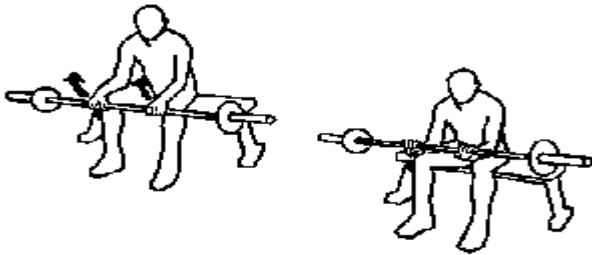


Esercizi per
AVAMBRACCI

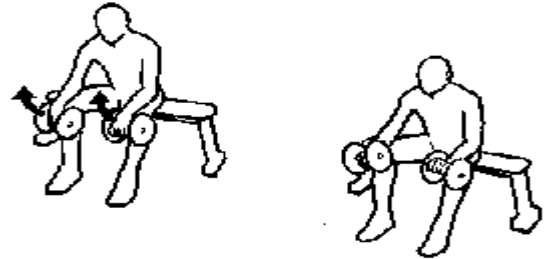
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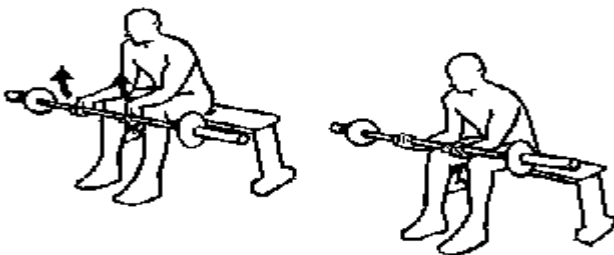
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**ESTENSIONI POLSI CON
MANUBRI**



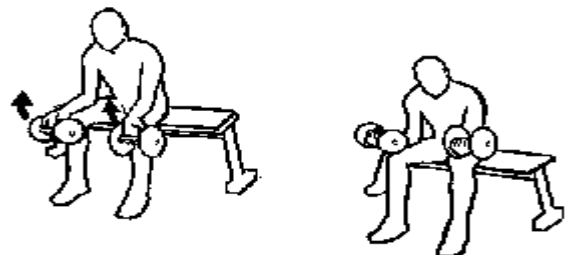
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**FLESSIONI POLSI CON
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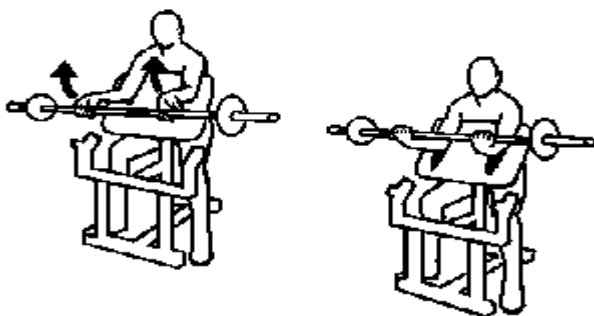
4

**FLESSIONI POLSI CON
MANUBRI**



5

**FLESSIONI POLSI ALLA
PANCA SCOTT**



6

**FLESSIONI POLSI DIETRO
LA SCHIENA**

