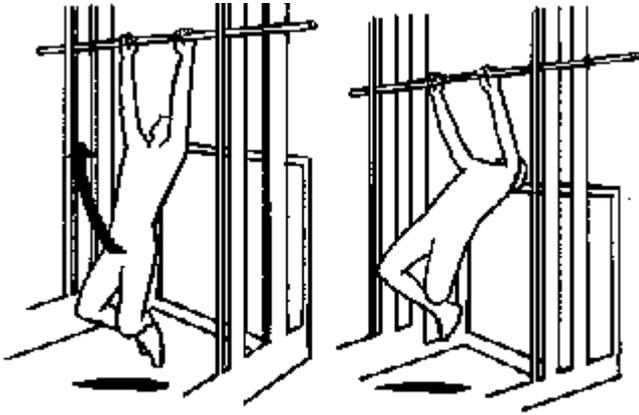


## ***DORSALI***

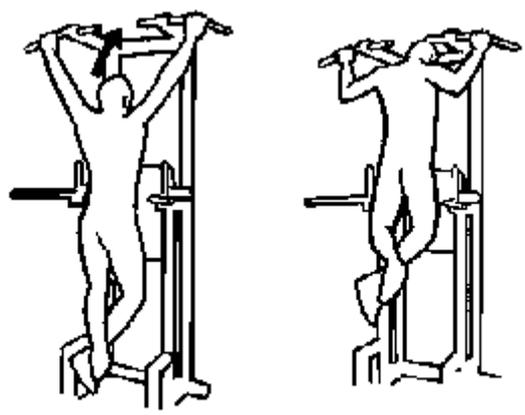
**1**

**TRAZIONI ALLA SBARRA  
AVANTI**



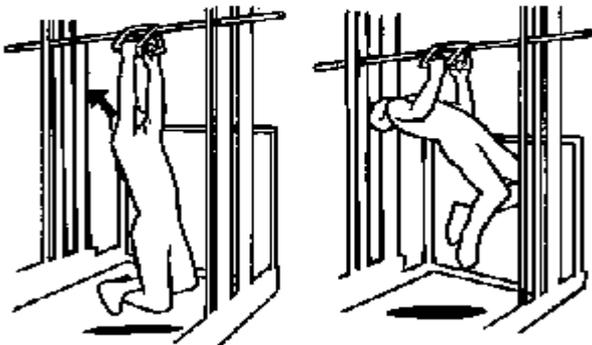
**2**

**TRAZIONI ALLA SBARRA  
DIETRO**



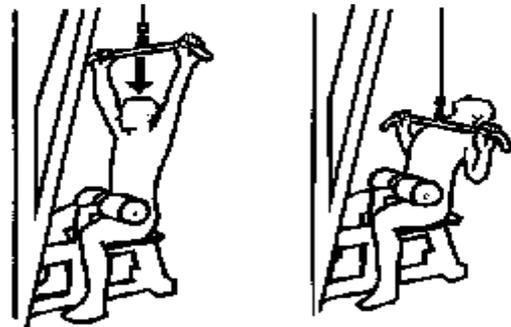
**3**

**TRAZIONI ALLA SBARRA  
CON MANIGLIA PULLEY**



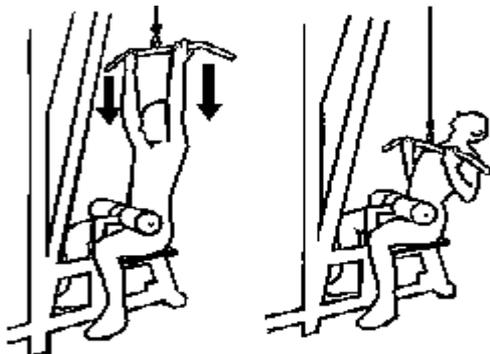
**4**

**TRAZIONI ALLA LAT M.  
AVANTI**



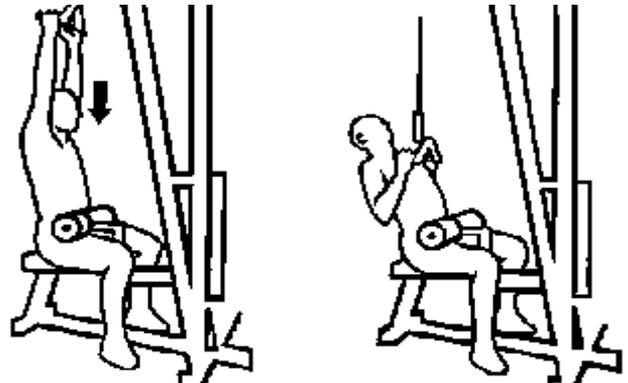
**5**

**TRAZIONI ALLA LAT M.  
PRESA INVERSA**



**6**

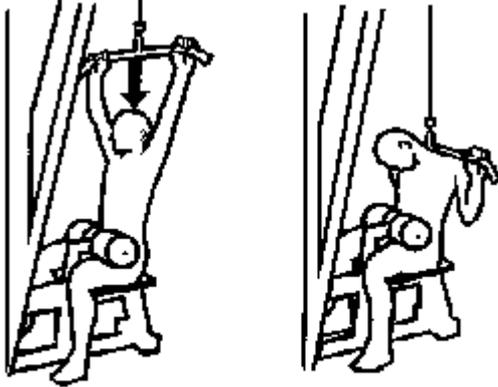
**TRAZIONI ALLA LAT M.  
CON MANIGLIA PULLEY**



# ***DORSALI***

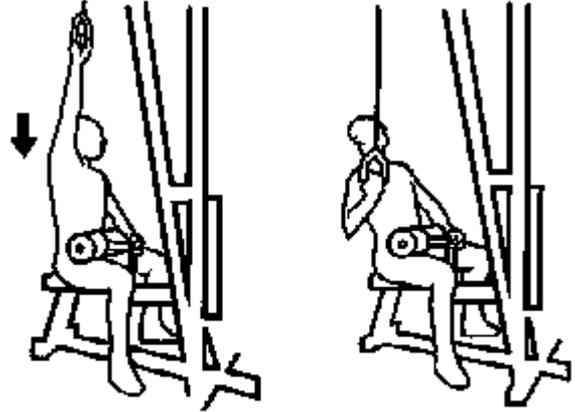
**7**

**TRAZIONI ALLA LAT M.  
DIETRO**



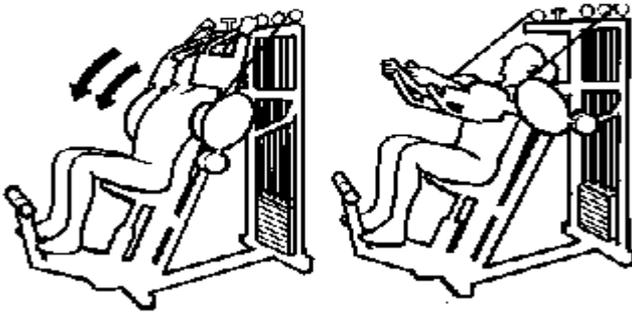
**8**

**TRAZIONI ALLA LAT M.  
CON MANIGLIA**



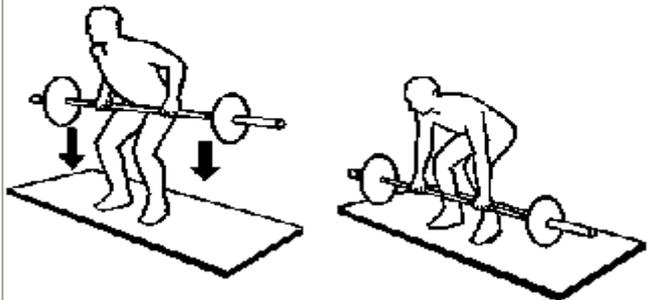
**9**

**PULLOVER  
MACHINE**



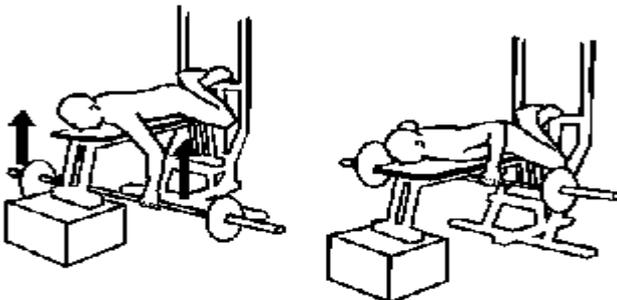
**10**

**REMATORE CON  
BILANCIERE**



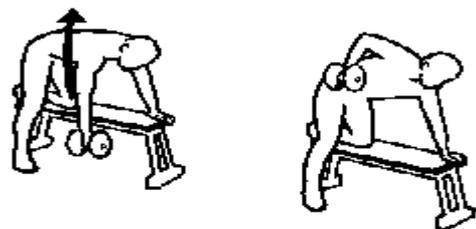
**11**

**REMATORE CON  
BILANCIERE SU PANCA**



**12**

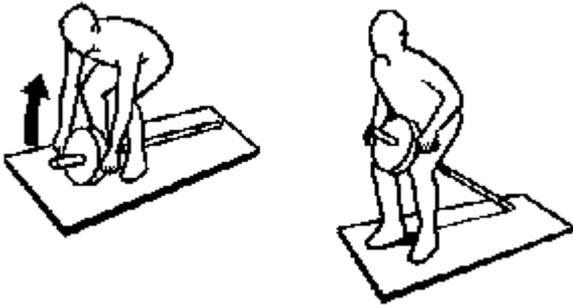
**REMATORE CON  
MANUBRIO**



## ***DORSALI***

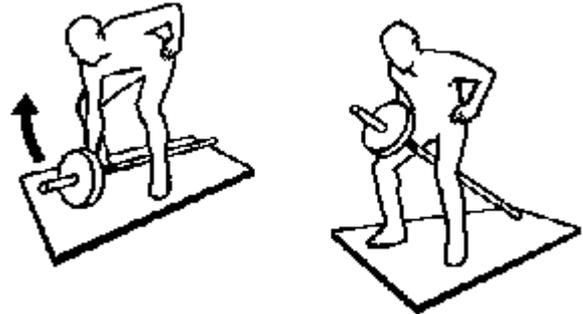
**13**

**REMATORE CON  
BILANCIERE INCLINATO**



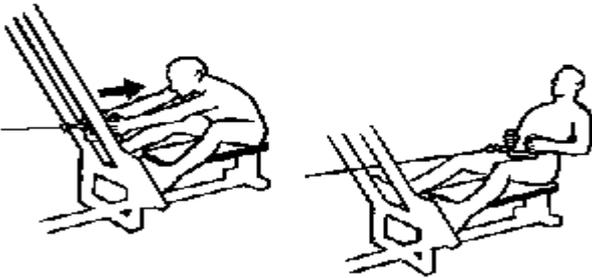
**14**

**REMATORE SINGOLO CON  
BILANCIERE INCLINATO**



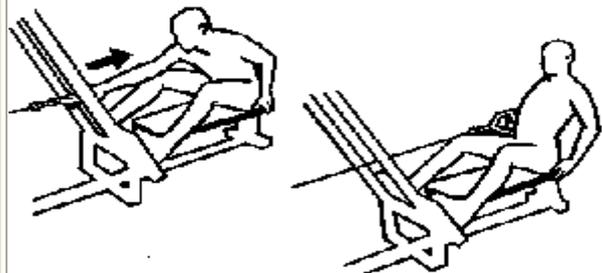
**15**

**REMATORE AL  
PULLEY**



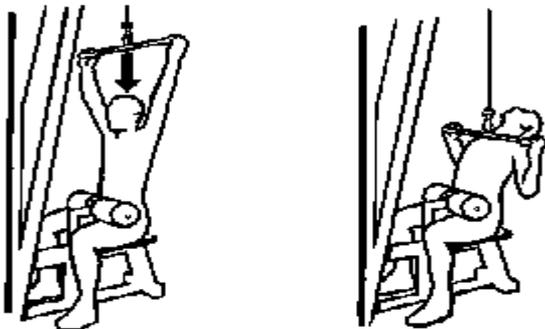
**16**

**REMATORE AL  
PULLEY CON MANIGLIA**



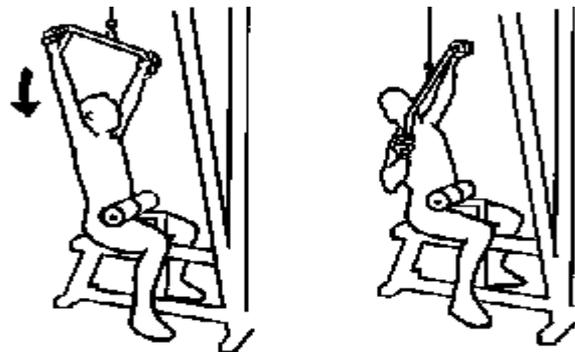
**17**

**TRAZIONI ALLA LAT M.  
AVANTI CON TRAZEYBAR**



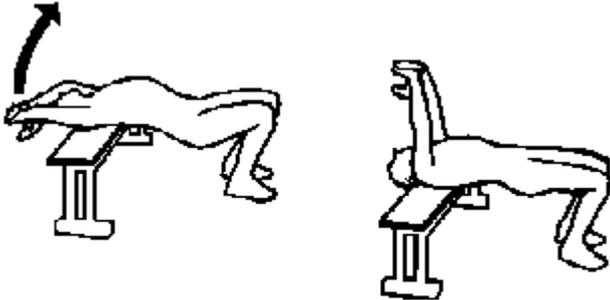
**18**

**TRAZIONI SINGOLE ALLA  
LAT M. AVANTI**

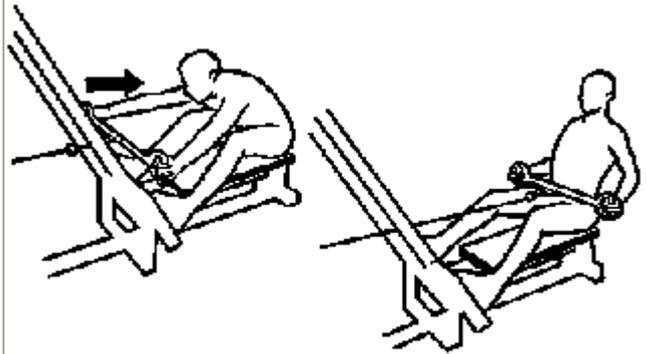


## ***DORSALI***

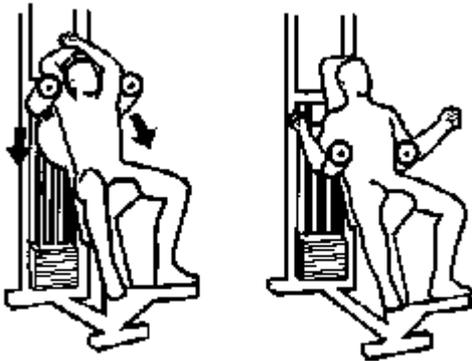
**19  
PULLOVER**



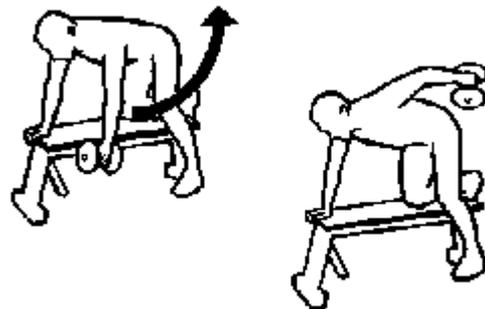
**20  
REMATORE AL PULLEY  
CON TRAZEYBAR**



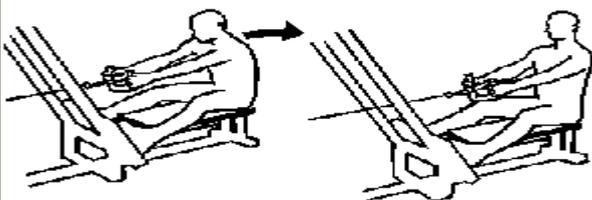
**21  
CHIUSURE ALLA  
MACCHINA**



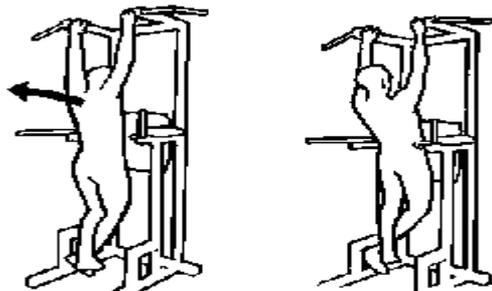
**22  
ALZATE POSTERIORI  
SU PANCA**



**23  
ESTENSIONI SCHIENA  
AL PULLEY**



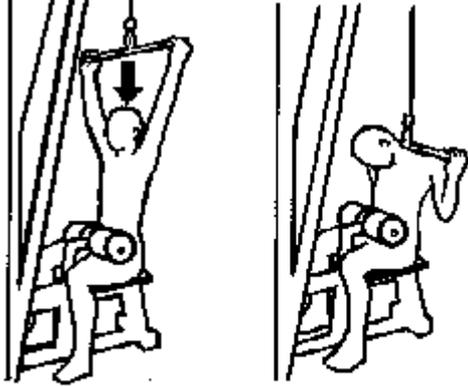
**24  
ESTENSIONI SCHIENA  
ALLA SBARRA**



## ***DORSALI***

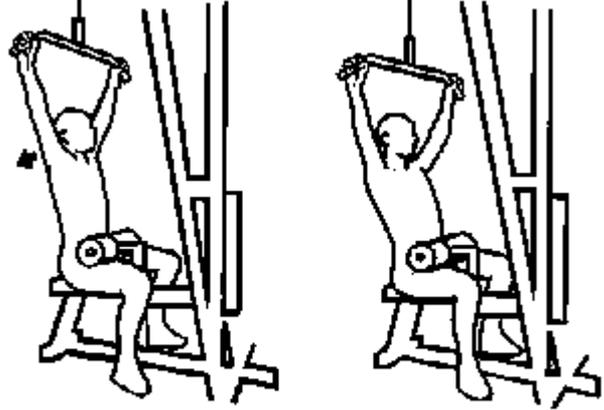
**25**

**TRAZIONI ALLA LAT M.  
DIETRO CON TRAZEYBAR**



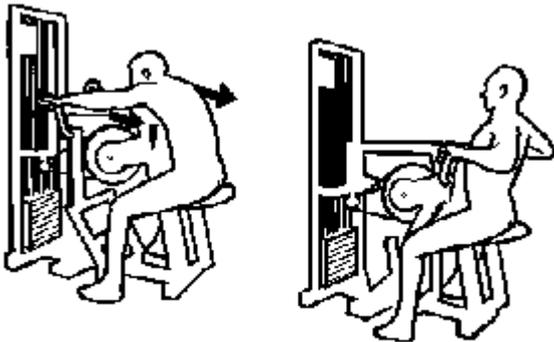
**26**

**ESTENSIONI SCHIENA  
ALLA LAT MACHINE**



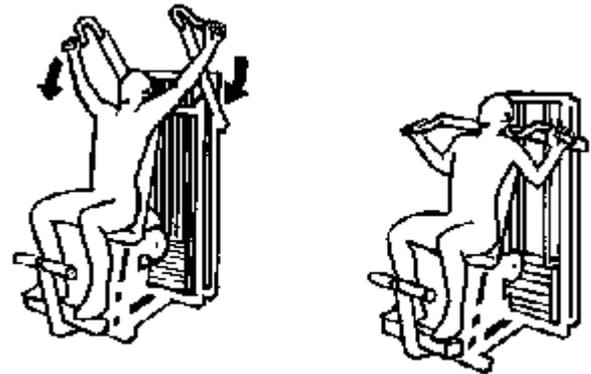
**27**

**TRAZIONI ALLA  
VERTICAL ROW**



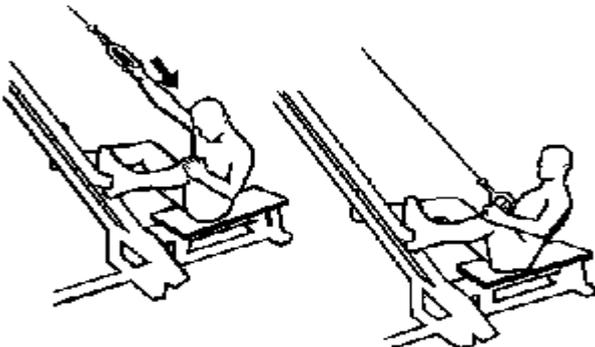
**28**

**TRAZIONI ALLA  
MACCHINA**



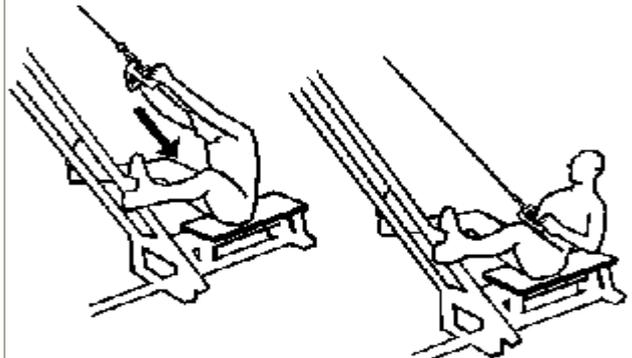
**29**

**TRAZIONI AL PULLEY  
ALTO CON MANIGLIA**



**30**

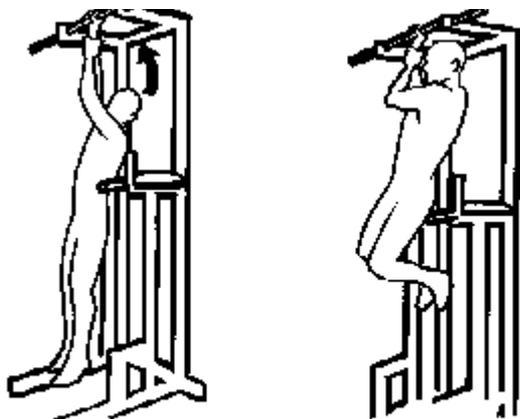
**TRAZIONI AL  
PULLEY ALTO**



## ***DORSALI***

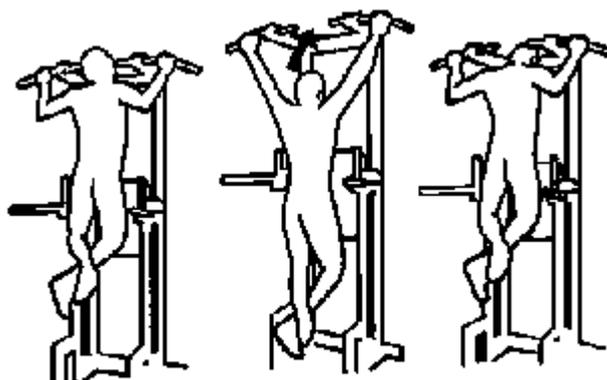
**31**

**TRAZIONI ALLA SBARRA  
CON UNA MANO**



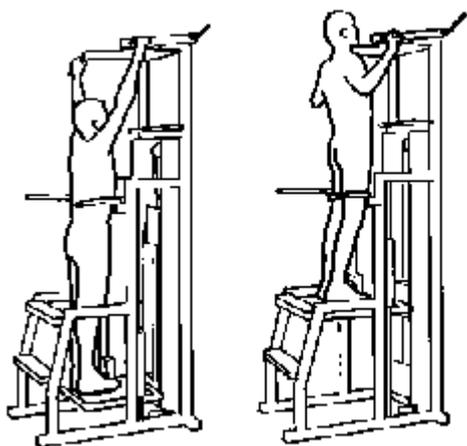
**32**

**TRAZIONI ALLA SBARRA  
AVANTI/DIETRO**



**33**

**TRAZIONI AVANTI  
ALLA SBARRA AIUTATA**



**34**

**TRAZIONI PRESA  
INVERSA  
ALLA SBARRA AIUTATA**

