

TRICIPITI

1

**ESTENSIONI SDRAIATO
CON BILANCIERE**



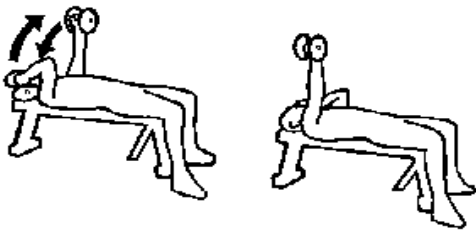
2

**ESTENSIONI SDRAIATO
CON MANUBRI**



3

**ESTENSIONI SDRAIATO
CON MANUBRIO**



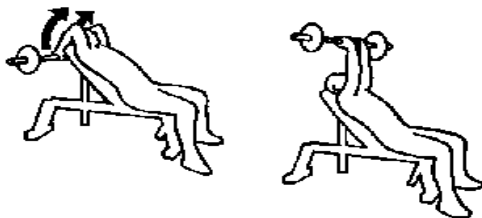
4

**ESTENSIONI SU PANCA 60°
CON BILANCIERE**



5

**ESTENSIONI SU PANCA 60°
CON BILANCIERE
A PRESA INVERSA**



6

**ESTENSIONI SU PANCA 60°
CON MANUBRI**



TRICIPITI

7

**ESTENSIONI ALTERNATE
SU PANCA 60°
CON MANUBRI**



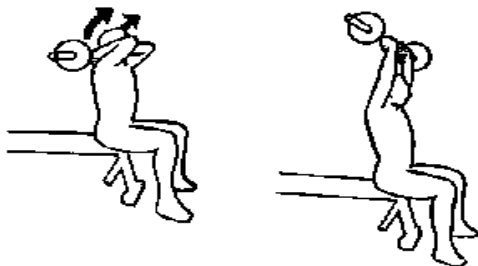
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**ESTENSIONI SU PANCA 60°
CON MANUBRIO**



9

**ESTENSIONI DA SEDUTO
CON BILANCIERE**



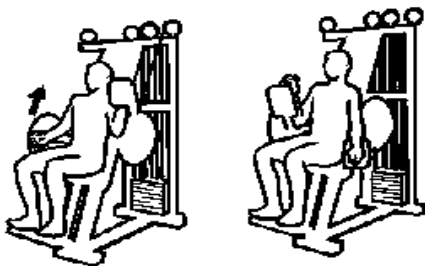
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**ESTENSIONI DA SEDUTO
CON BILANCIERE
A PRESA INVERSA**



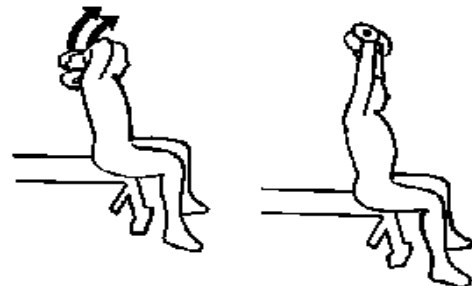
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**ESTENSIONI ALLA
TRICEPS MACHINE**



12

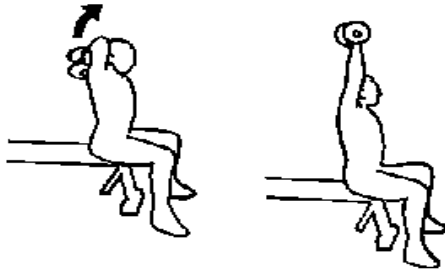
**ESTENSIONI DA SEDUTO
CON MANUBRI**



TRICIPITI

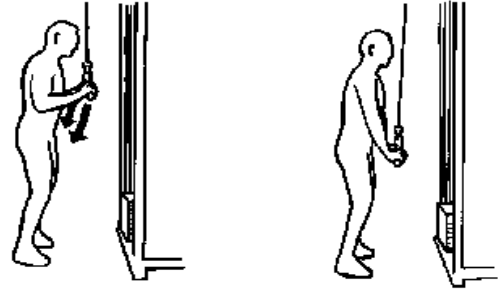
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**ESTENSIONI SINGOLE DA
SEDUTO CON MANUBRIO**



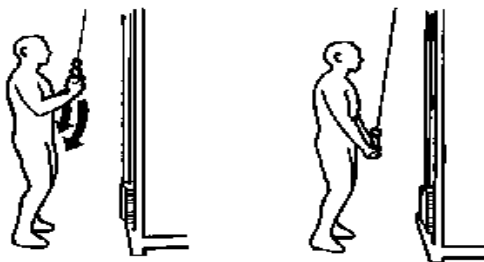
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**ESTENSIONI CON
SBARRA ALL'ERCOLINA**



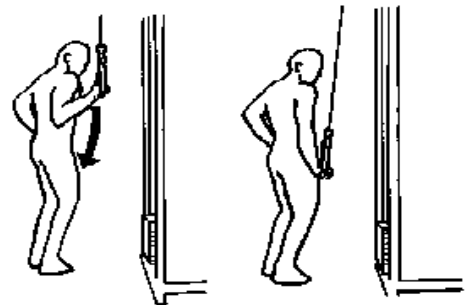
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**ESTENSIONI CON SBARRA
ALL'ERCOLINA A PRESA
INVERSA**



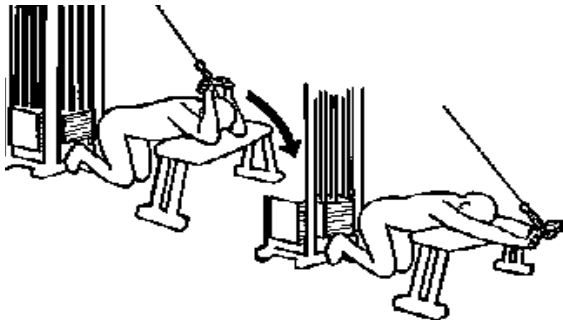
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**ESTENSIONI CON
MANIGLIA AI CAVI ALTI**



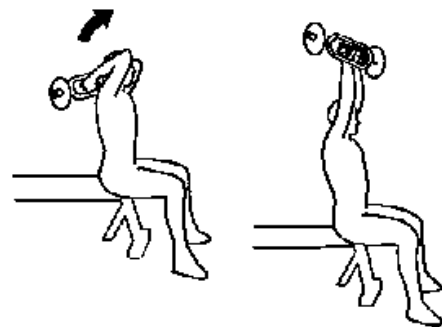
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**ESTENSIONI AI CAVI ALTI
CON SBARRA E GOMITI
IN APPOGGIO SU PANCA**



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**ESTENSIONI DA SEDUTO
CON BILANCIERE H**



TRICIPITI

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**ESTENSIONI BUSTO A 90°
CON MANUBRI**



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**ESTENSIONI ALTERNATE
BUSTO A 90°**



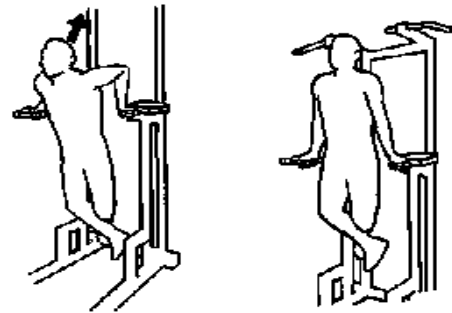
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DIP TRA DUE PANCHE



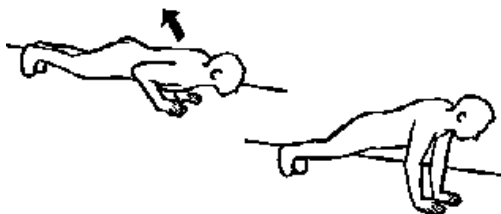
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**DIP ALLE PARALLELE
CON BUSTO DRITTO**



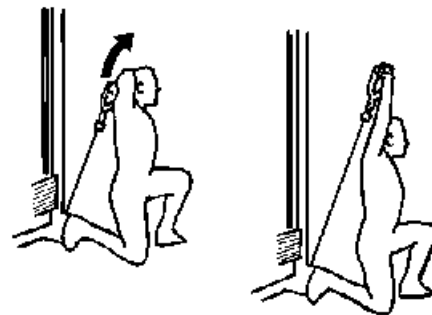
23

**PIEGAMENTI A GOMITI
STRETTI**



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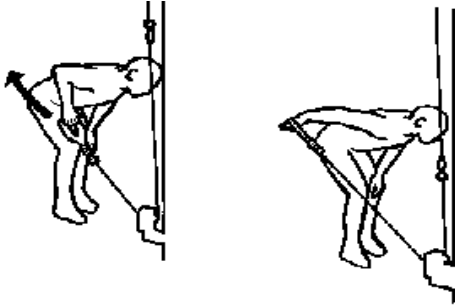
**ESTENSIONI AI CAVI
BASSI IN GINOCCHIO
CON MANIGLIA**



TRICIPITI

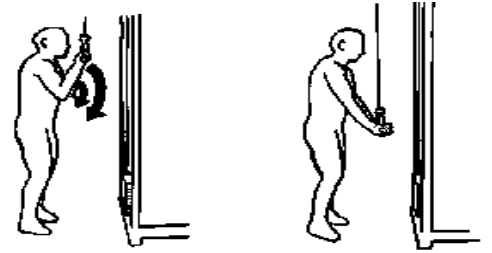
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**ESTENSIONI BUSTO A 90°
AI CAVI BASSI
CON MANIGLIA**



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**ESTENSIONI CON
SBARRA DRITTA A
PRESA INVERSA
ALL'ERCOLINA**



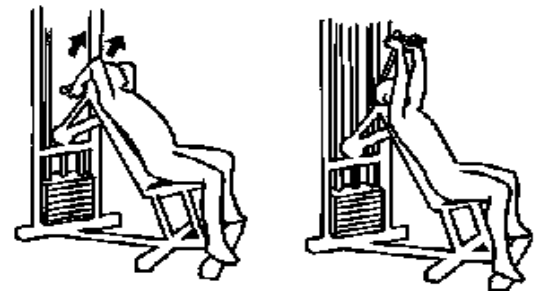
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**ESTENSIONI SDRAIATO A
PRESA INVERSA**



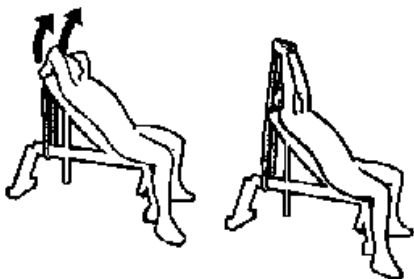
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**ESTENSIONI
ALLA MACCHINA**



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**ESTENSIONI SU PANCA 60°
CON ELSATICO**



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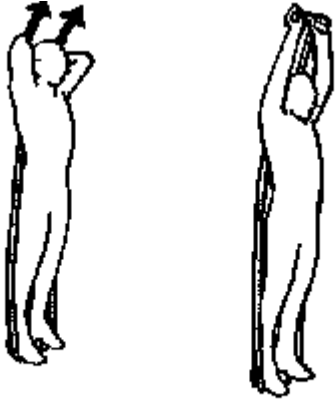
**ESTENSIONI BUSTO A
90°
CON ELASTICO**



TRICIPITI

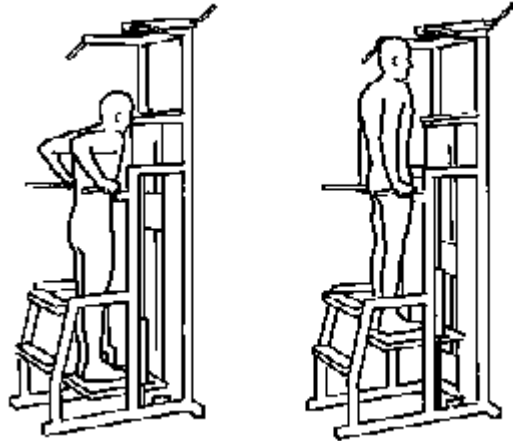
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**ESTENSIONI IN PIEDI
CON ELASTICO**



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**DIP ALLE PARALLELE
GUIDATE**



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DIP ALLA MACCHINA

