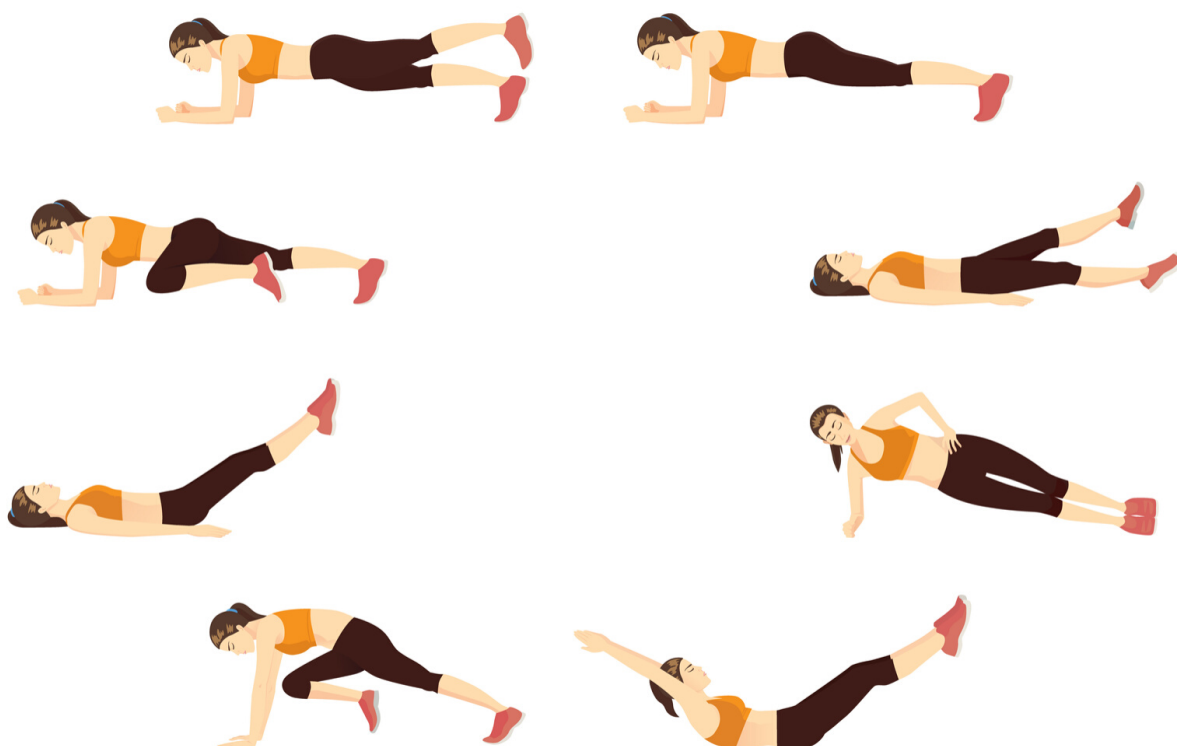
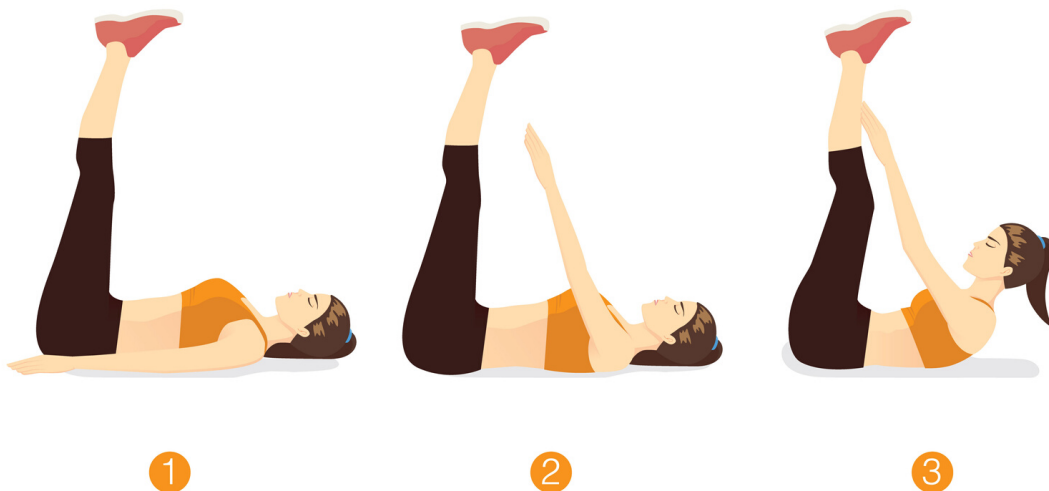


GLI ESERCIZI ADDOMINALI PIÙ EFFICACI

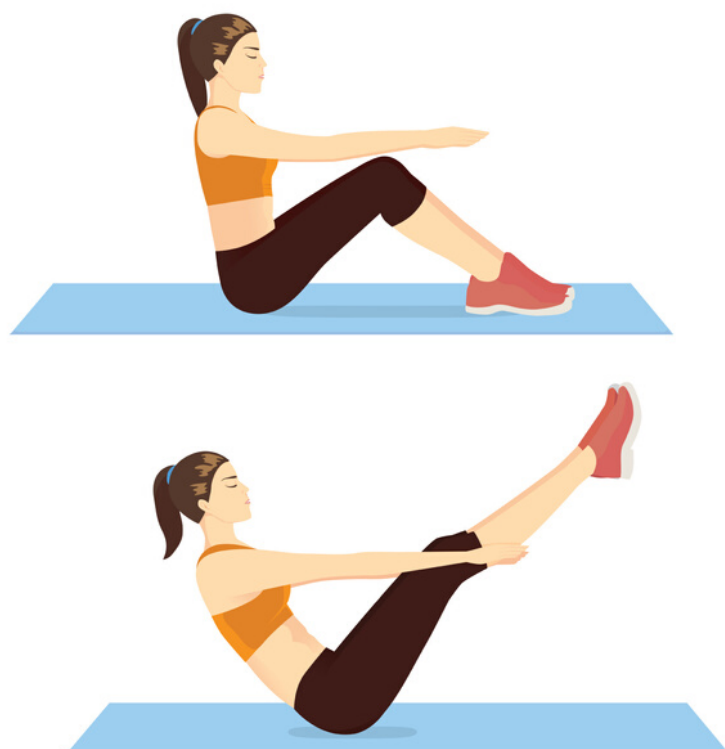
2 SERIE, 10 RIPETIZIONI



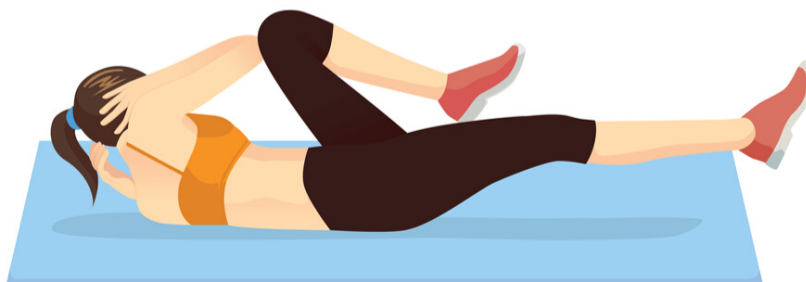
1. ESERCIZIO



2. ESERCIZIO



3. ESERCIZIO



4. ESERCIZIO



5. ESERCIZIO



6. ESERCIZIO

