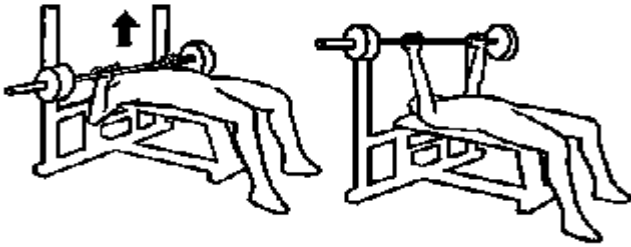


# **PETTORALI**

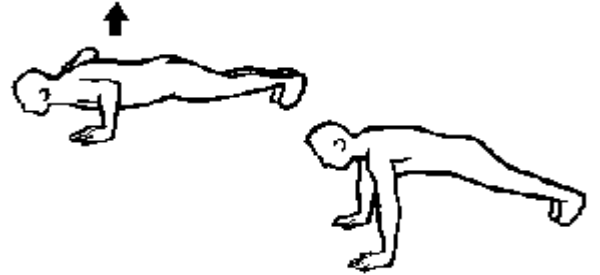
**1**

**DISTENSIONI SU PANCA  
PIANA CON BILANCIERE**



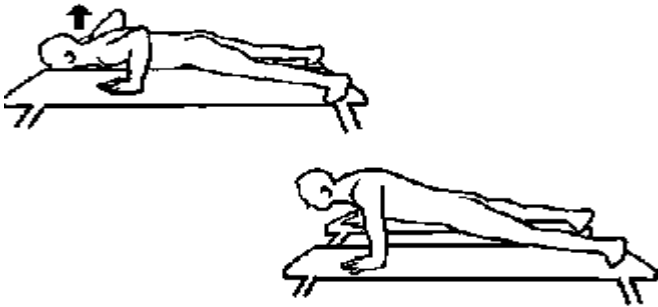
**2**

**PIEGAMENTI A CORPO  
LIBERO DA TERRA**



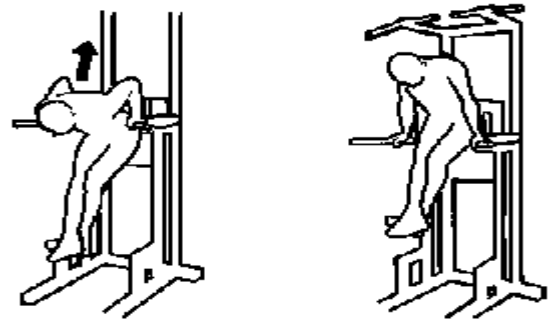
**3**

**PIEGAMENTI A CORPO  
LIBERO SU 2 PANCHE**



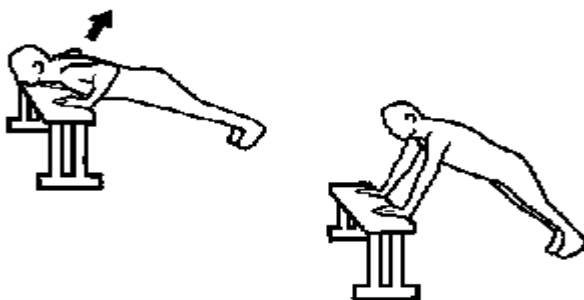
**4**

**DIP ALLE  
PARALLELE**



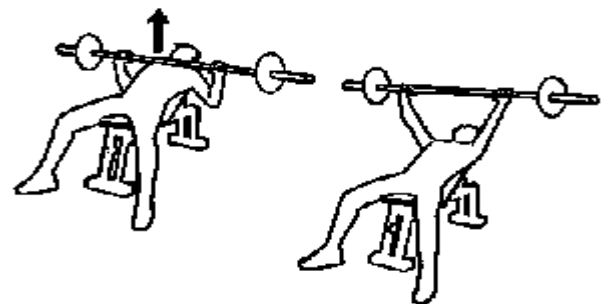
**5**

**PIEGAMENTI A CORPO  
LIBERO INCLINATO**



**6**

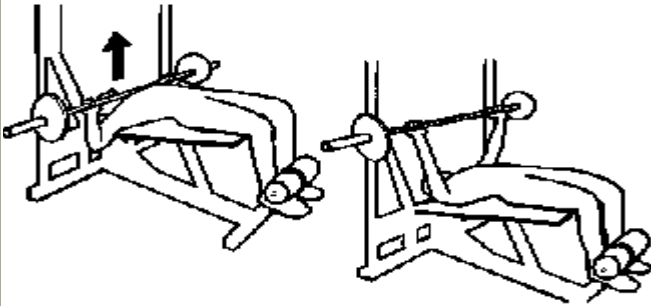
**DISTENSIONI SU  
PANCA INCLINATA CON  
BILANCIERE**



## **PETTORALI**

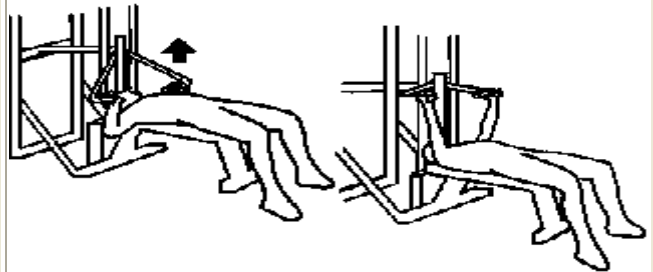
7

**DISTENSIONI SU  
PANCA RECLINATA  
CON BILANCIERE**



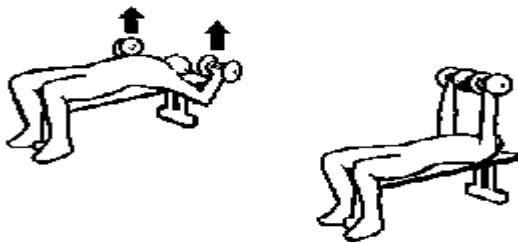
8

**DISTENSIONI ALLA  
PECK DECK**



9

**DISTENSIONI SU PANCA  
PIANA CON MANUBRI**



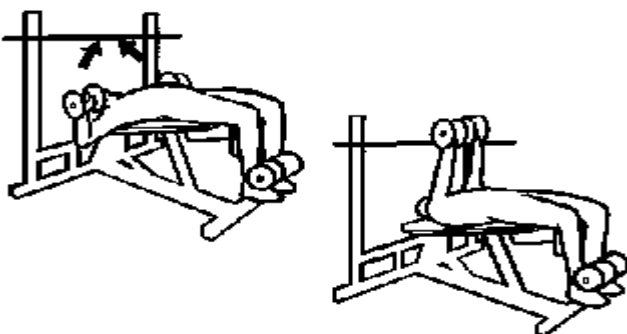
10

**DISTENSIONI SU PANCA  
INCLINATA CON  
MANUBRI**



11

**DISTENSIONI SU PANCA  
RECLINATA CON  
MANUBRI**



12

**CROCI SU  
PANCA PIANA**

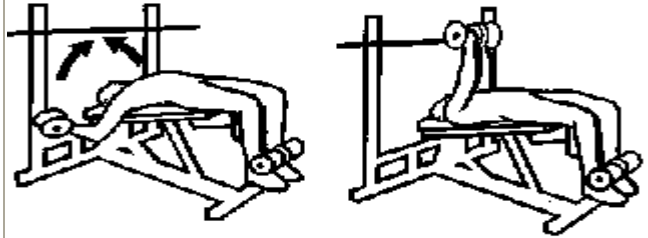


## **PETTORALI**

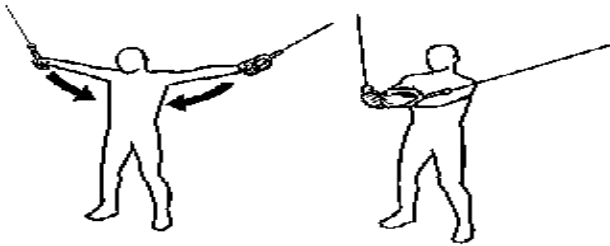
### **13 CROCI SU PANCA INCLINATA**



### **14 CROCI SU PANCA RECLINATA**



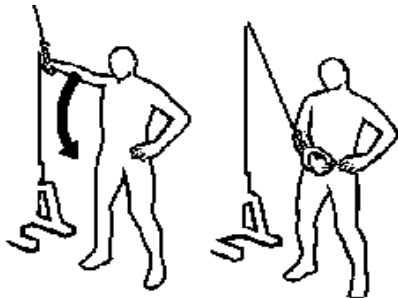
### **15 CROCI AI CAVI ALTI**



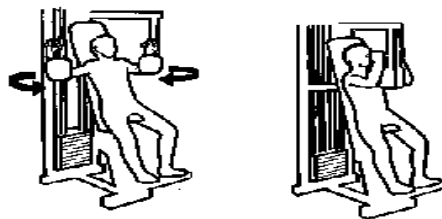
### **16 CROCI AI CAVI BASSI**



### **17 CROCI SINGOLE AI CAVI ALTI**

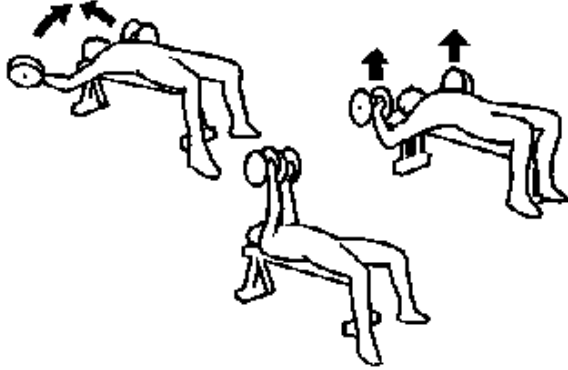


### **18 PECTORAL**

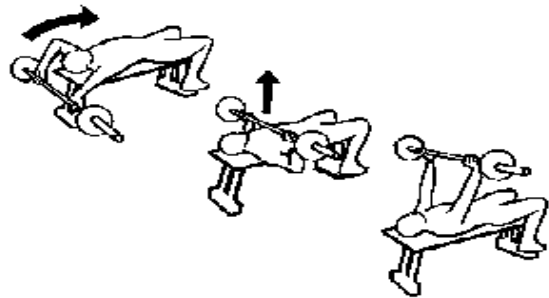


## **PETTORALI**

**19**  
**CROCI + DISTENSIONI**  
**SU PANCA PIANA**



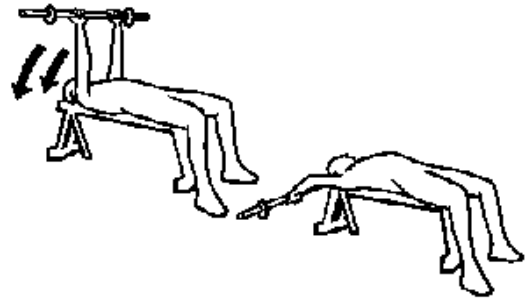
**20**  
**PULLOVER +DISTENSIONI**  
**SU PANCA PIANA**



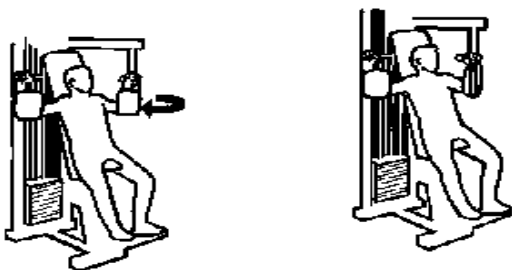
**21**  
**PULLOVER CON**  
**MANUBRI**



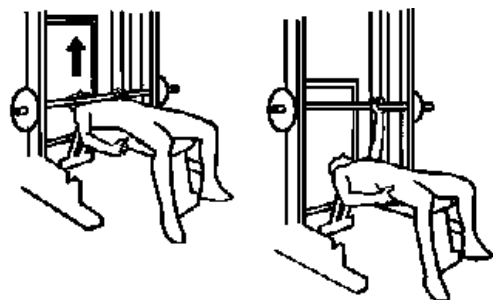
**22**  
**PULLOVER CON**  
**BILANCIERE**



**23**  
**PECTORAL**  
**IN ISOMETRIA**



**24**  
**DISTENSIONI CON UNA**  
**MANO CON BILANCIERE**  
**GUIDATO**



## **PETTORALI**

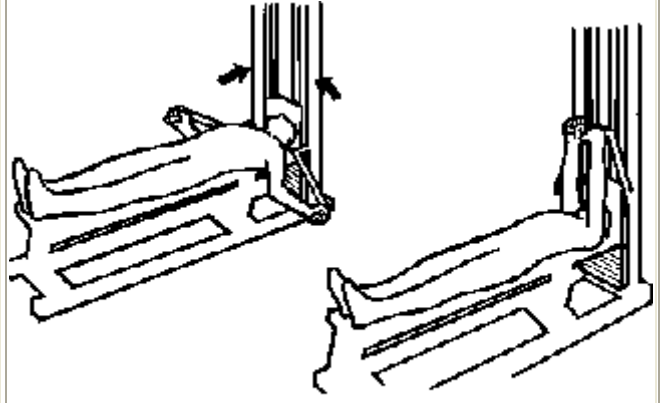
**25**

**PULLOVER CON MANUBRI  
SU PANCA INCLINATA**



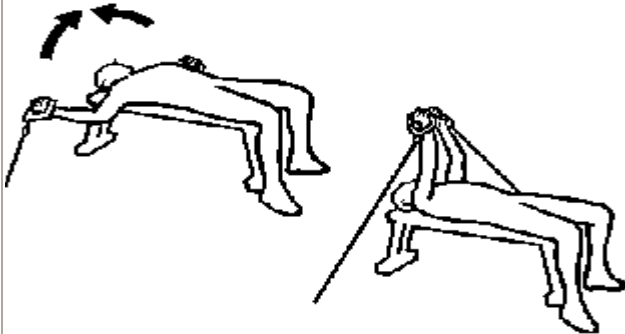
**26**

**CROCI ALLA  
MACCHINA**



**27**

**CROCI AI CAVI SU  
PANCA PIANA**



**28**

**PULLOVER A PRESA  
INVERSA CON  
BILANCIERE**



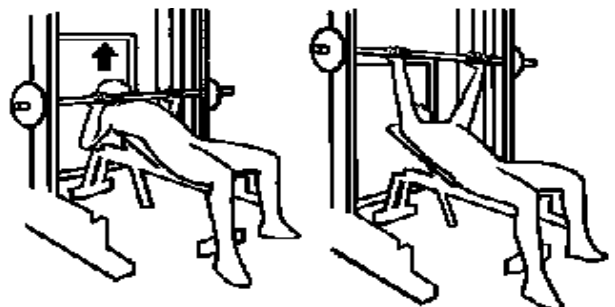
**29**

**PULLOVER CON  
BILANCIERE A DOPPIA H**



**30**

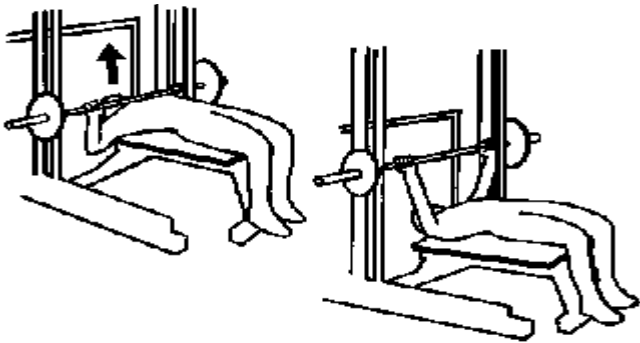
**DISTENSIONI SU PANCA  
INCLINATA CON  
BILANCIERE GUIDATO**



## PETTORALI

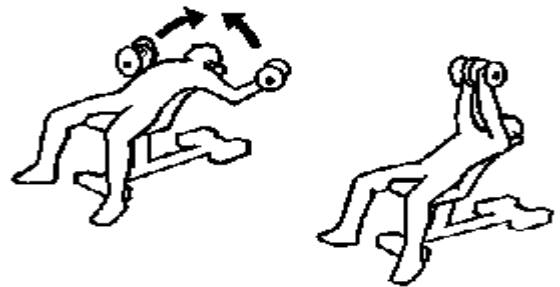
31

**DISTENSIONI SU PANCA  
PIANA CON BILANCIERE  
GUIDATO**



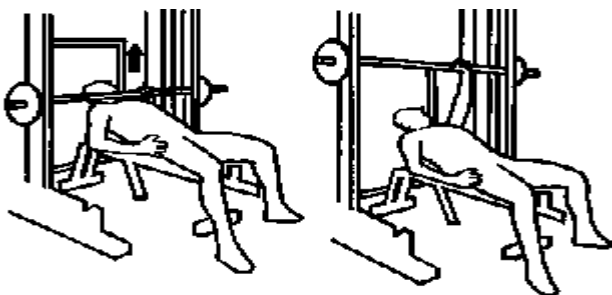
32

**CROCI CON MANUBRI  
SU PANCA INCLINATA**



33

**DISTENSIONI SINGOLE COL  
BILANCIERE  
GUIDATO**



34

**DISTENSIONI ALLA  
CHEST PRESS**



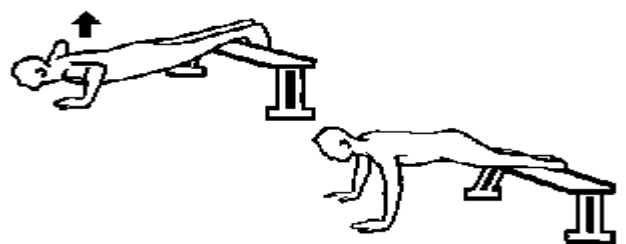
35

**CROCI AI CAVI SU  
PANCA INCLINATA**



36

**PIEGAMENTI CON GAMBE  
SU PANCA**



## **PETTORALI**

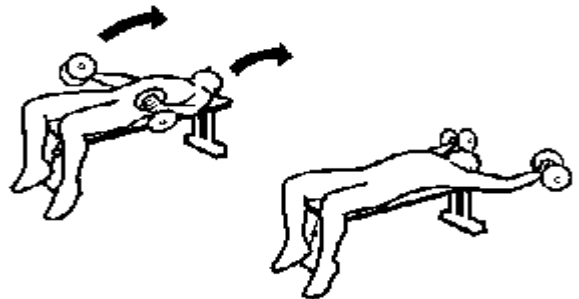
**37**

### **CIRCONDUZIONI SU PANCA INCLINATA**



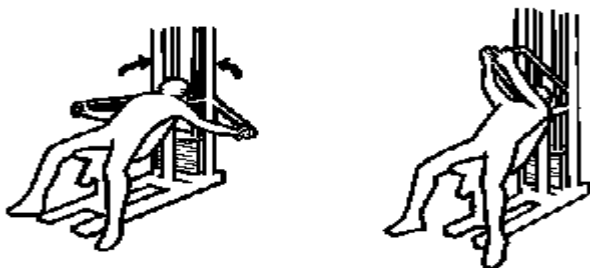
**38**

### **ALZATE FRONTALI DA SUPINO**



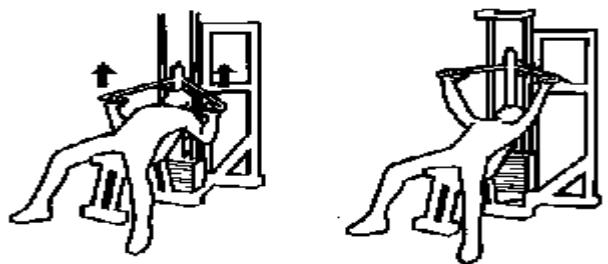
**39**

### **CROCI ALLA MACCHINA SU PANCA INCLINATA**



**40**

### **DISTENSIONI SU PANCA INCLINATA ALLA PECK DECK**



**41**

### **PIEGAMENTI SULLE BRACCIA CON GINOCCHIO IN APPOGGIO**

