




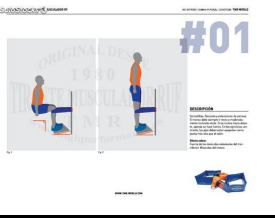
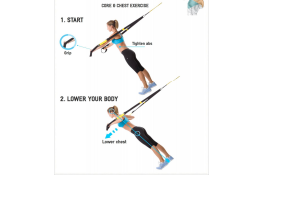




Pre-Juniores Femminile

data

5-gen-16

CIRCUITO 20"+20" X 4 sets

1	TRX EXTRA ROTATORI	4	20"	bw	
2	BACK EXTENSION	4	20"	bw	
3	TRX PULL UPS	4	20"	bw	
4	SQUAT	4	20"	bw	
5	TRX CHEST PRESS	4	20"	bw	
6	AFFONDI	4	20"	4	
7	CEDUTE MONO	4	20"	bw	
8	DELTOID Y	4	20"	bw	