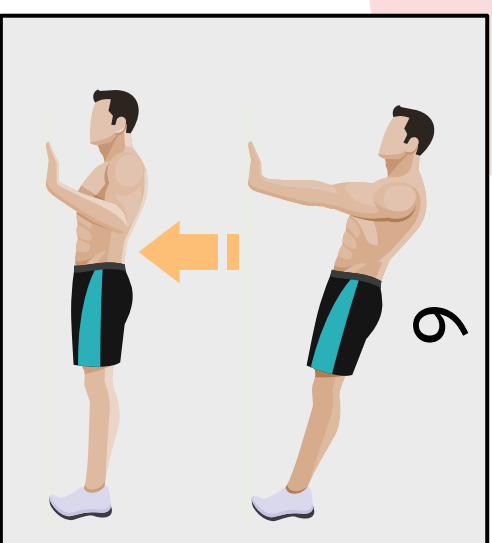
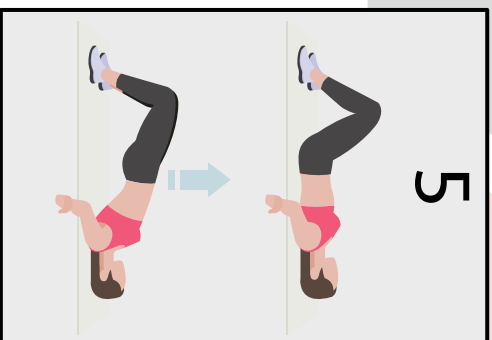
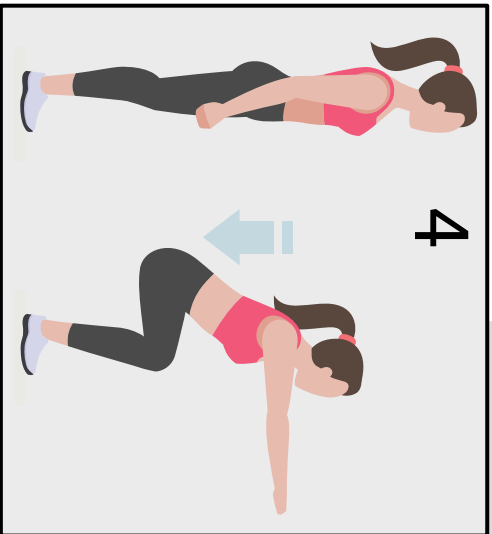
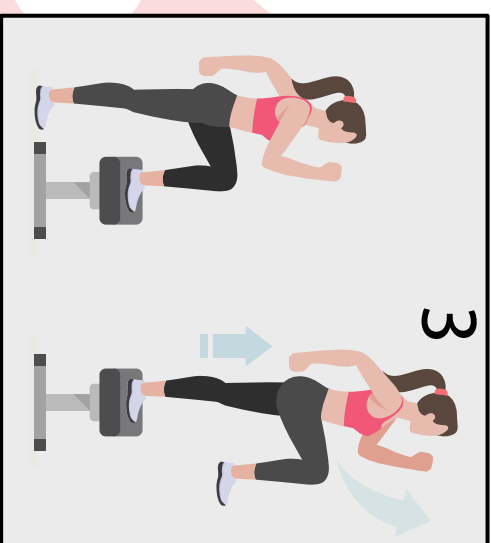
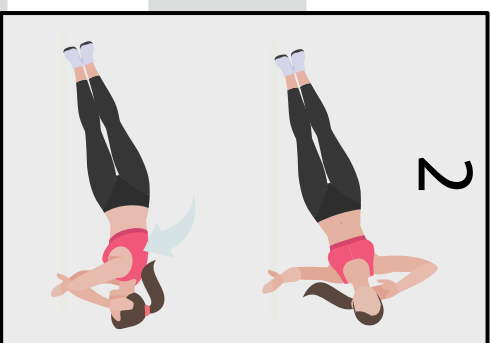
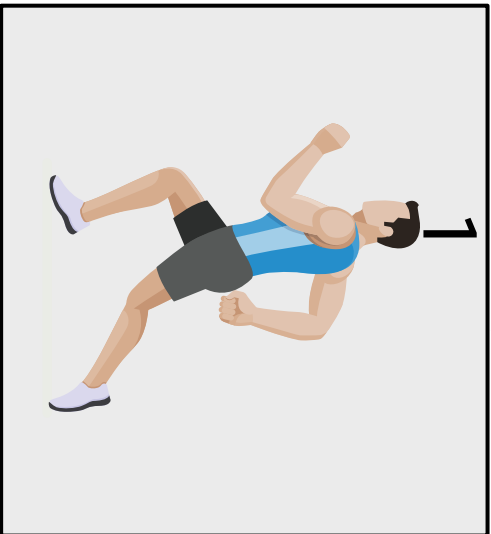




30" di Lavoro
30" di Recupero
6 Esercizi
2 Giri Completi
Pausa tra i due giri 1minuto





30" di Lavoro
30" di Recupero
6 Esercizi
2 Giri Completi
Pausa tra i due giri 1minuto

