

## **TRICIPITI**

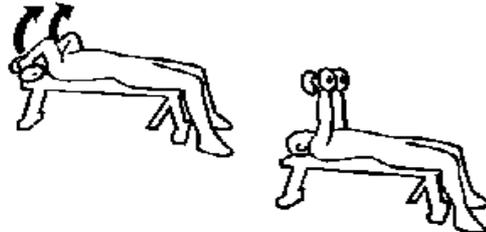
**1**

**ESTENSIONI SDRAIATO  
CON BILANCIERE**



**2**

**ESTENSIONI SDRAIATO  
CON MANUBRI**



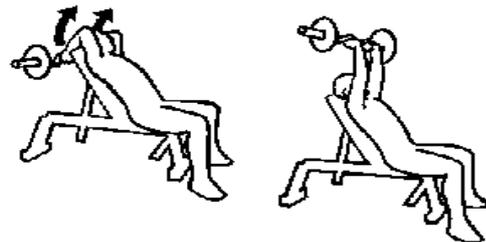
**3**

**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**



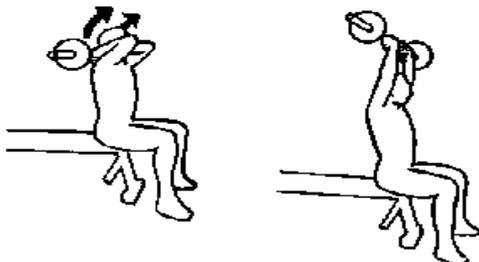
8

**ESTENSIONI SU PANCA 60°  
CON MANUBRIO**



9

**ESTENSIONI DA SEDUTO  
CON BILANCIERE**



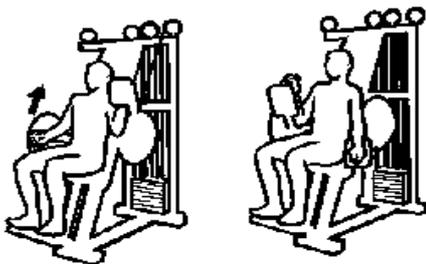
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**ESTENSIONI DA SEDUTO  
CON BILANCIERE  
A PRESA INVERSA**



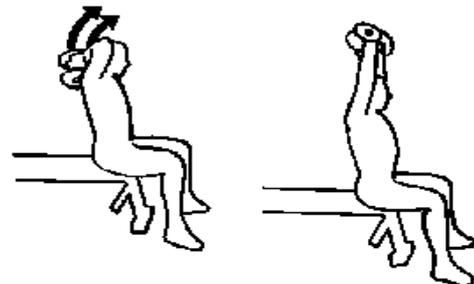
11

**ESTENSIONI ALLA  
TRICEPS MACHINE**



12

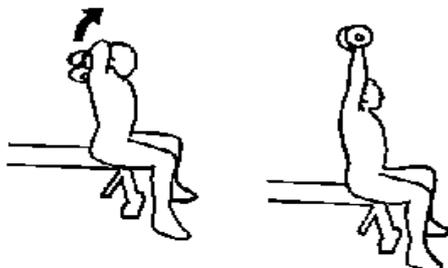
**ESTENSIONI DA SEDUTO  
CON MANUBRI**



## **TRICIPITI**

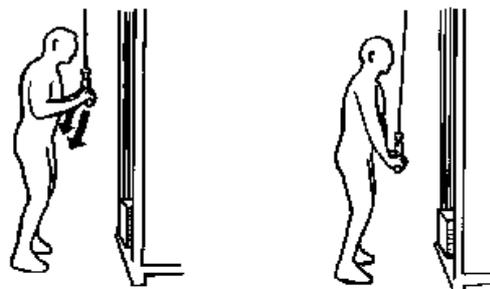
**13**

**ESTENSIONI SINGOLE DA  
SEDUTO CON MANUBRIO**



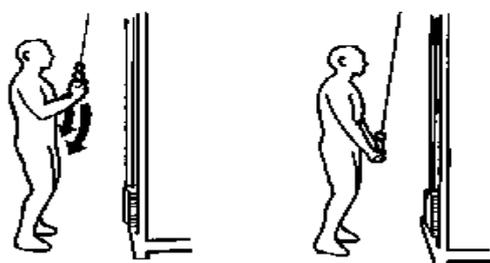
**14**

**ESTENSIONI CON  
SBARRA ALL'ERCOLINA**



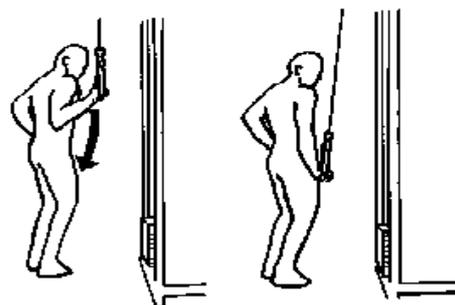
**15**

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



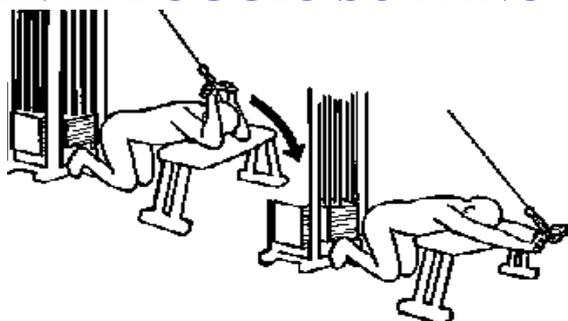
**16**

**ESTENSIONI CON  
MANIGLIA AI CAVI ALTI**



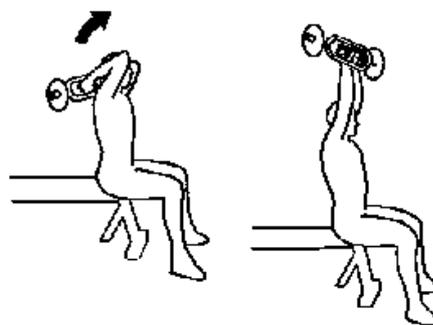
**17**

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



**18**

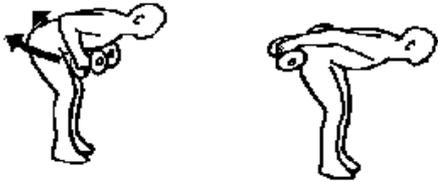
**ESTENSIONI DA SEDUTO  
CON BILANCIERE H**



## **TRICIPITI**

**19**

**ESTENSIONI BUSTO A 90°  
CON MANUBRI**



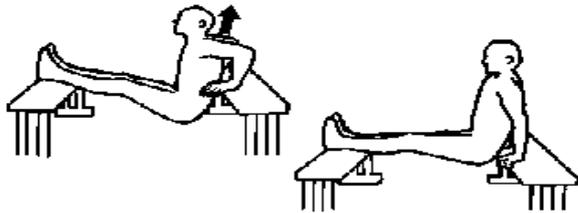
**20**

**ESTENSIONI ALTERNATE  
BUSTO A 90°**



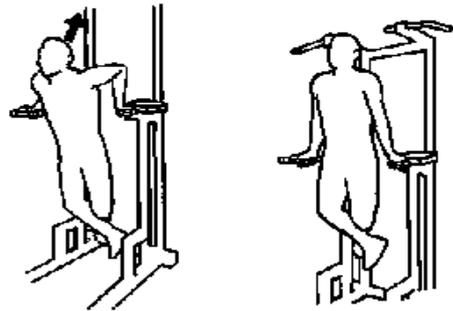
**21**

**DIP TRA DUE PANCHE**



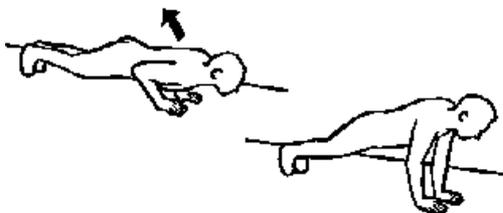
**22**

**DIP ALLE PARALLELE  
CON BUSTO DRITTO**



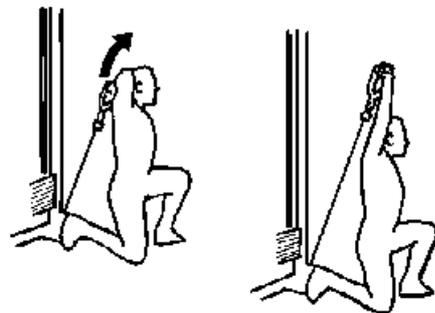
**23**

**PIEGAMENTI A GOMITI  
STRETTI**



**24**

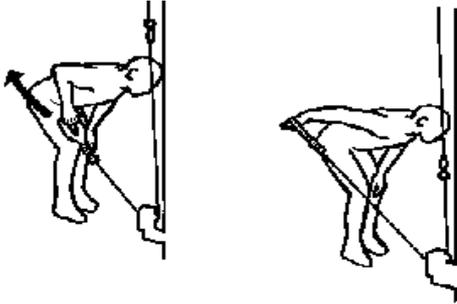
**ESTENSIONI AI CAVI  
BASSI IN GINOCCHIO  
CON MANIGLIA**



## **TRICIPITI**

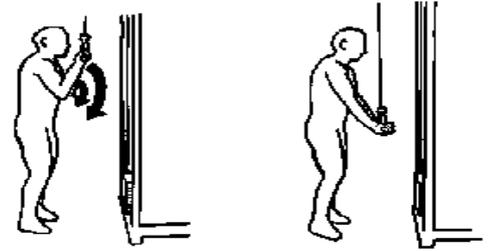
**25**

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



**26**

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



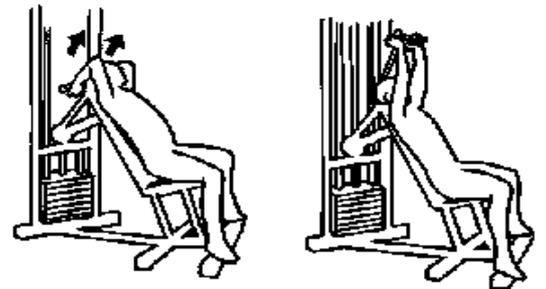
**27**

**ESTENSIONI SDRAIATO A  
PRESA INVERSA**



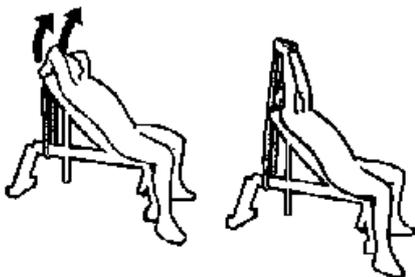
**28**

**ESTENSIONI  
ALLA MACCHINA**



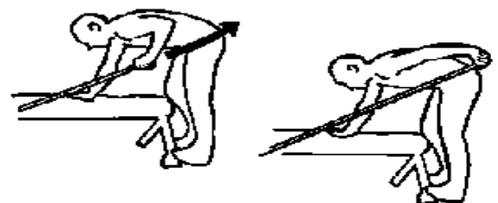
**29**

**ESTENSIONI SU PANCA 60°  
CON ELSATICO**



**30**

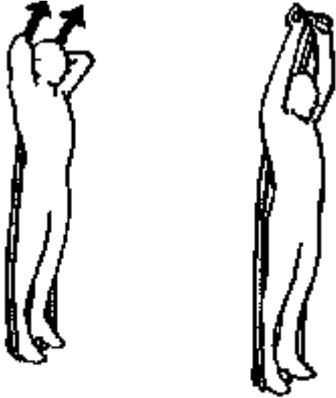
**ESTENSIONI BUSTO A  
90°  
CON ELASTICO**



## ***TRICIPITI***

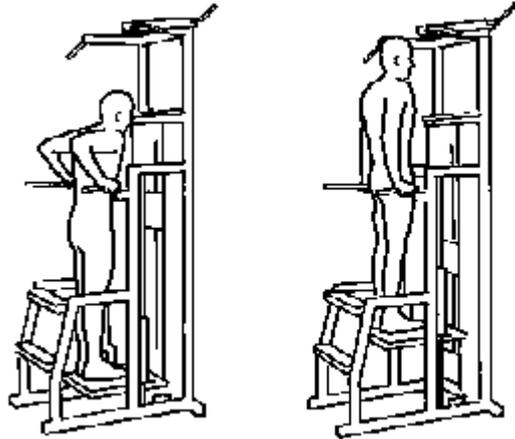
**31**

**ESTENSIONI IN PIEDI  
CON ELASTICO**



**32**

**DIP ALLE PARALLELE  
GUIDATE**



**33**

**DIP ALLA MACCHINA**

