GUIDA AGLI ESERCIZI IN PALESTRA

PETTO

Panca piana	**Serie:**		**Reps:**	**Note:**
Panca inclinata	**Serie:**		**Reps:**	**Note:**
Croci	**Serie:**		**Reps:**	**Note:**
Dip	**Serie:**		**Reps:**	**Note:**
Panca con manubri	**Serie:**		**Reps:**	**Note:**

DORSO

Trazioni	**Serie:**		**Reps:**	**Note:**
Rematore con bilanciere	**Serie:**		**Reps:**	**Note:**
Lat machine	**Serie:**		**Reps:**	**Note:**
Rematore con manubrio	**Serie:**		**Reps:**	**Note:**
Stacco da terra	**Serie:**		**Reps:**	**Note:**

SPALLE

Military press	**Serie:**		**Reps:**	**Note:**
Alzate laterali	**Serie:**		**Reps:**	**Note:**
Alzate frontali	**Serie:**		**Reps:**	**Note:**
Alzate a 90°	**Serie:**		**Reps:**	**Note:**
Face pull	**Serie:**		**Reps:**	**Note:**

GAMBE

Squat	**Serie:**		**Reps:**	**Note:**
Leg press	**Serie:**		**Reps:**	**Note:**
Affondi	**Serie:**		**Reps:**	**Note:**
Leg curl	**Serie:**		**Reps:**	**Note:**
Leg extension	**Serie:**		**Reps:**	**Note:**

BRACCIA

●	Curl bicipiti	**Serie:**		**Reps:**		**Note:**
●	Curl a martello	**Serie:**		**Reps:**		**Note:**
●	Pushdown tricipiti	**Serie:**		**Reps:**		**Note:**
●	French press	**Serie:**		**Reps:**		**Note:**
●	Dip su panca	**Serie:**		**Reps:**		**Note:**