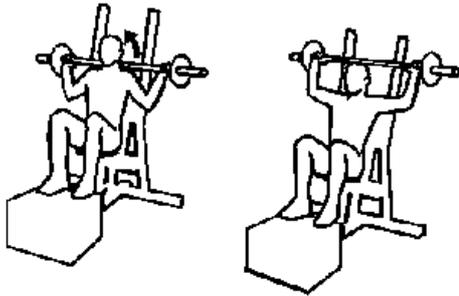


## **SPALLE**

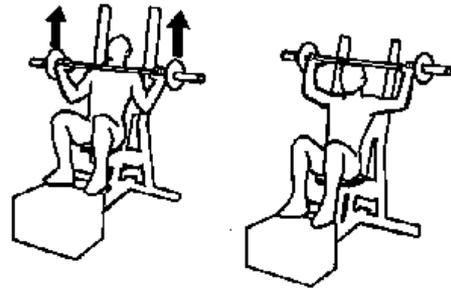
**1**

**DISTENSIONI CON  
BILANCIERE SEDUTO**



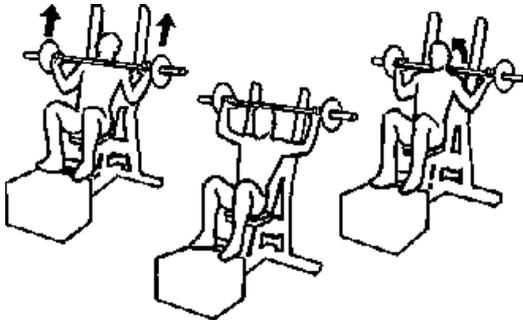
**2**

**DISTENSIONI CON  
BILANCIERE AVANTI  
SEDUTO**



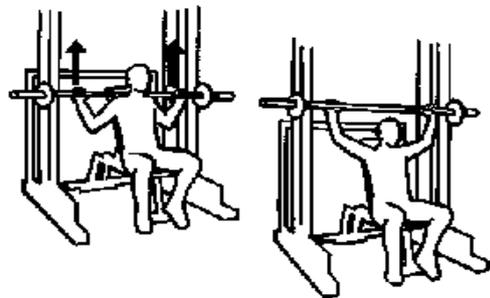
**3**

**DISTENSIONI CON  
BILANCIERE  
AVANTI/DIETRO SEDUTO**



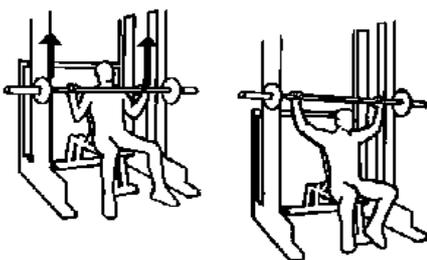
**4**

**DISTENSIONI CON  
BILANCIERE GUIDATO  
SEDUTO**



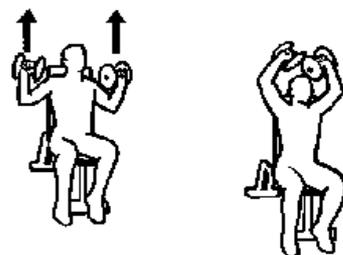
**5**

**DISTENSIONI AVANTI CON  
BILANCIERE GUIDATO  
SEDUTO**



**6**

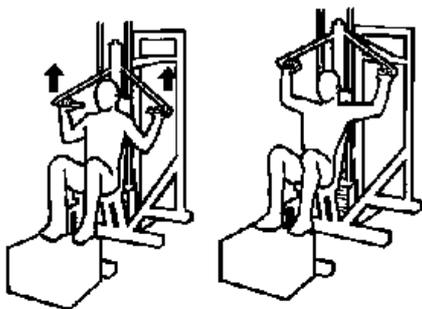
**DISTENSIONI CON  
MANUBRI SEDUTO**



## **SPALLE**

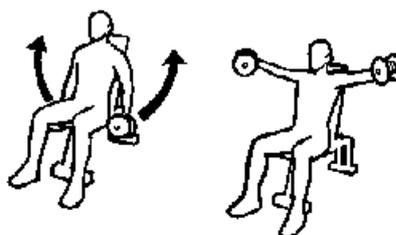
**7**

### **DISTENSIONI ALLA MACCHINA**



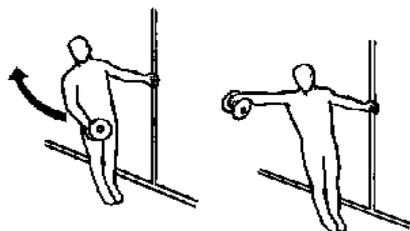
**8**

### **ALZATE LATERALI SEDUTO**



**9**

### **ALZATE LATERALI SINGOLE IN PIEDI**



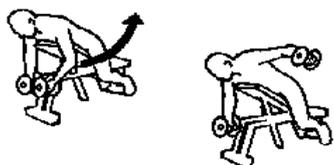
**10**

### **ALZATE POSTERIORI CON TORACE IN APPOGGIO**



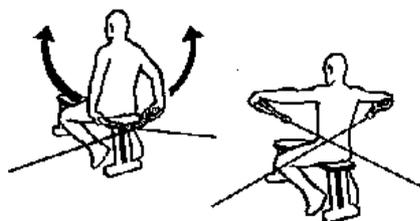
**11**

### **ALZATE POSTERIORI SINGOLE CON TORACE IN APPOGGIO**



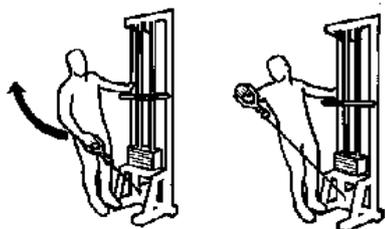
**12**

### **ALZATE LATERALI AI CAVI SEDUTO**

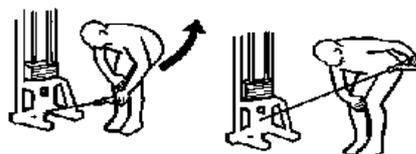


## **SPALLE**

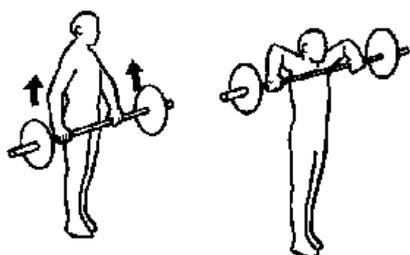
### **13 ALZATE LATERALI SINGOLE AI CAVI**



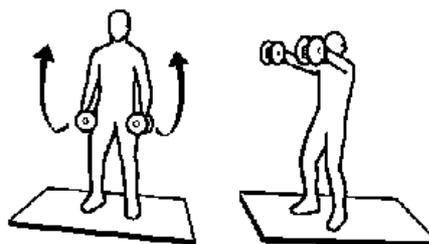
### **14 ALZATE AI CAVI BUSTO A 90°**



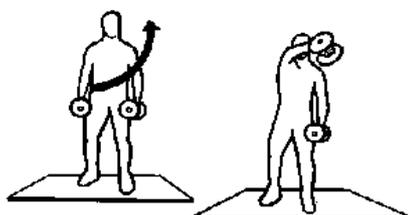
### **15 TRAZIONI AL MENTO CON BILANCIERE**



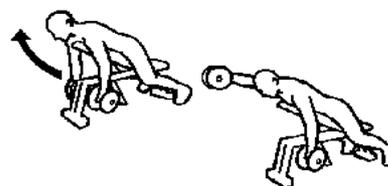
### **16 ALZATE FRONTALI CON MANUBRI IN PIEDI**



### **17 ALZATE FRONTALI CON MANUBRI SINGOLE**



### **18 ALZATE FRONTALI SINGOLE CON TORACE IN APPOGGIO**



## **SPALLE**

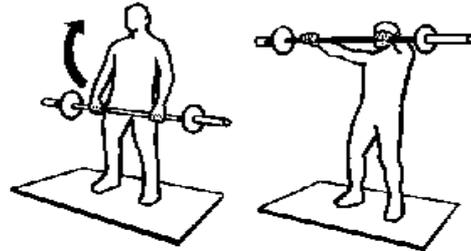
**19**

**ALZATE FRONTALI CON  
TORACE IN APPOGGIO**



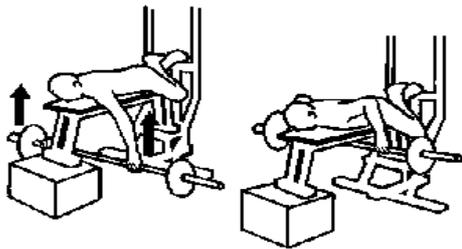
**20**

**ALZATE FRONTALI  
CON BILANCIERE**



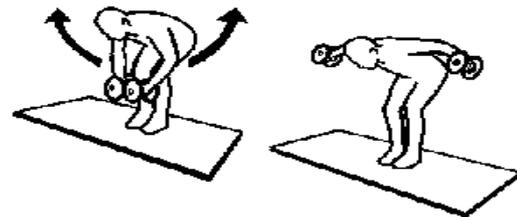
**21**

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



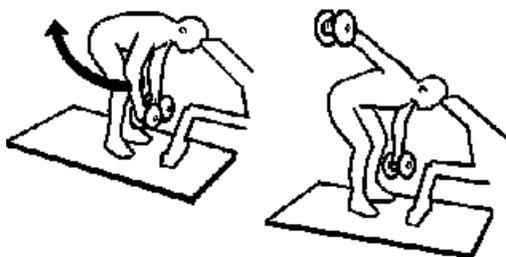
**22**

**ALZATE CON  
BUSTO A 90°**



**23**

**ALZATE SINGOLE CON  
BUSTO A 90°**



**24**

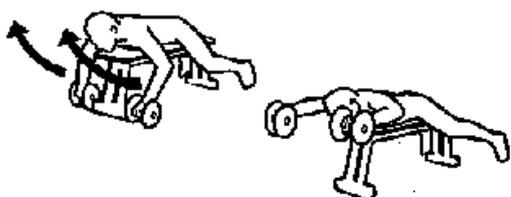
**ALZATE CON BUSTO A 90°  
TORACE IN APPOGGIO**



## **SPALLE**

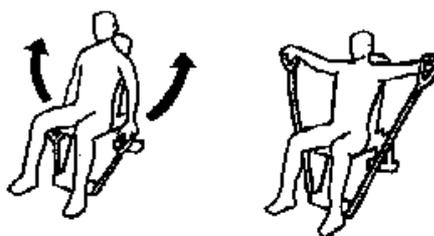
**25**

**ALZATE FRONTALI CON  
BUSTO A 90°**



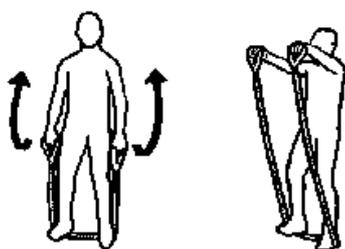
**26**

**ALZATE LATERALI  
CON ELASTICO**



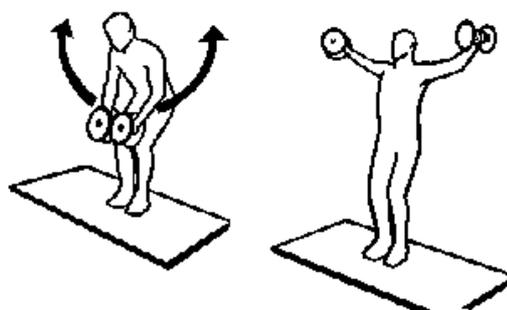
**27**

**ALZATE FRONTALI  
CON ELASTICO**



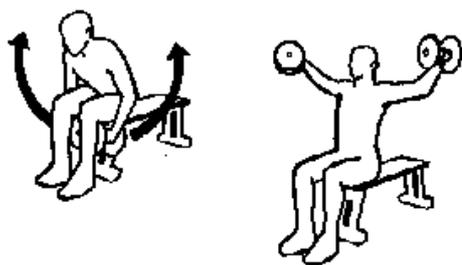
**28**

**ALZATE LATERALI  
CON SPINTA**



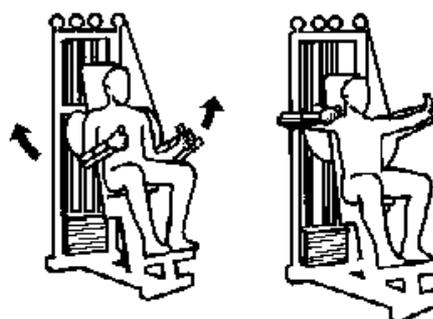
**29**

**ALZATE LATERALI CON  
SPINTA DA SEDUTO**



**30**

**DELTOID  
MACHINE**



## **SPALLE**

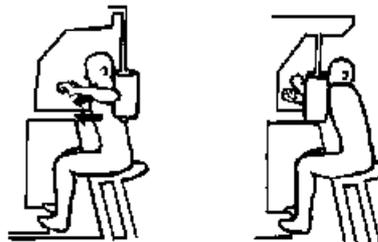
**31**

### **ALZATE LATERALI/FRONTALI**



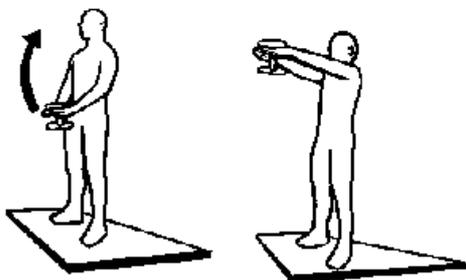
**32**

### **ABDUZIONI CON GOMITI A 90°**



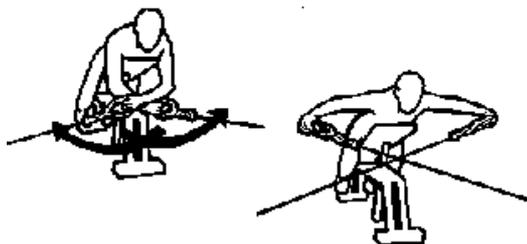
**33**

### **ALZATE FRONTALI CON MANUBRIO**



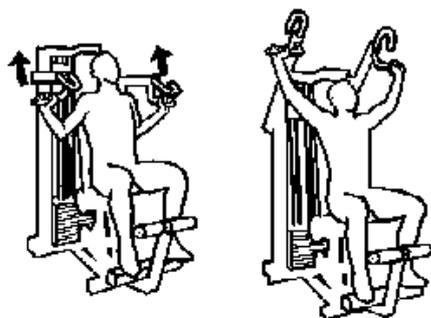
**34**

### **ALZATE BUSTO A 90° AI CAVI INCROCIATI**



**35**

### **DISTENSIONI ALLA SHOULDER PRESS**



**36**

### **TRAZIONI ALLA VERTICAL ROW A PRESA LARGA**

