

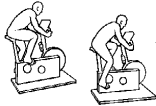


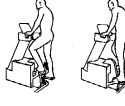








UNIVERSITÀ
DEGLI STUDI
DI PALERMO

PRIMO MESOCICLO - CONDIZIONAMENTO GENERALE





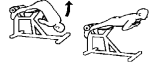





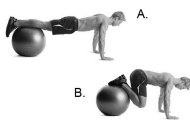




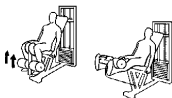
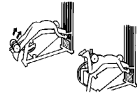
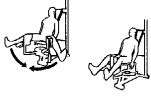
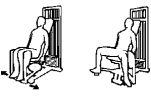
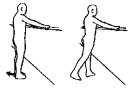



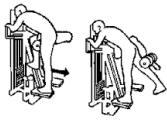
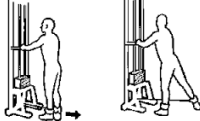



COGNOME	NOME	Note
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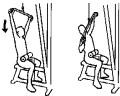
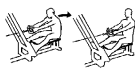
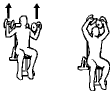

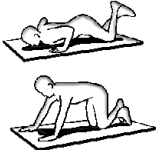


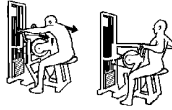

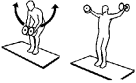


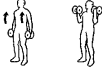
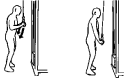


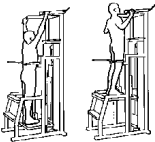
CARDIOFITNESS

					
CYCLETTE	BIKE ORIZZONTALE	TREADMILL	STEP	ELLITTICA	CORSA

					
SALT. CORDA	3 STAZIONI	5 STAZIONI	7 STAZIONI		

CONDIZIONAMENTO GENERALE

					
CRUNCH	REVERSE CRUNCH	SIT UP	CRUNCH OBLIQUI	HYPERXTENSION	LOMBARI AL SUOLO
					
REVERSE CRUNCH	ELBOW PLANK	SIDE PLANK	JACK KNIFE CRUNCH	SWISS BALL JACKNIFE	RUSSIAN TWIST
					
SQUAT	AFFONDI	LEG PRESS	LEG EXTENSION	LEG CURL	ADDUCTOR MACHINE
					
ABDUCTOR MACHINE	GLUTEI IN PIEDI	GLUTEI AL TAPPETO	CALF IN PIEDI	GOOD MORNING	S. GLUTEUS MACHINE
					
GLUTEI AI CAVI	SPRINT 10 MT	BALZI IN AVANTI		STACCHI DA TERRA	

					
CHEST PRESS	SPINTE PANCA PIANA/INCLINATA	CROCI PANCA PIANA/INCLINATA	LAT MACHINE	PULLEY BASSO	SPINTE VERTICALI
					
CROCI AI CAVI B.	PIEGAMENTI PARZ.	PIEGAMENTI	CROCI AI CAVI A.	VERTICAL ROW	INVERTED ROW
					
ALZATE LATERALI	ALZATE POSTERIORI	CURL BILANCERE	CURL MANUBRI	PULLEY ALTO	TRIC. DIETRO COLLO
					
BURPEES					
					
TRAZIONI					
