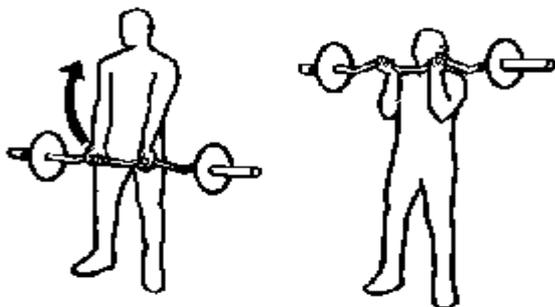
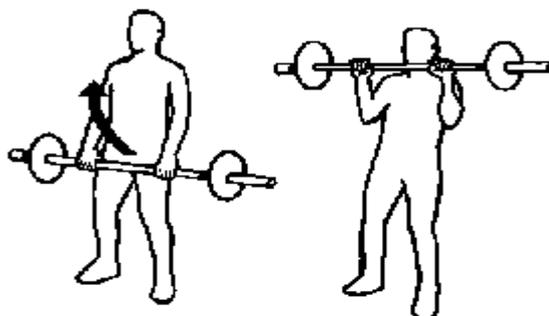


*Esercizi per
BICIPITI*

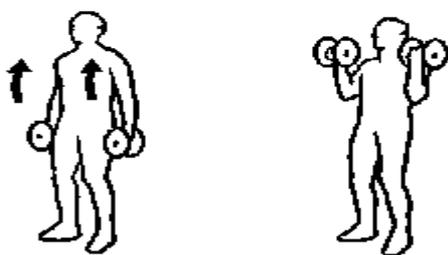
**1
FLESSIONI CON
BILANCIERE CURVO**



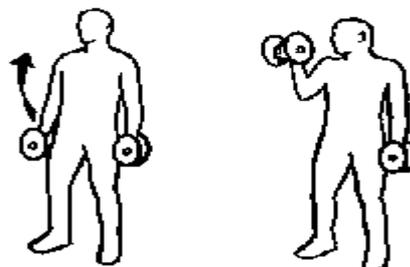
**2
FLESSIONI PRESA
INVERSA CON
BILANCIERE CURVO**



**3
FLESSIONI CON MANUBRI
IN PIEDI**



**4
FLESSIONI ALTERNATE
CON MANUBRI IN PIEDI**



**5
FLESSIONI CON MANUBRI
SEDUTO**

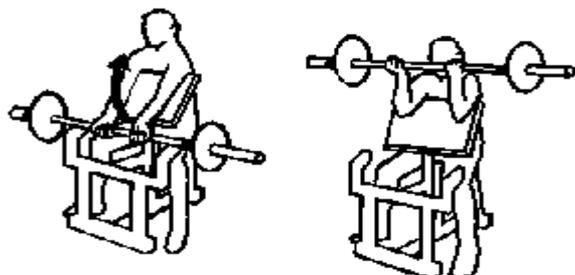


**6
FLESSIONI ALTERNATE
CON MANUBRI SEDUTO**



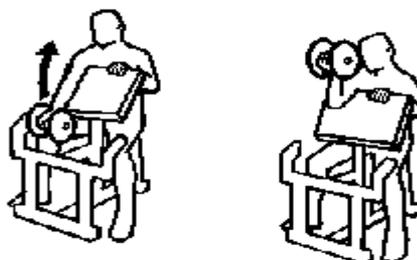
7

**FLESSIONI ALLA SCOTT
CON BILANCIERE**



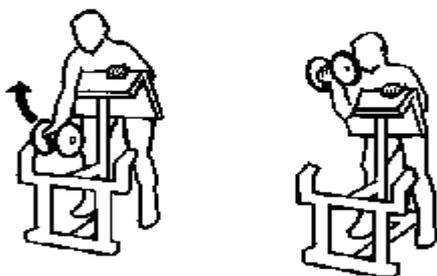
8

**FLESSIONI ALLA SCOTT
CON MANUBRIO**



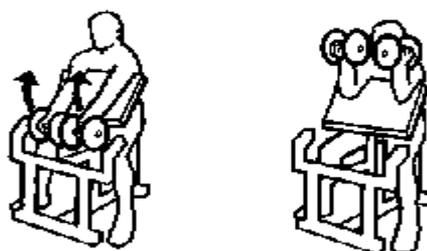
9

**FLESSIONI ALLA SCOTT
90° CON MANUBRIO**



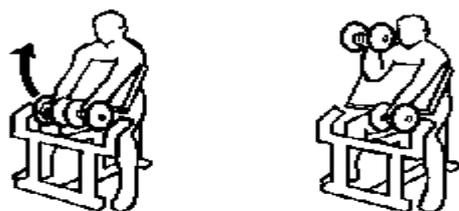
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**FLESSIONI ALLA SCOTT
CON MANUBRI**



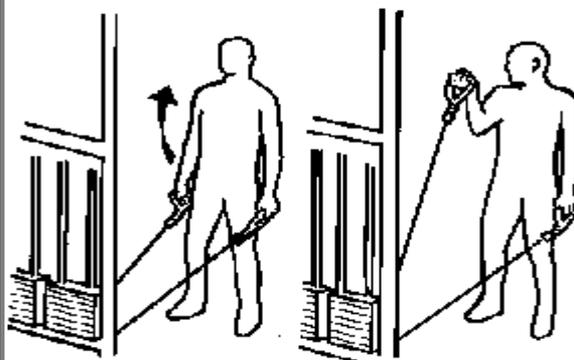
11

**FLESSIONI ALTERNATE
ALLA SCOTT CON
MANUBRI**

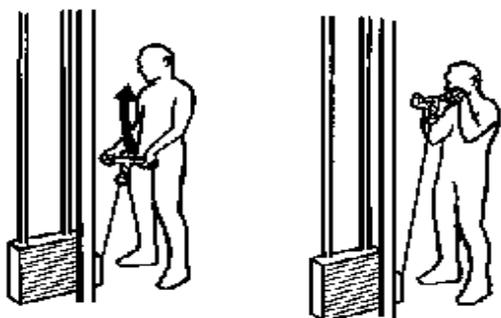


12

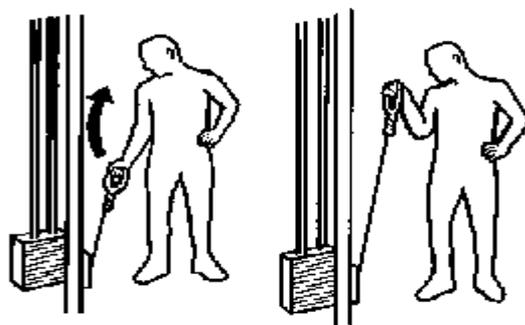
**FLESSIONI ALTERNATE
AI CAVI**



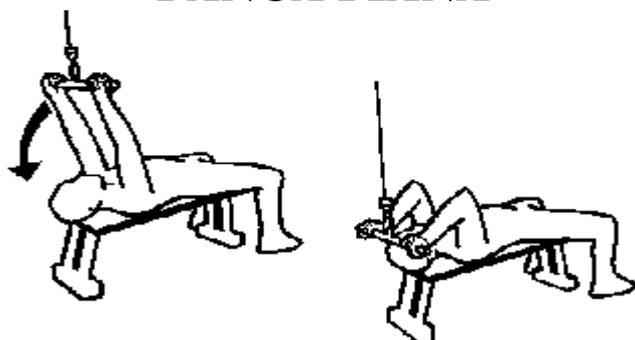
**13
FLESSIONI AI CAVI
CON BARRA**



**14
FLESSIONI AI CAVI
CON MANIGLIA**



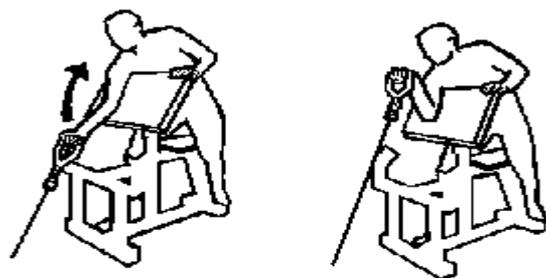
**15
FLESSIONI AI CAVI SU
PANCA PIANA**



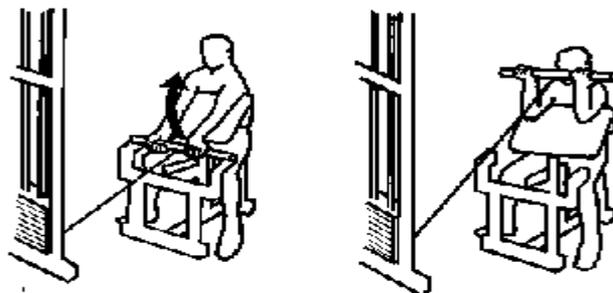
**16
FLESSIONI CON MANUBRI
PANCA A 45°**



**17
FLESSIONI ALLA SCOTT
CON MANIGLIA**



**18
FLESSIONI ALLA SCOTT
CON BARRA**



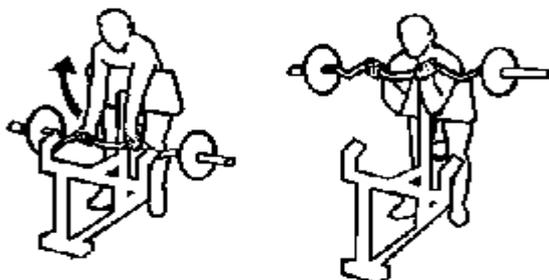
19

**FLESSIONI MANUBRIO
GOMITO IN APPOGGIO**



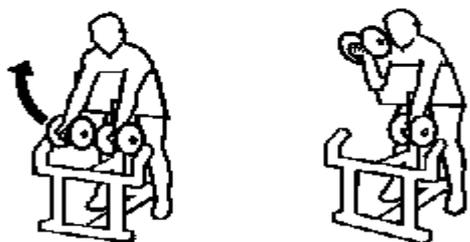
20

**FLESSIONI ALLA SCOTT
90° CON BILANCIERE**



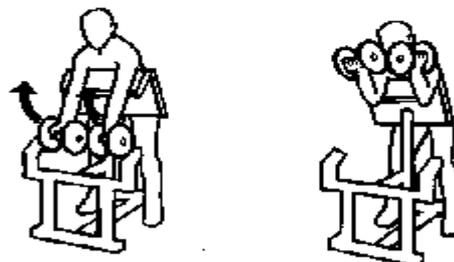
21

**FLESSIONI ALTERNATE
ALLA SCOTT 90°
CON MANUBRI**



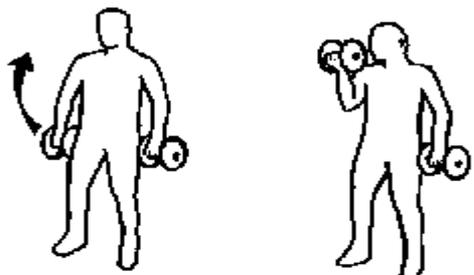
22

**FLESSIONI ALLA
SCOTT 90°
CON MANUBRI**



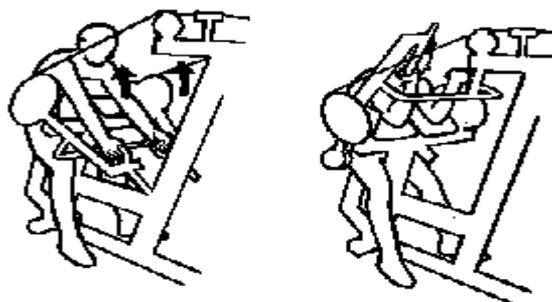
23

**FLESSIONI ALTERNATE
CON MANUBRI IN PIEDI**



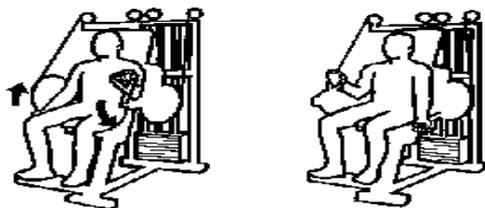
24

**FLESSIONI ALLA
BICEPS MACHINE**



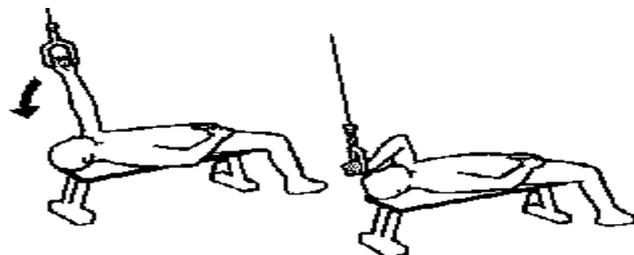
25

**FLESSIONI ALTERNATE
ALLA MACCHINA**



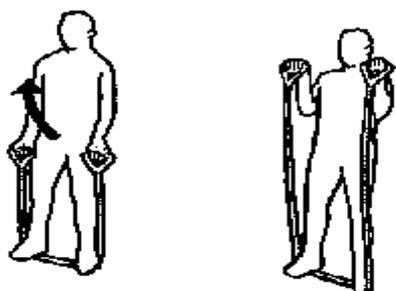
26

**FLESSIONI DA SDRAIATO
CON MANIGLIA**



27

**FLESSIONI CON ELASTICO
IN PIEDI**



28

**FLESSIONI AI CAVI
ACCOVACCIATO**



29

**FLESSIONI AI CAVI
ACCOVACCIATO A
PRESA INVERSA**

