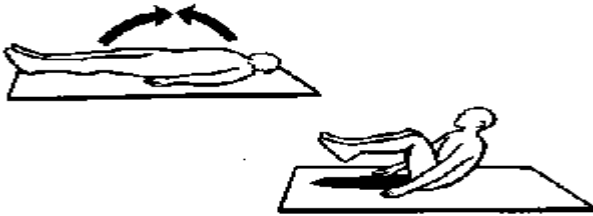
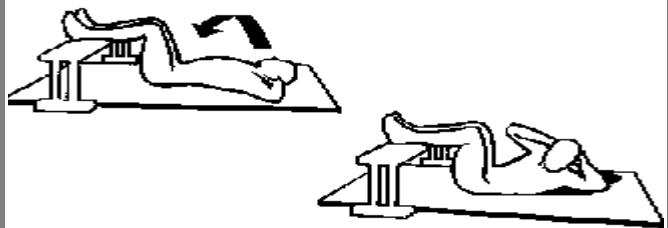


Esercizi per
ADDOMINALI

1
COMBINATA
GAMBE-BUSTO



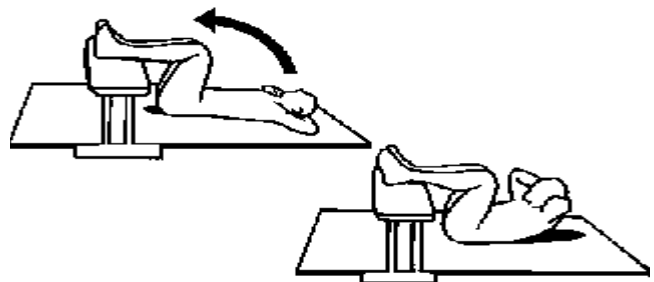
2
CRUNCH
ALTERNATO



3
FLESSIONI COSCE
ALTERNATE



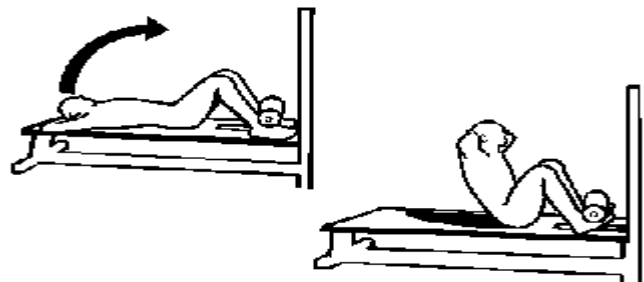
4
CRUNCH PIEDI
SU PANCA



5
CRUNCH PIEDI
AL MURO



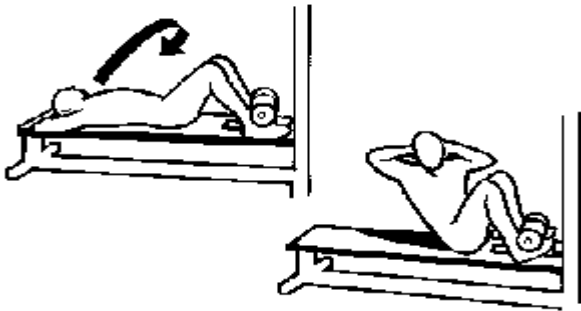
6
SIT UP SU
PANCA PIANA



Esercizi per
ADDOMINALI

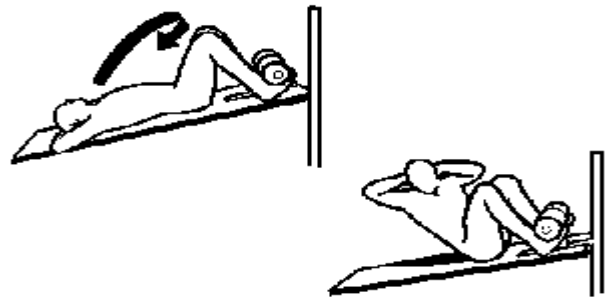
7

**SIT UP SU PANCA PIANA
ALTERNATI**



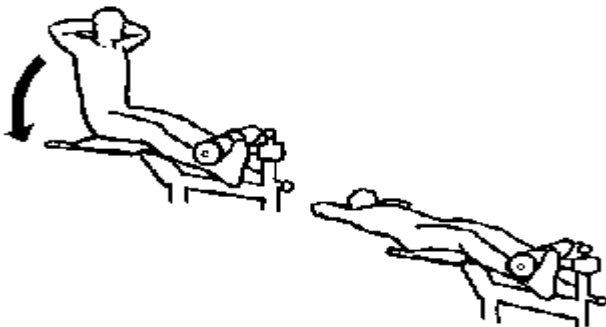
8

**SIT UP SU PANCA
INCLINATA ALTERNATI**



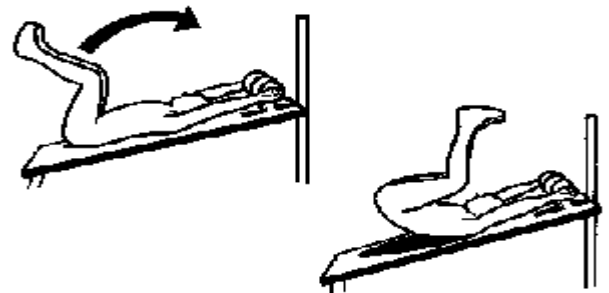
9

**SIT UP SU
PANCA ROMANA**



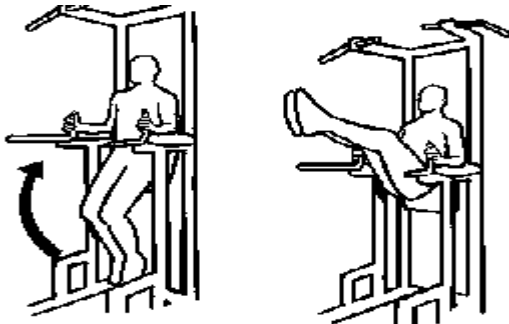
10

**CRUNCH INVERSO SU
PANCA INCLINATA**



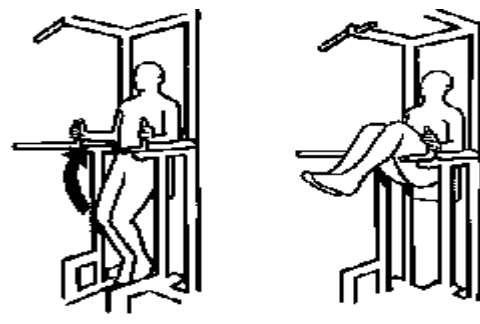
11

**RETROVERSIONI BACINO
ALLE PARALLELE 1**



12

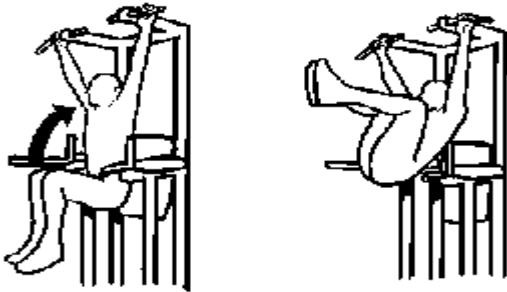
**RETROVERSIONI BACINO
ALLE PARALLELE 2**



Esercizi per
ADDOMINALI

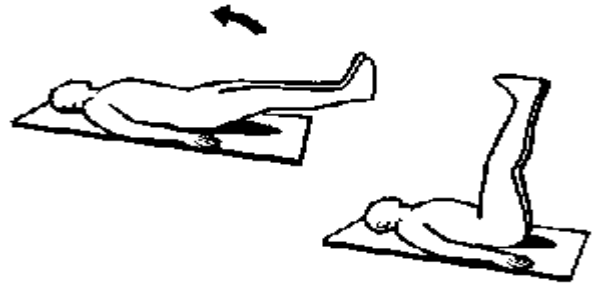
13

**RETROVERSIONI BACINO
ALLA SBARRA**



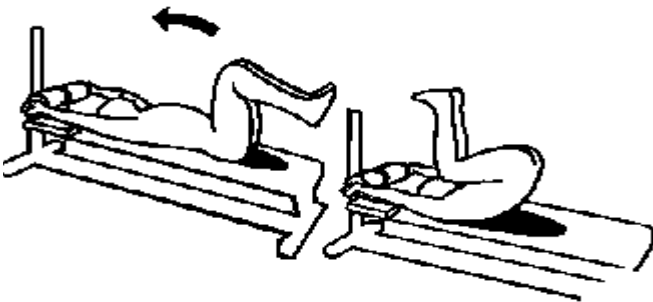
14

**FLESSIONI DELLE COSCIE
SU TAPPETO**



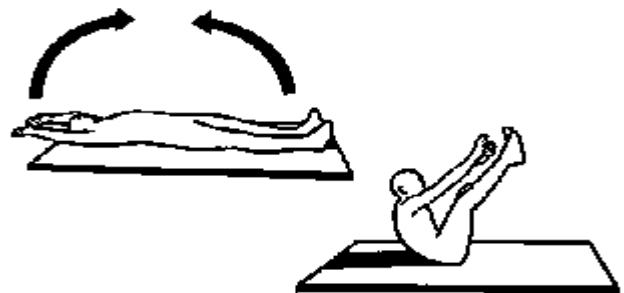
15

**CRUNCH INVERSO SU
PANCA INCLINATA**



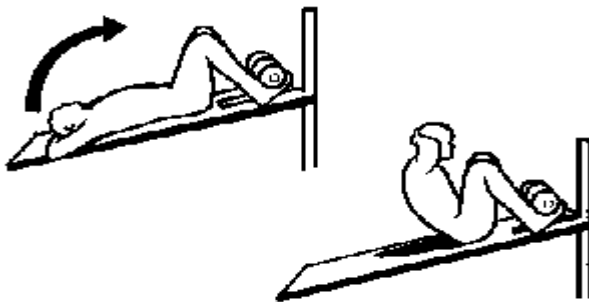
16

**COMBINATA
BRACCIA-GAMBE**



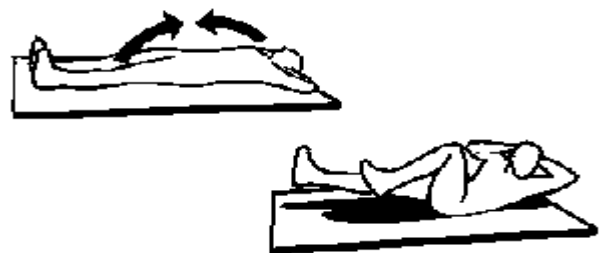
17

**SIT UP SU
PANCA INCLINATA**



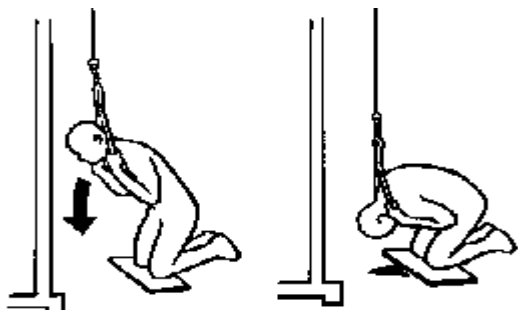
18

**COMBINATA ALTERNATA
GOMITO-GINOCCHIO**

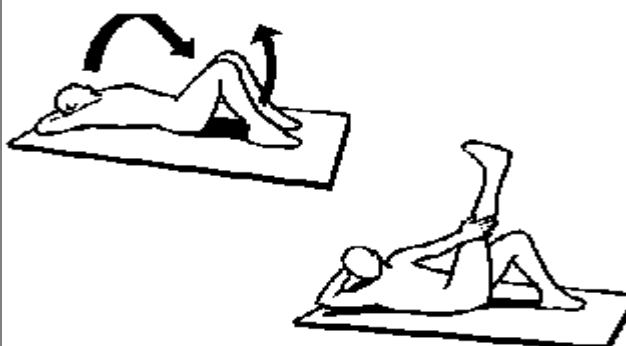


Esercizi per
ADDOMINALI

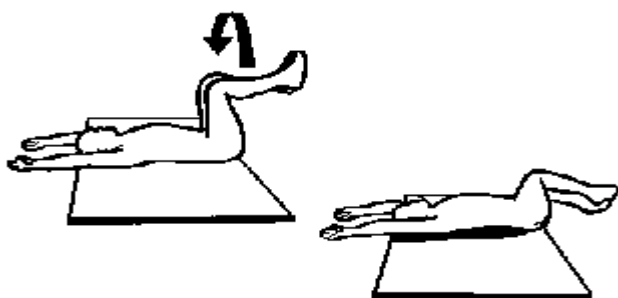
19
CRUNCH
AI CAVI



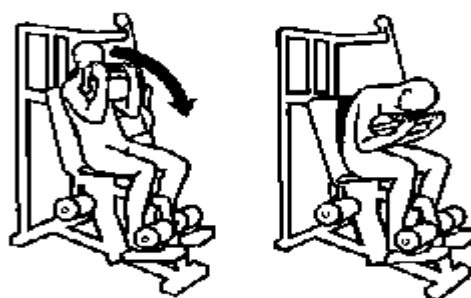
20
COMBINATA
MANO-GAMBA



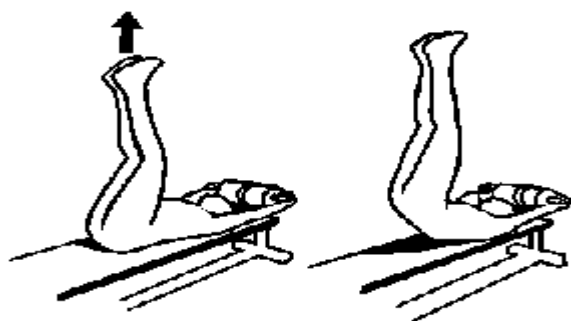
21
FLESSIONI LATERALI
SU TAPPETO



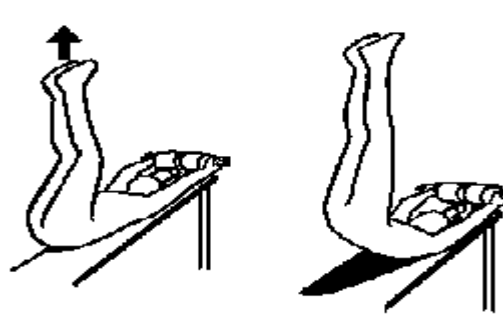
22
CRUNCH
MACHINE



23
ALZATE SEDERE
PANCA PIANA



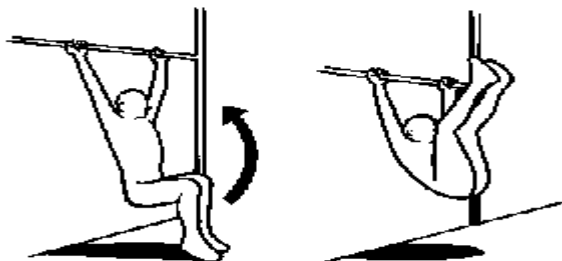
24
ALZATE SEDERE
PANCA INCLINATA



Esercizi per
ADDOMINALI

25

**RETROVERSIONI BACINO
ALLA SBARRA**



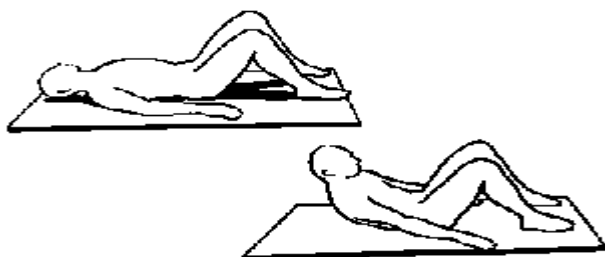
26

**CRUNCH SU
PANCA CRUNCH**



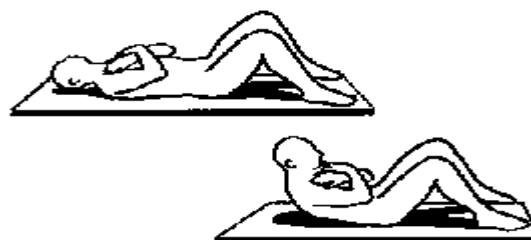
27

**CRUNCH MANI
IN APPOGGIO**



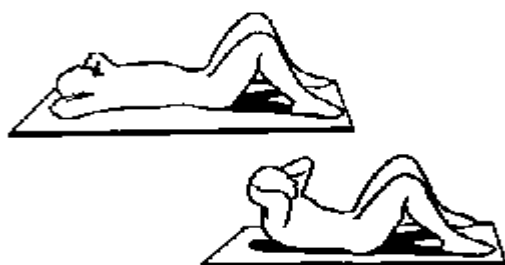
28

**CRUNCH MANI
SUL PETTO**



29

**CRUNCH MANI
SUOLA NUCA**



30

**SIT UP ALLA
PANCA CRUNCH**

