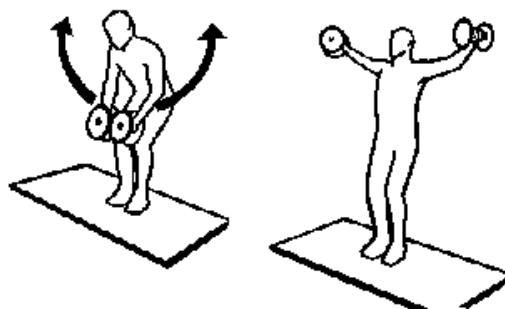
27

**ALZATE FRONTALI
CON ELASTICO**



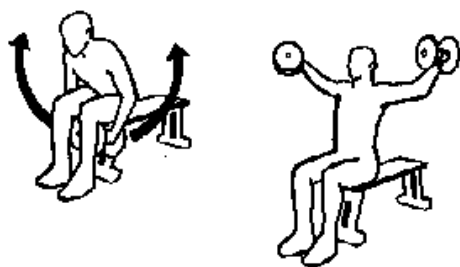
28

**ALZATE LATERALI
CON SPINTA**



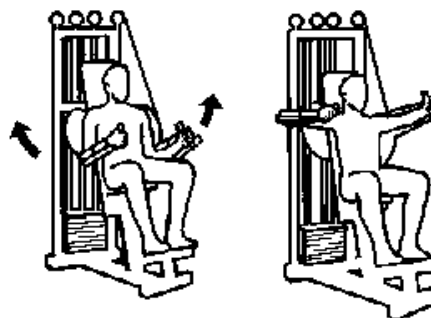
29

**ALZATE LATERALI CON
SPINTA DA SEDUTO**



30

**DELTOID
MACHINE**

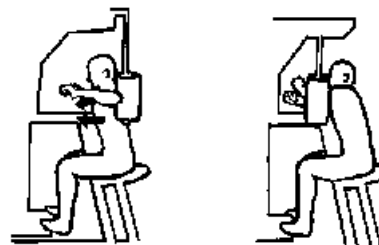


SPALLE

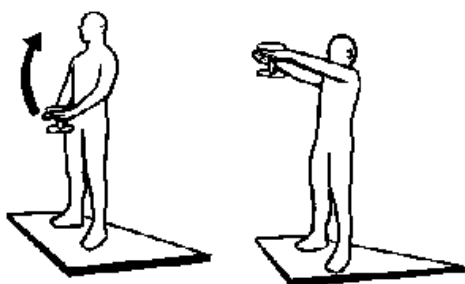
31
ALZATE
LATERALI/FRONTALI



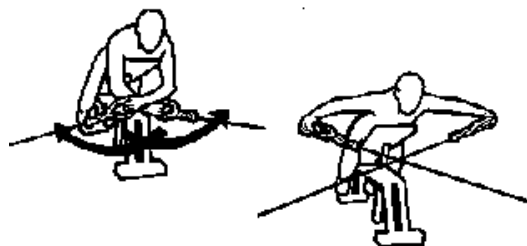
32
ABDUZIONI CON GOMITI
A 90°



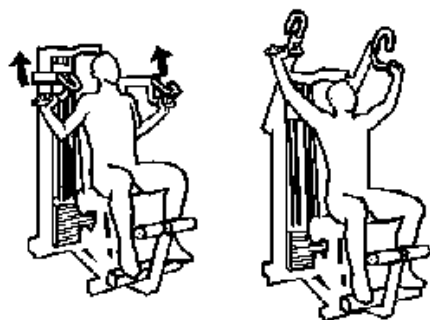
33
ALZATE FRONTALI
CON MANUBRIO



34
ALZATE BUSTO A 90°
AI CAVI INCROCIATI



35
DISTENSIONI ALLA
SHOULDER PRESS



36
TRAZIONI ALLA VERTICAL
ROW A PRESA LARGA

