

















## 4. Macchine isotoniche (TechnoGym)

- Ergometri 'somministratori' & 'misuratori' di lavoro meccanico;
- isotoniche mica tanto..

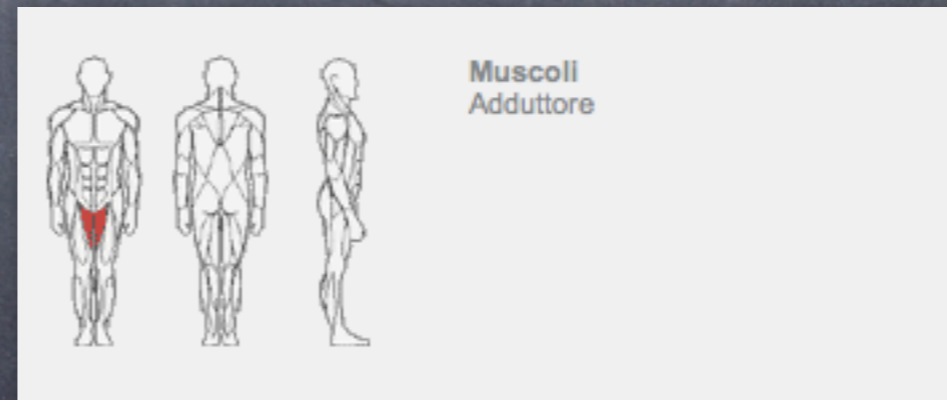


# Arti inferiori

## ABDUCTOR



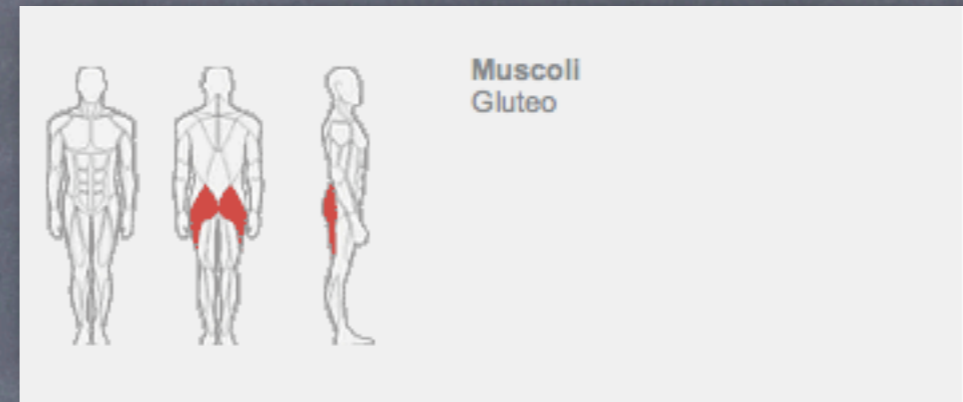
## ADDUCTOR



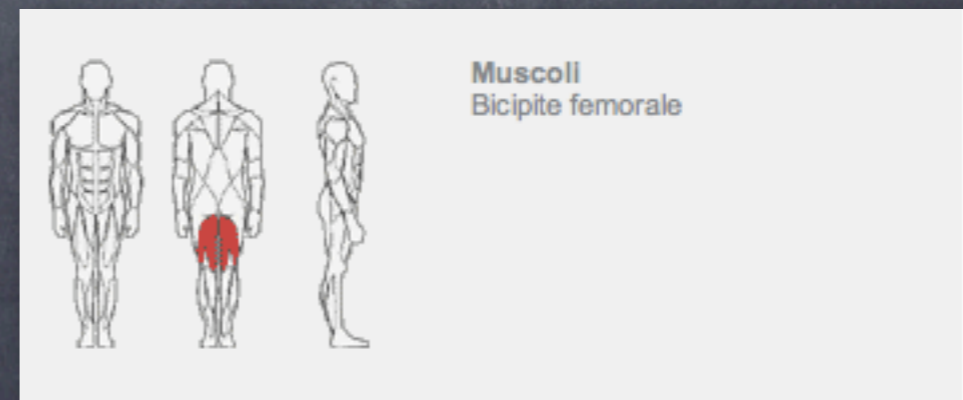
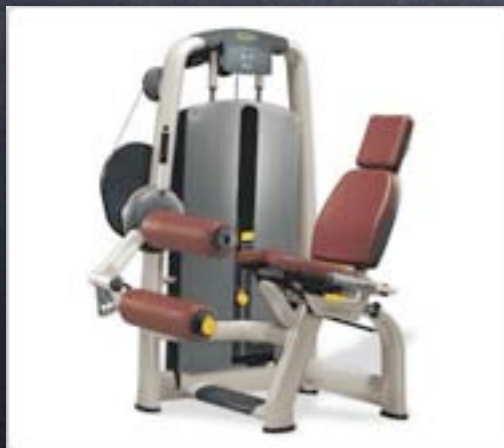
MOVIMENTO 'GUIDATO'



# GLUTE

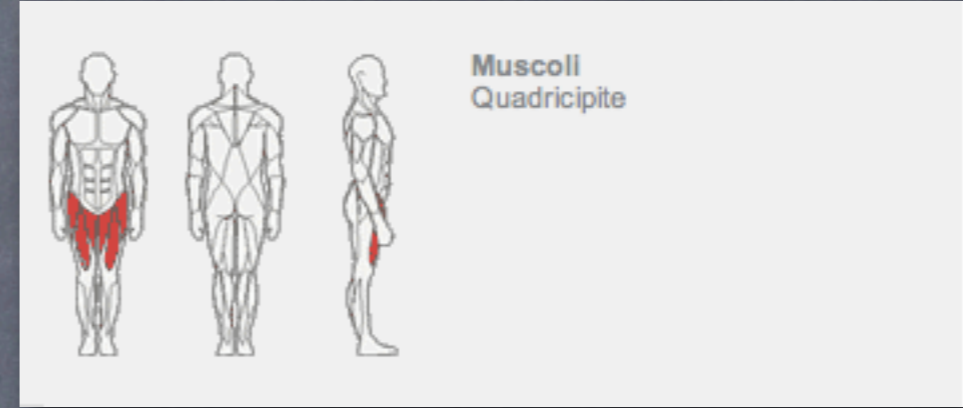


# LEG CURL

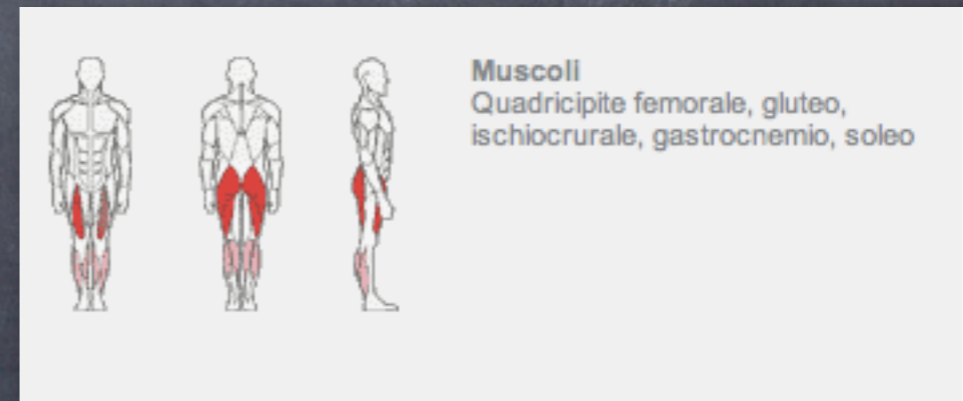




# LEG EXTENSION

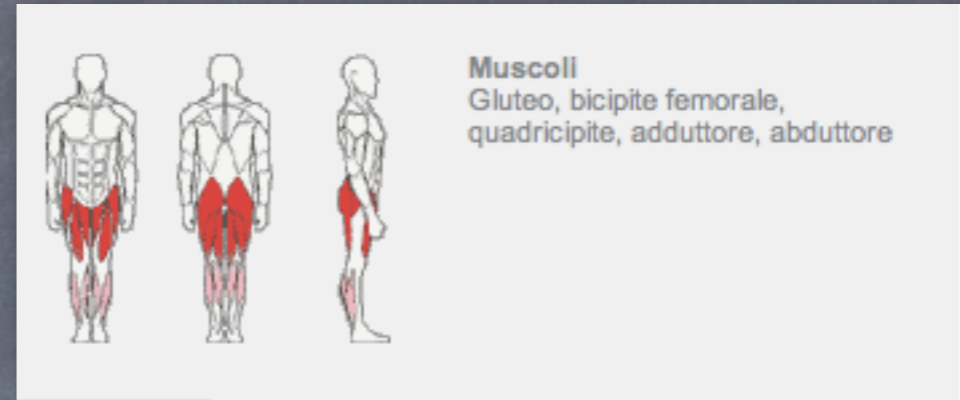


# LEG PRESS

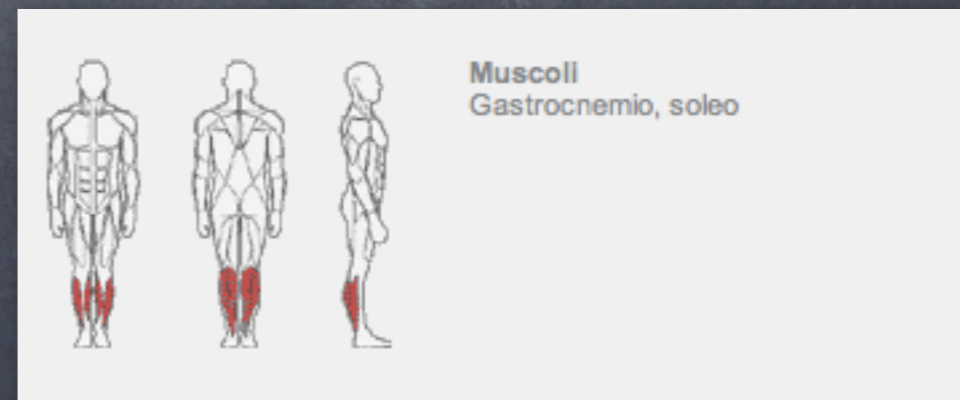
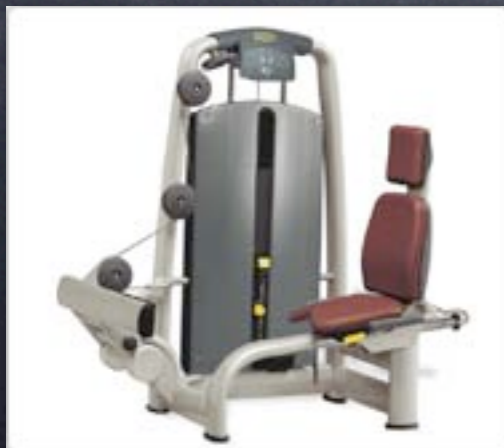




# MULTI HIP



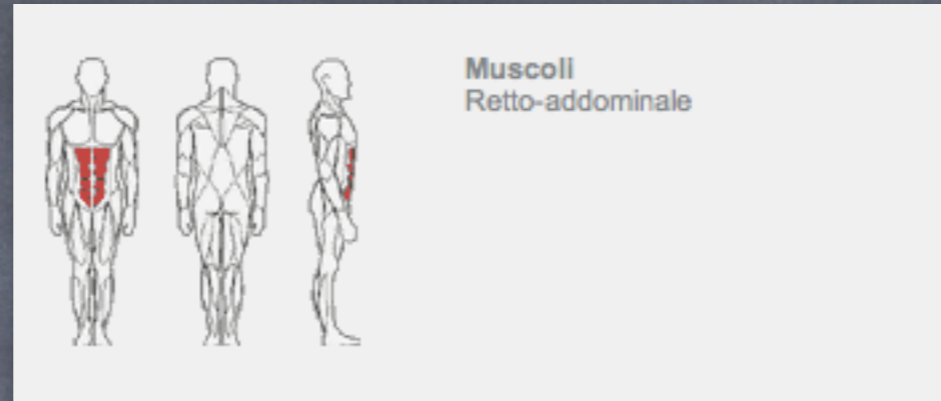
# ROTARY CALF



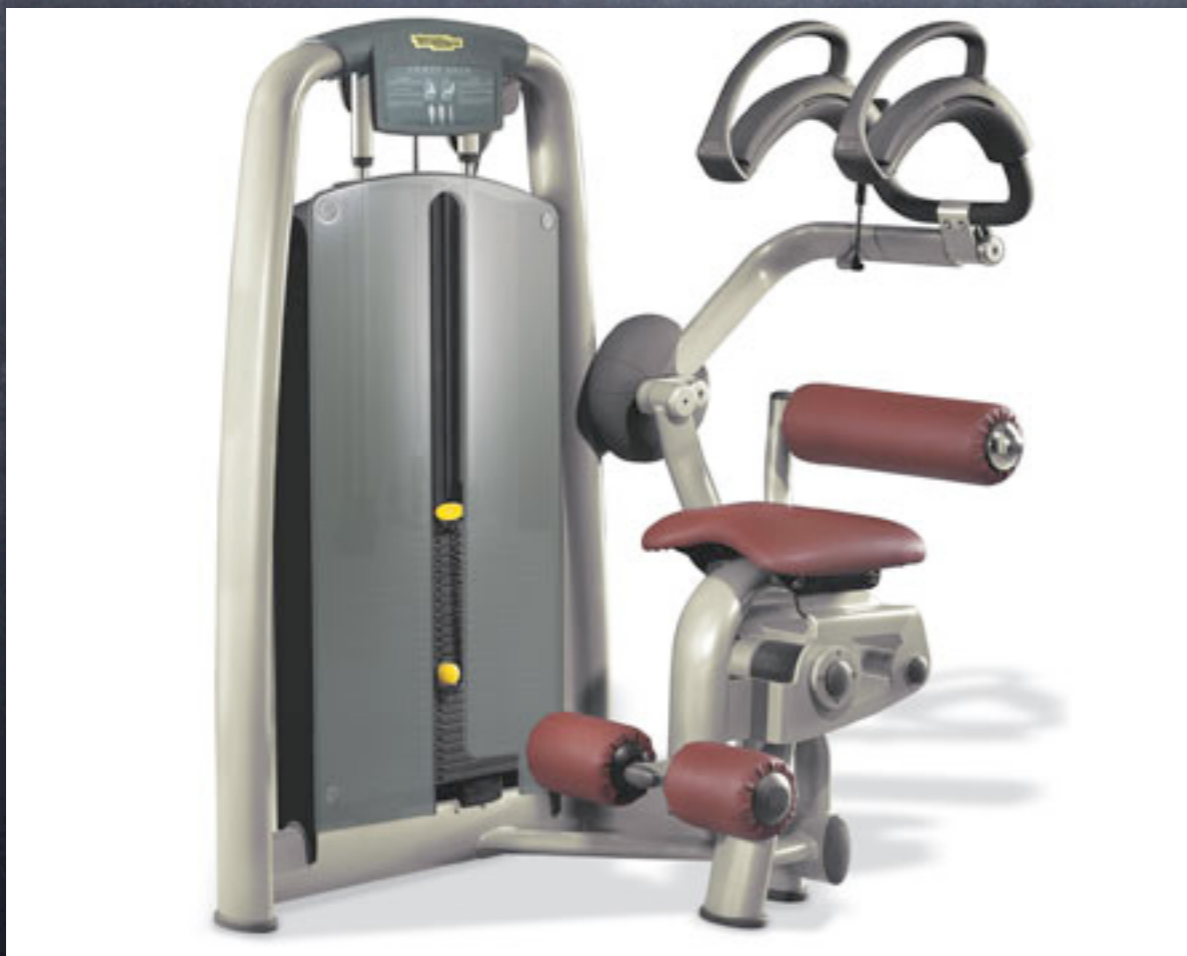


# Tronco

## ABDOMINAL CRUNCH

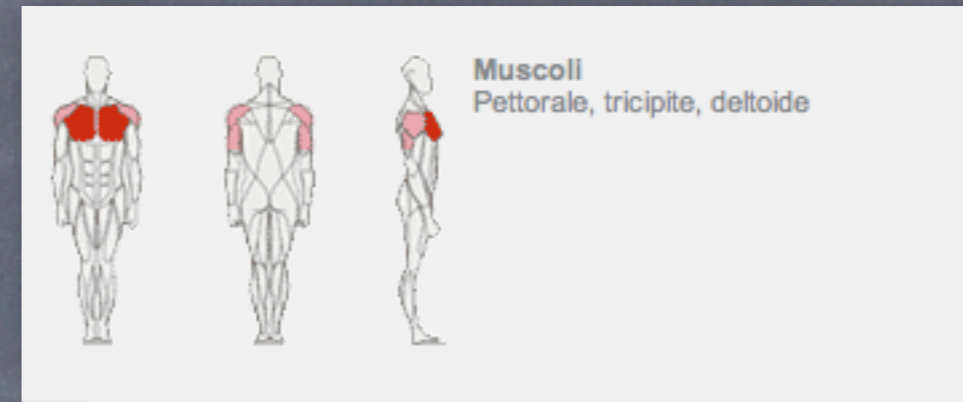


## TOTAL ABDOMINAL





# CHEST INCLINE



# LAT MACHINE

