







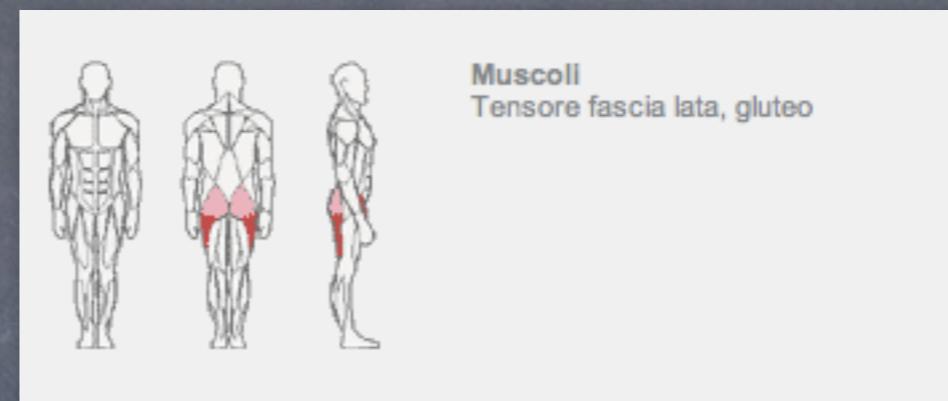


## 4. Macchine isotoniche (TechnoGym)

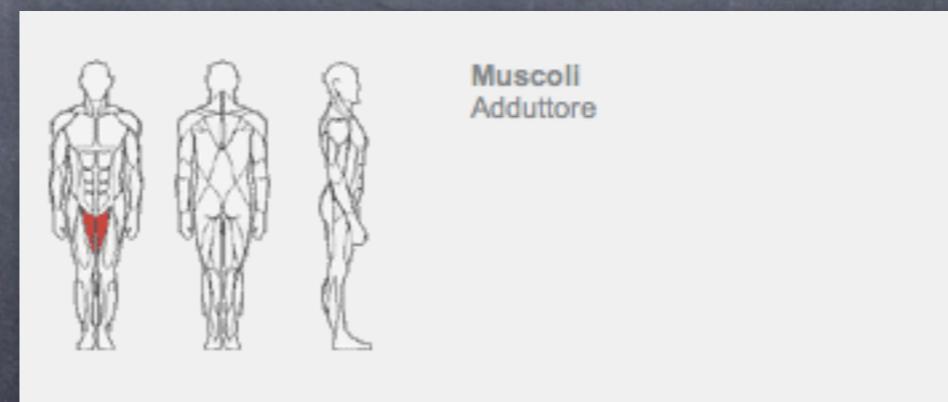
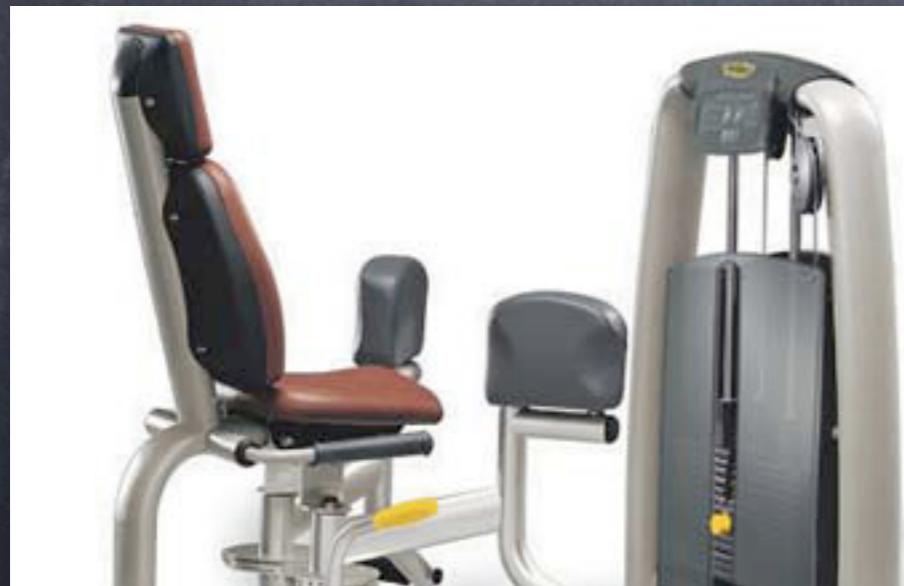
- Ergometri ‘sommministratori’ & ‘misuratori’ di lavoro meccanico;
- isotoniche mica tanto..

# Arti inferiori

## ABDUCTOR

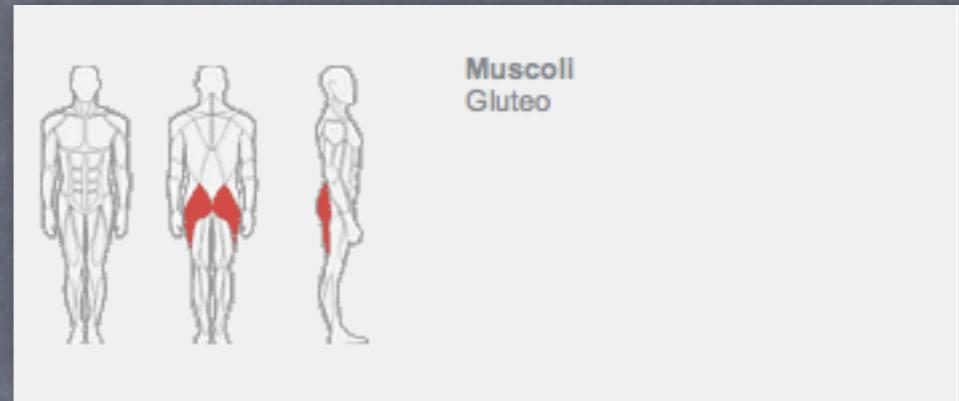


## ADDUCTOR

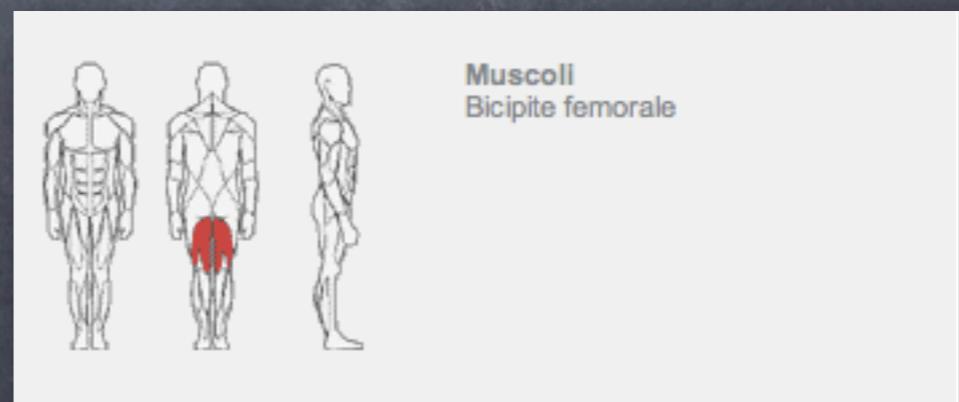
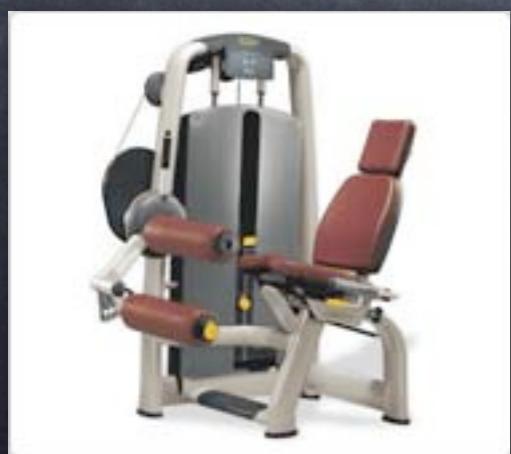


MOVIMENTO 'GUIDATO'

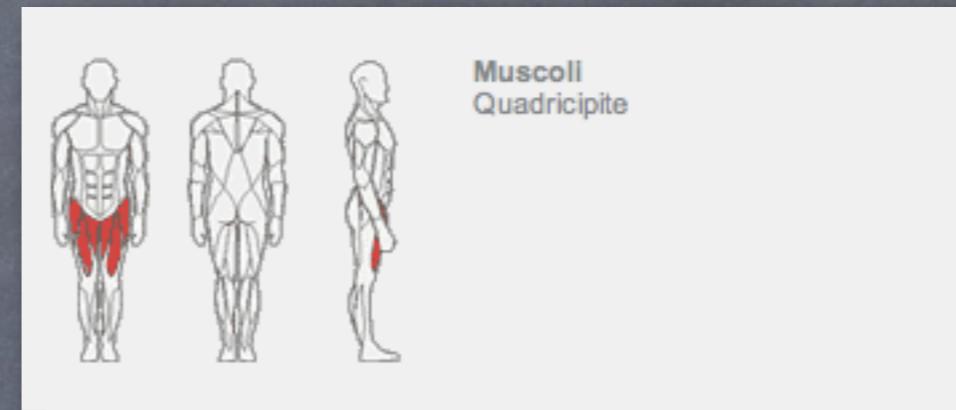
# GLUTE



# LEG CURL

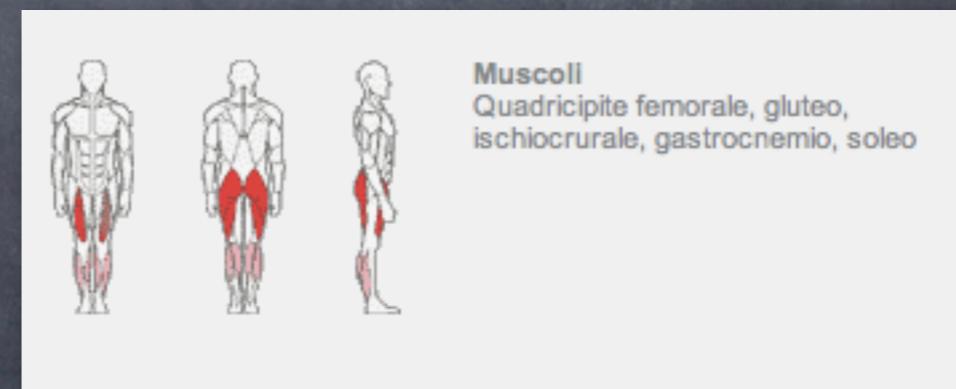


# LEG EXTENSION



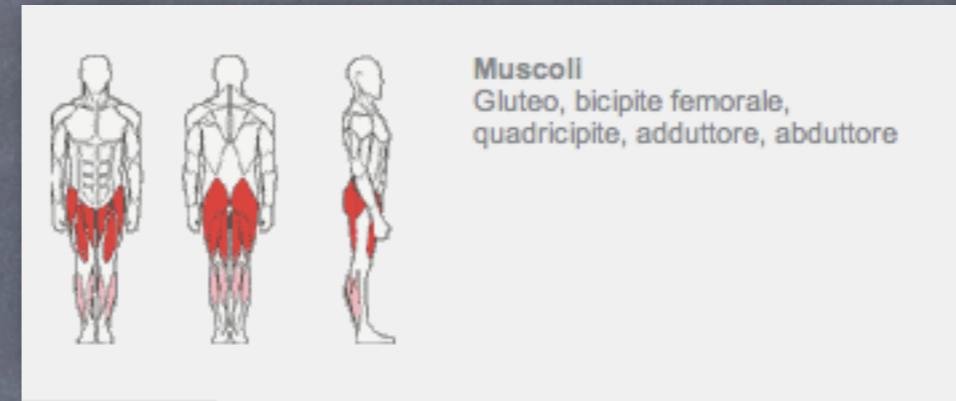
Muscoli  
Quadricipite

# LEG PRESS

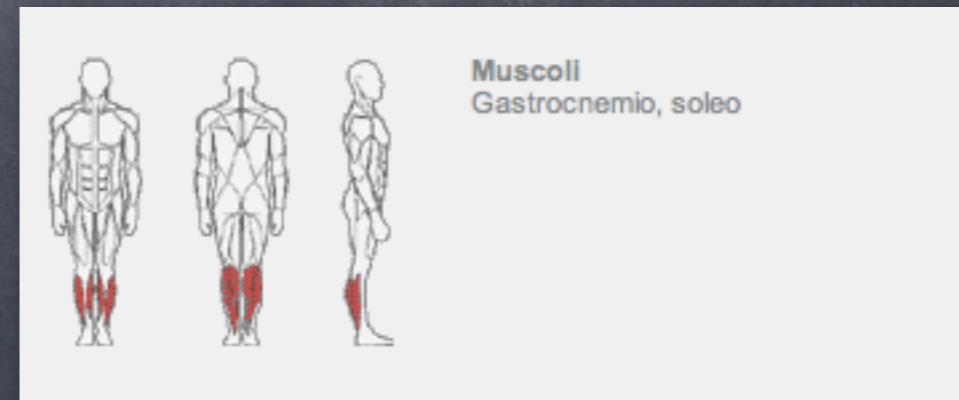


Muscoli  
Quadricipite femorale, gluteo,  
ischioocrurale, gastrocnemio, soleo

## MULTI HIP

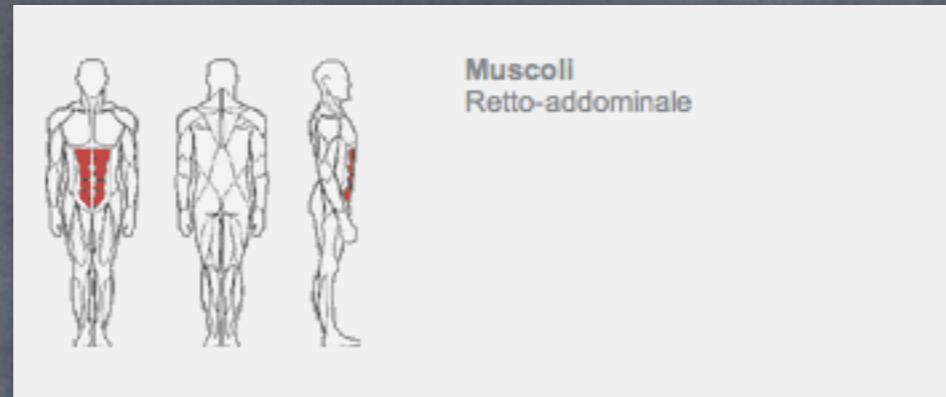


## ROTARY CALF



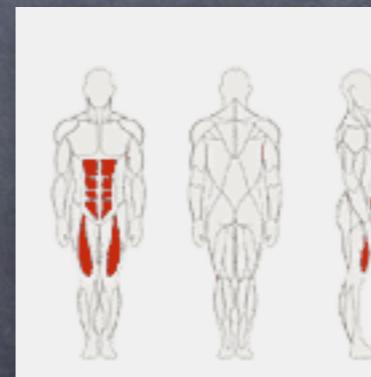
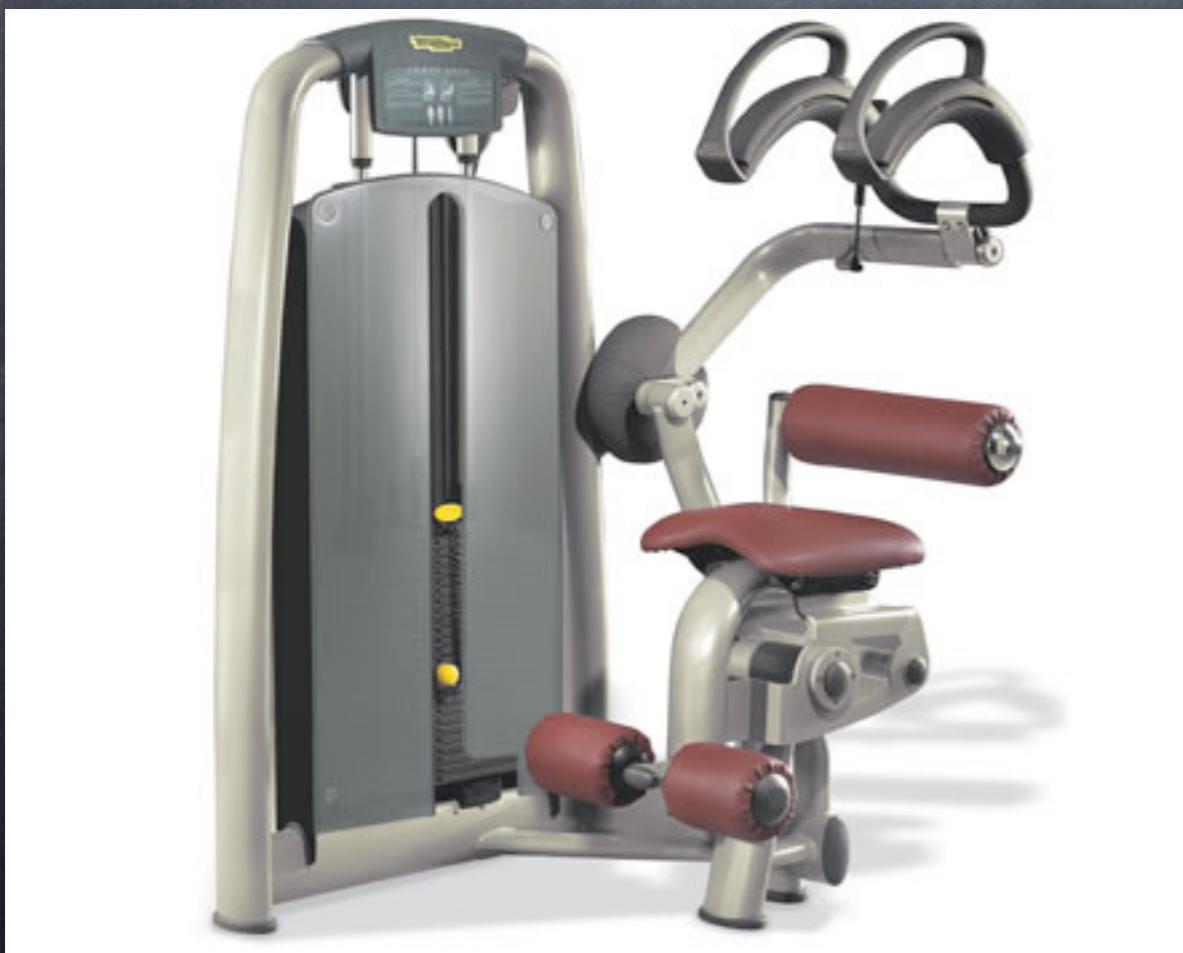
Tronco

## ABDOMINAL CRUNCH



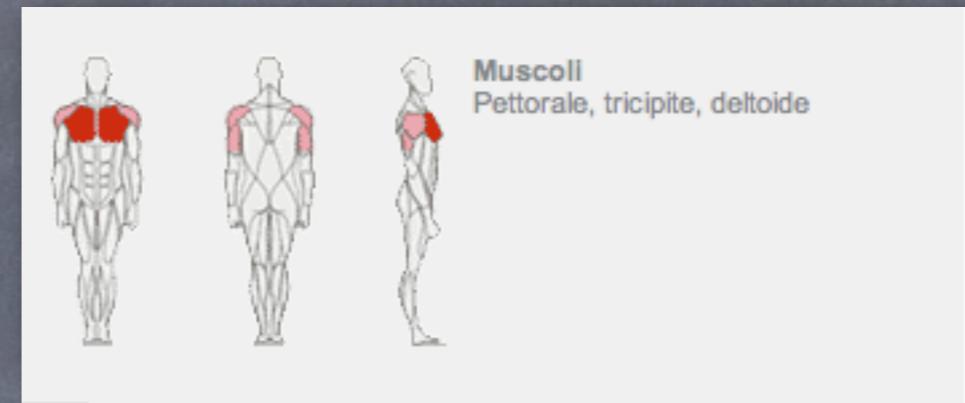
Muscoli  
Retto-addominale

## TOTAL ABDOMINAL



Muscoli  
Retto-addominale  
Obliqui  
Retto Femorale  
Ilio-psoas

# CHEST INCLINE



# LAT MACHINE

