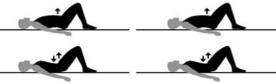


1° Giorno

 <p>1 - Anti-retro versioni del bacino su fitball</p> <table border="1"> <thead> <tr> <th>Serie</th> <th>Durata</th> <th>Riposo</th> </tr> </thead> <tbody> <tr> <td>1^a</td> <td>00:40</td> <td></td> </tr> </tbody> </table>	Serie	Durata	Riposo	1 ^a	00:40		 <p>2 - POSIZIONE DEL GATTO</p> <table border="1"> <thead> <tr> <th>Serie</th> <th>Ripetizioni</th> <th>Peso</th> <th>Riposo</th> </tr> </thead> <tbody> <tr> <td>1^a</td> <td>20</td> <td></td> <td></td> </tr> </tbody> </table>	Serie	Ripetizioni	Peso	Riposo	1 ^a	20																				
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