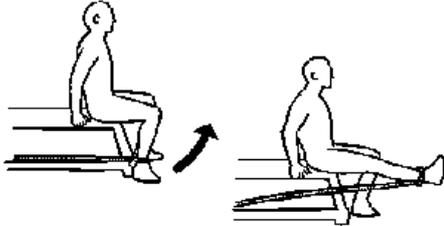
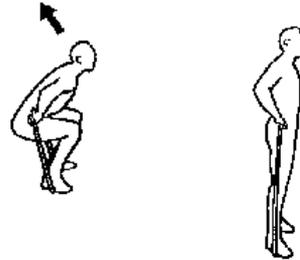


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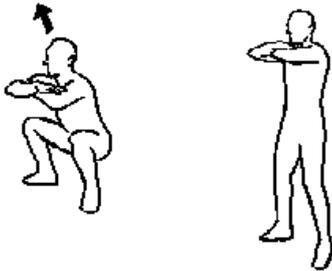
1
ESTENSIONI DA SEDUTO
CON ELASTICO



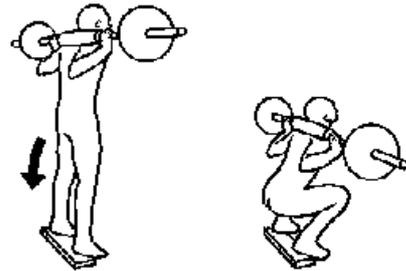
2
SQUAT CON
ELASTICO



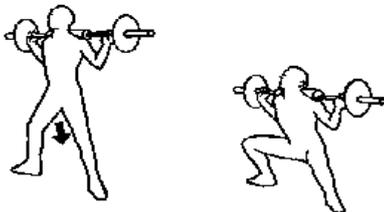
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SQUAT A CORPO LIBERO



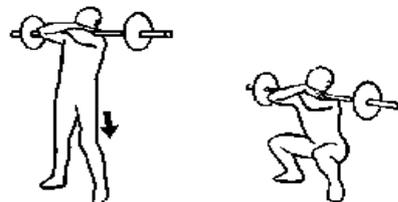
4
SQUAT CON BILANCIERE



5
SQUAT
A GAMBE APERTE



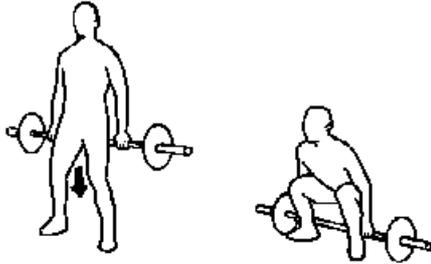
6
SQUAT
CON PRESA AVANTI



QUADRICIPITI

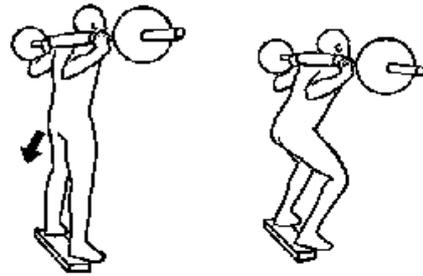
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**SQUAT CON BILANCIERE
DIETRO**



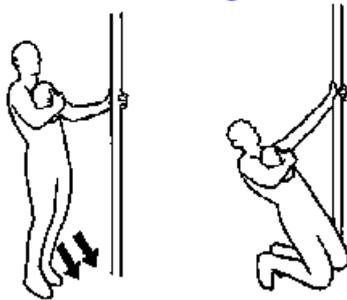
8

**SQUAT CON
TAVOLETTA**



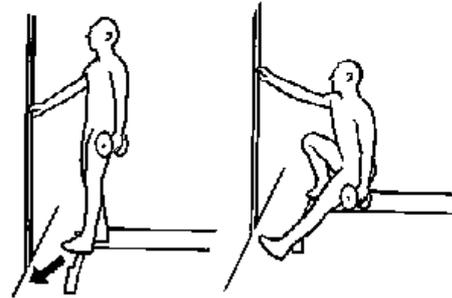
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SISSY SQUAT



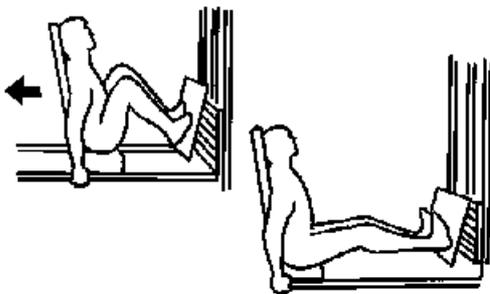
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**DISTENSIONI SINGOLE
SU PANCA**



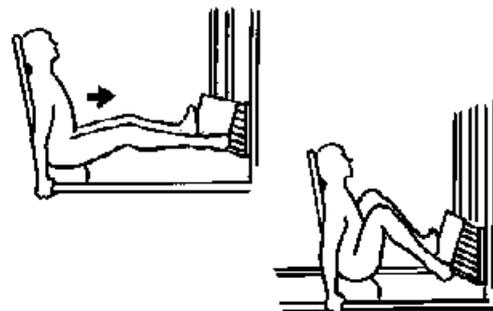
11

LEG PRESS ORIZZONTALE



12

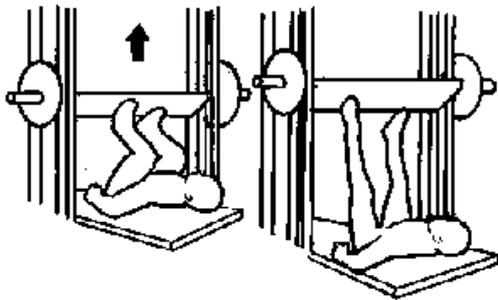
**LEG PRESS ORIZZONTALE
A GAMBE LARGHE**



QUADRICIPITI

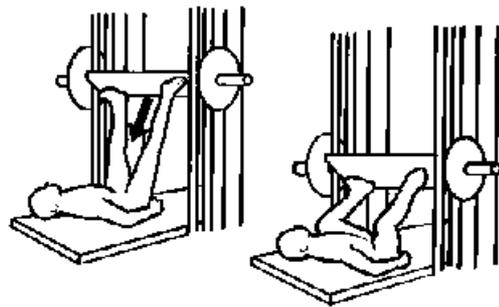
13

**DISTENSIONI SUPINO CON
BILANCIERE GUIDATO**



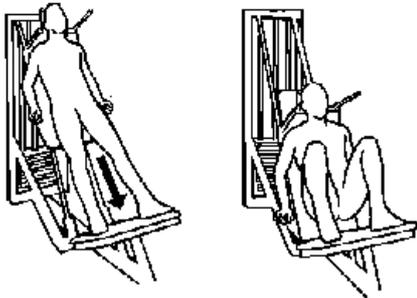
14

**DISTENSIONI SUPINO CON
BILANCIERE GUIDATO A
GAMBE APERTE**



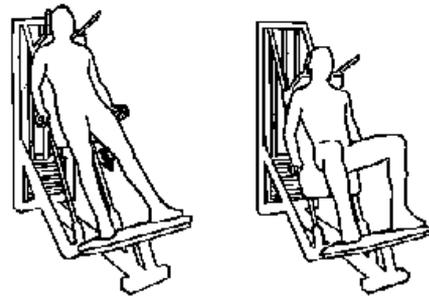
15

HACK SQUAT



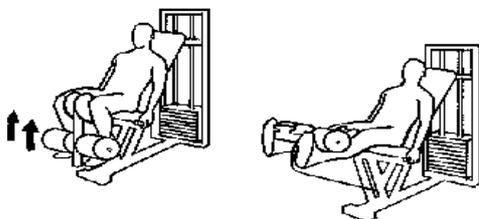
16

MEZZO HACK SQUAT



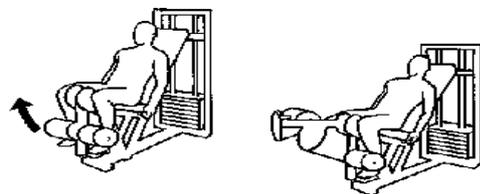
17

LEG EXTENSION



18

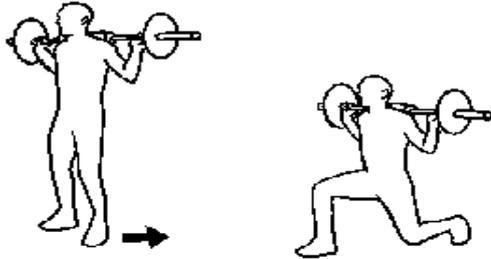
LEG EXTENSION SINGOLE



QUADRICIPITI

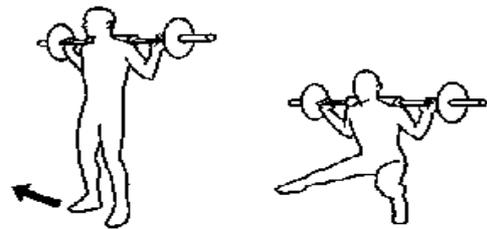
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**AFFONDI IN AVANTI
CON BILANCIERE**



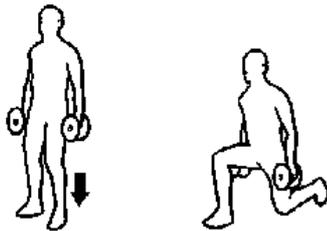
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**AFFONDI LATERALI
CON BILANCIERE**



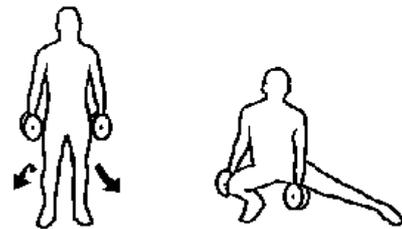
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**AFFONDI IN AVANTI
CON MANUBRI**



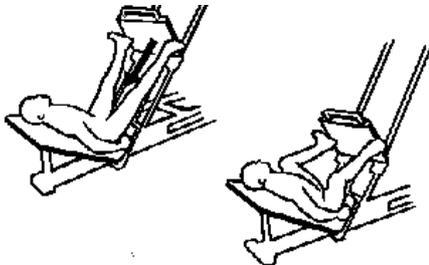
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**AFFONDI LATERALI
CON MANUBRI**



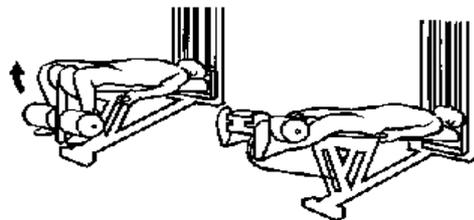
23

**LEG PRESS 45°
A GAMBE LARGHE**



24

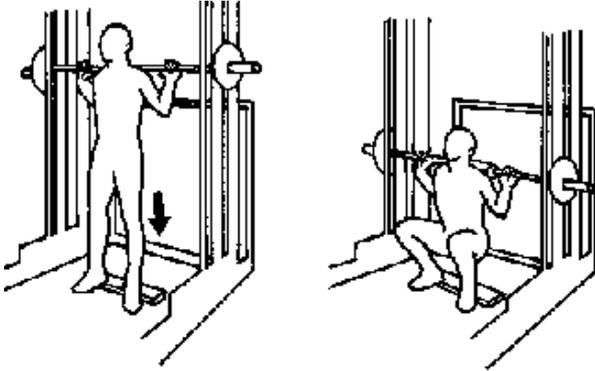
**LEG EXTENSION
SDRAIATO**



QUADRICIPITI

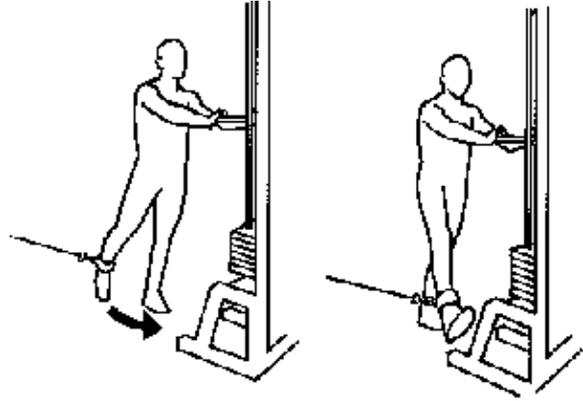
25

**SQUAT CON BILANCIERE
GUIDATO E TAVOLETTA**



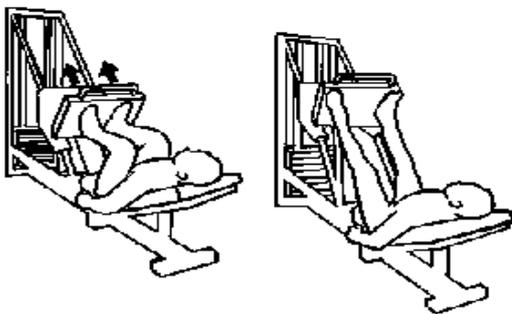
26

**FLESSIONI COSCIA
AI CAVI**



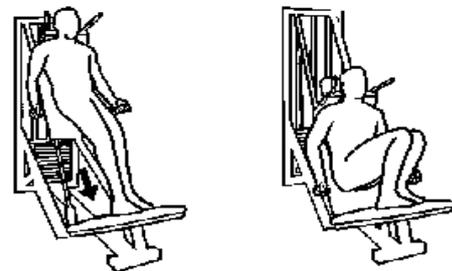
27

LEG PRESS 45°



28

**HACK SQUAT A
GAMBE CHIUSE**



29

HACK SQUAT



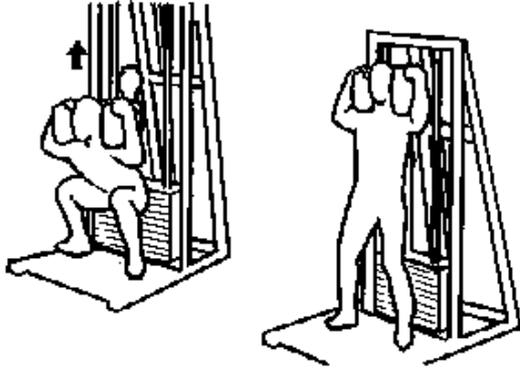
30

HACK SQUAT LATERALE

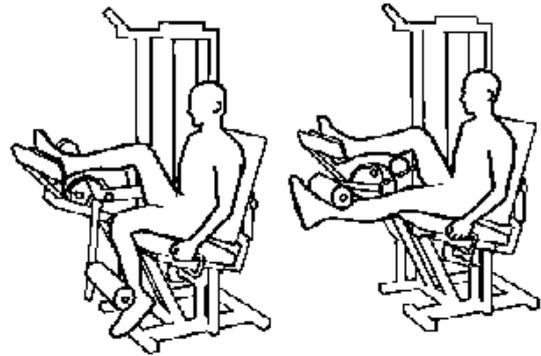


QUADRICIPITI

31 DISTENSIONI ALLA MACCHINA



32 LEG EXTENSION R.O.M.



33 LEG PRESS

