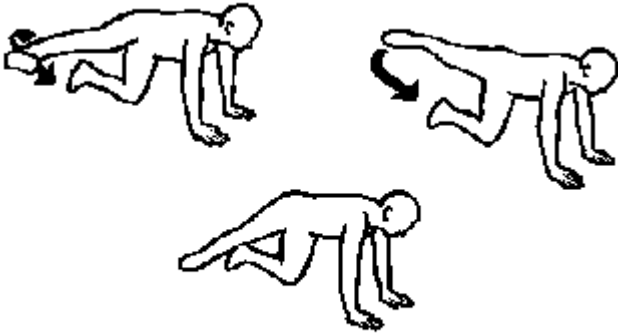
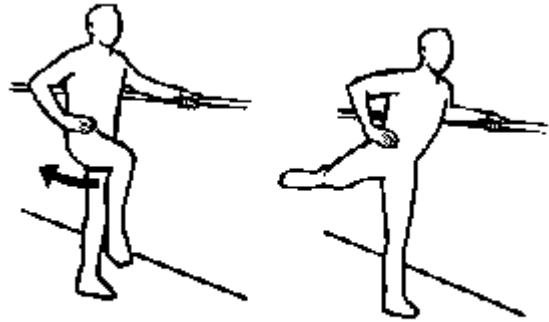


GLUTEI-

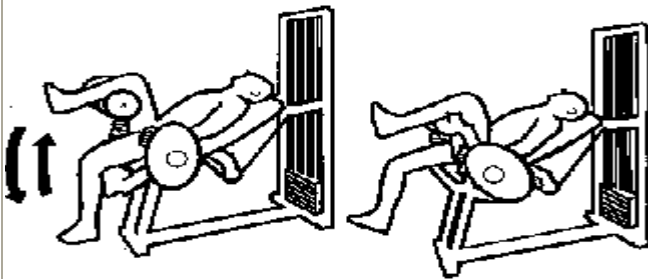
1 SLANCI INDIETRO E LATERALI



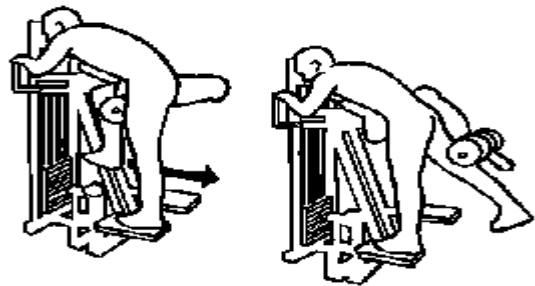
2 ABDUZIONI IN PIEDI



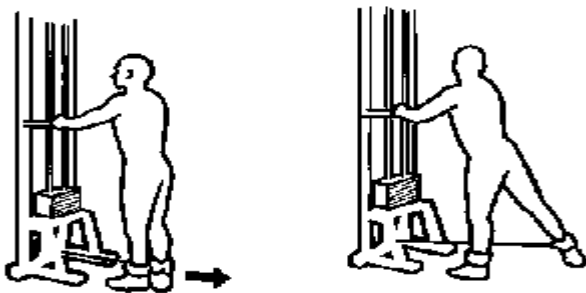
3 GLUTEI MACHINE



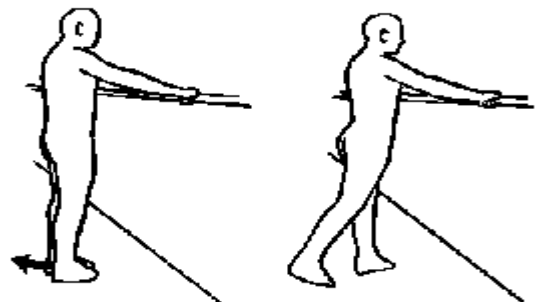
4 STANDING GLUTEUS



5 ABDUZIONI AI CAVI IN PIEDI



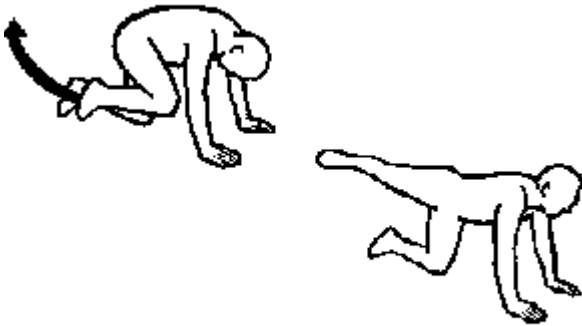
6 ABDUZIONI A CORPO LIBERO IN PIEDI



GLUTEI

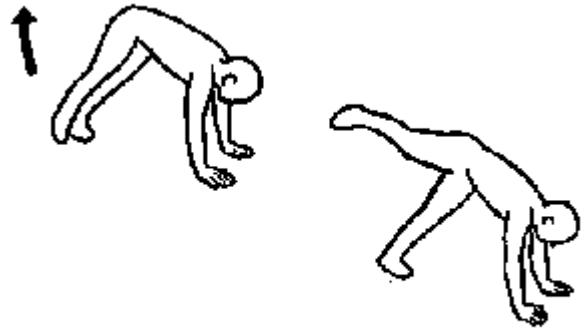
7

**SLANCI POSTERIORI
IN QUADRUPEDIA**



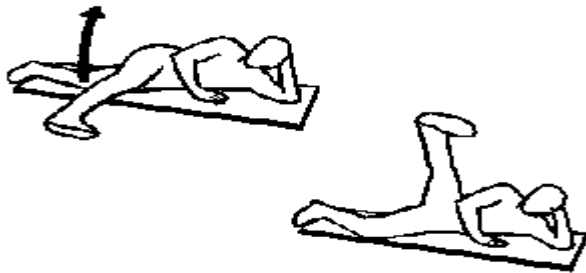
8

**SLANCI POSTERIORI
A GAMBA TESA**



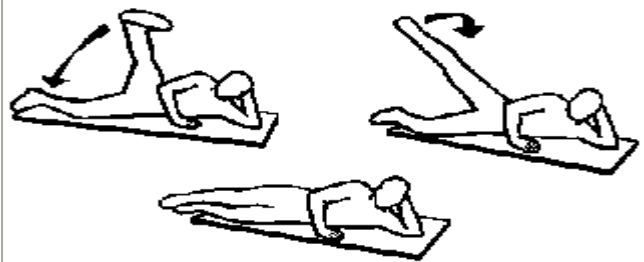
9

**ABDUZIONI SU UN FIANCO
GAMBA A 90°**



10

**ABDUZIONI SU UN FIANCO
GAMBA A 0°-90°**



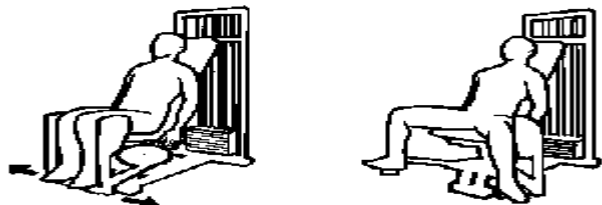
11

**ABDUZIONI SU UN FIANCO
GAMBA A 15°**



12

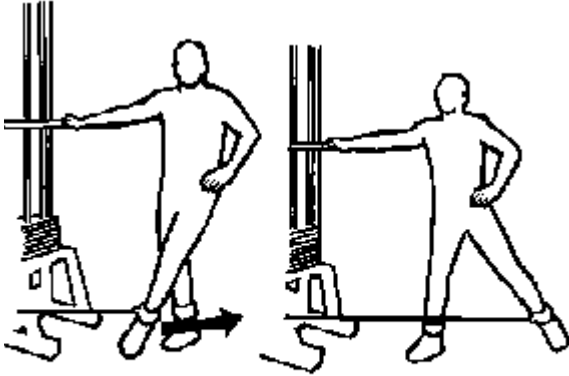
ABDUCTOR



GLUTEI

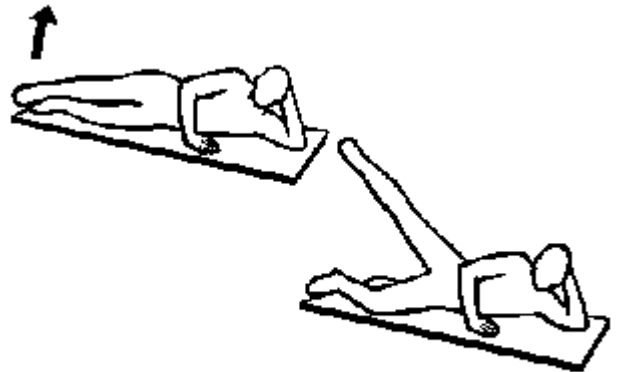
13

**ABDUZIONI AI CAVI
IN PIEDI**



14

**ABDUZIONI SU UN FIANCO
GAMBA A 0°**



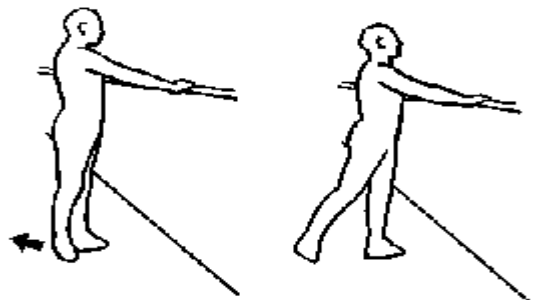
15

**ABDUZIONI GAMBA A 90°
IN QUADRUPEDIA**



16

**SLANCI POSTERIORI CON
PIEDE GIRATO**



17

**ABDUZIONI GAMBA A 90°
IN QUADRUPEDIA**

