



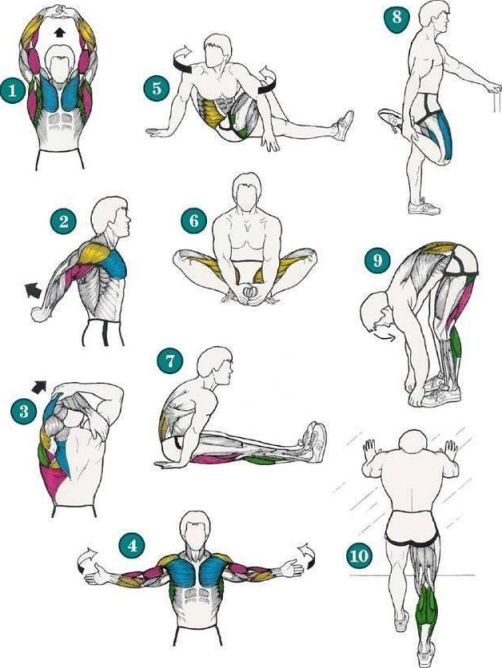


Data 16/11/19

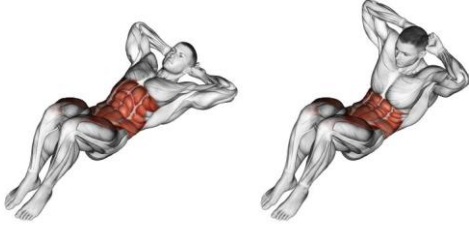

Cognome

FERRARIO

Nome PIETRO

PROGRAMMA DI RIATLETIZZAZIONE

EXERCISE		MIN
<p data-bbox="150 450 592 483">STRETCHING GENERALE</p> 		10
<p data-bbox="150 1317 683 1350">PIEGAMENTI SULLE BRACCIA</p> 	SET 3	REPS 10
<p data-bbox="150 1742 277 1776">SQUAT</p> 	SET 3	REPS 10

<p>CRUNCH</p> 	<p>SET 3</p>	<p>REPS 10</p>
<p>LATERAL CRUNCH</p> 	<p>SET 3</p>	<p>REPS 10</p>
<p>CORSA ALL'APERTO</p>		<p>20 MIN</p>