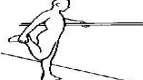
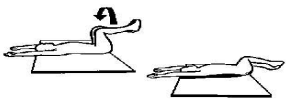
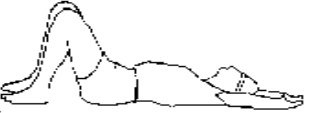


MARZO-APRILE 2003				GIORNI									
A	GIORNI			1°	3°	5°	7°	9°	11°	13°	15°	17°	19°
CYCLETTE(RISCA.)	MINUTI			5'	5'	5'	5'	5'	5'	5'	5'	5'	5'
EXTRAROTATORI CAVI	2	X	12 K	8	8	8	10	8	10	12	12	12	10
ALVEOLI CAVI	2	X	10 K	5	5	6	6	5	7	8	8	9	6
FRENCH PRESS	2	X	8 K	12	12	14	14	14	16	16	16	18	14
LAT MACHINE DIETRO	2	X	12 K	25	30	30	30	25	35	35	40	40	30
TIRATE LARGHE PULLEY	2	X	8 K	15	15	20	20	20	25	25	25	30	20
CURL MANUBRI 45° 1/2	2	X	8 K	4	4	4	6	4	6	7	7	7	6
ABDUTTORI BUSTO AVNTI	2	X	15 K	15	15	15	20	20	20	20	20	25	20
LEG CURL 75°	2	X	12 K	10	12	14	14	10	14	16	16	18	12
ADOME PARALLELE	2	X	S	10	11	12	13	10	15	16	18	20	14
													
2X 20'-40'	2X 20' -40'			2X 20' -40'			2X 20' -40'			2X 20' -40'			
													
2X 20'-40'	2X10-20			2X 20' -40'									
B	GIORNI			2°	4°	6°	8°	10°	12°	14°	16°	18°	20°
TAPPETO	MINUTI			10		5		10		5		10	
	BATTITI			125		135		130		140		145	
VOGATORE	MINUTI			5		5		10		5		10	
	BATTITI			125		135		130		140		145	
BIKE	MINUTI			5		10		10		5		10	
	BATTITI			125		135		130		140		145	
FITBOXE	MINUTI				20		30		20		30		20
	BATTITI				130		135		140		145		125
													
2X10-20	2X10-20			2X10-20			2X10-20			2X10-20			
													
2X10-20	2X10-20			2X10-20			2X10-20			2X10-20			