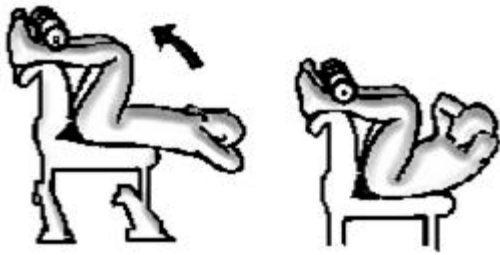
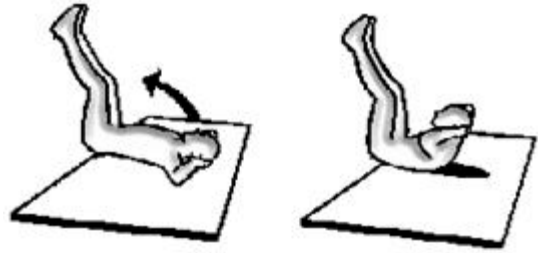


## 18 SEMPLICI ESERCIZI PER RAFFORZARE GLI ADDOMINALI

### ESERCIZIO 1

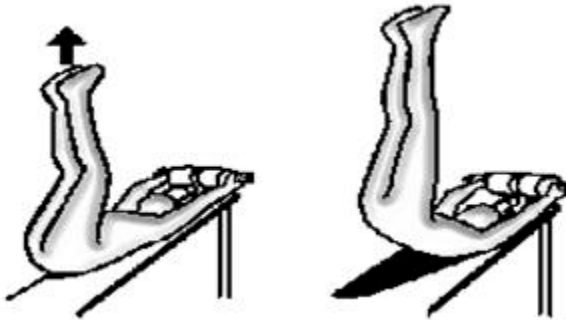


Crunch addominale alla panca

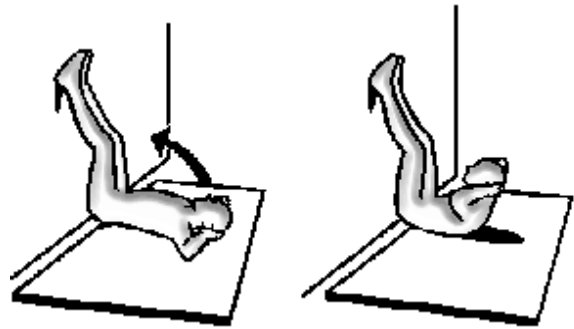


Crunch a terra con gambe alte

### ESERCIZIO 2

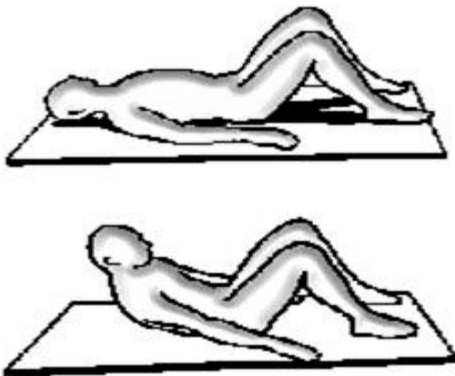


Crunch addominale inverso su panca inclinata

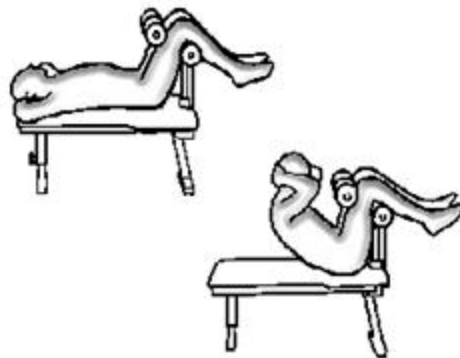


Crunch a terra con gambe alte appoggiate al muro

### ESERCIZIO 3

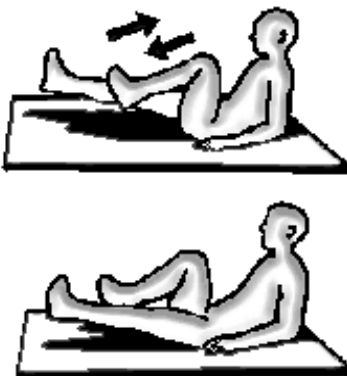


Crunch addominali bassi con mani sui fianchi

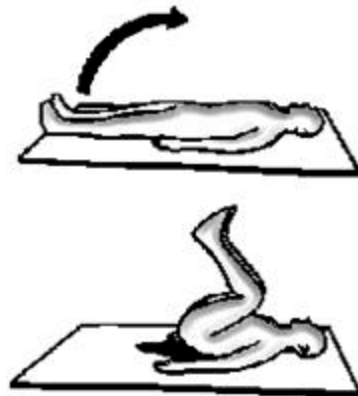


Crunch addominali alla panca

### ESERCIZIO 4

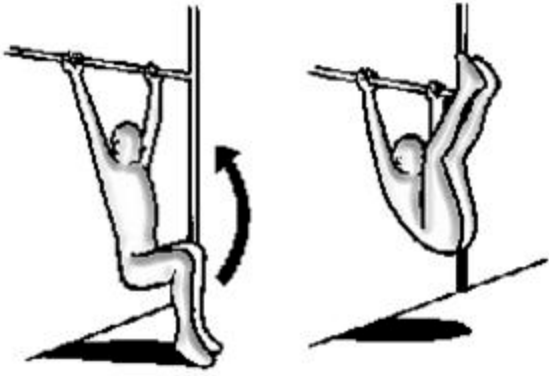


Distensione alternata

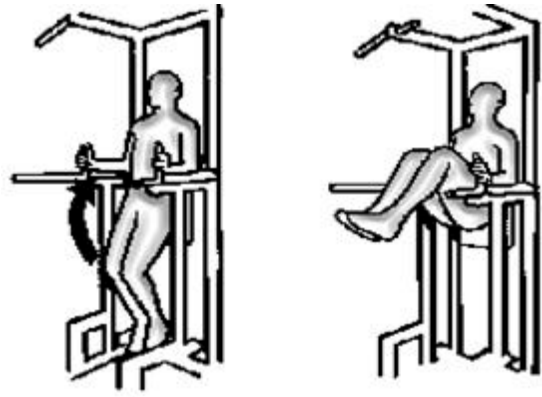


Addominali e ginocchia al petto

### ESERCIZIO 5

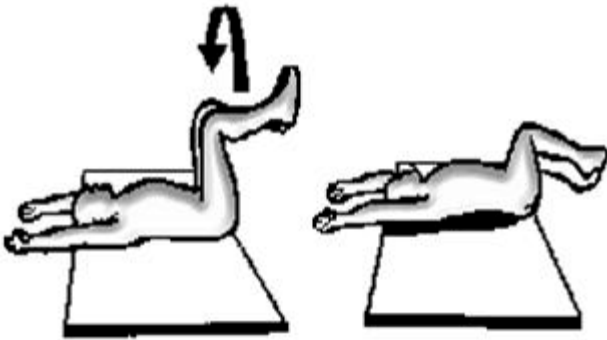


Addominali alla sbarra

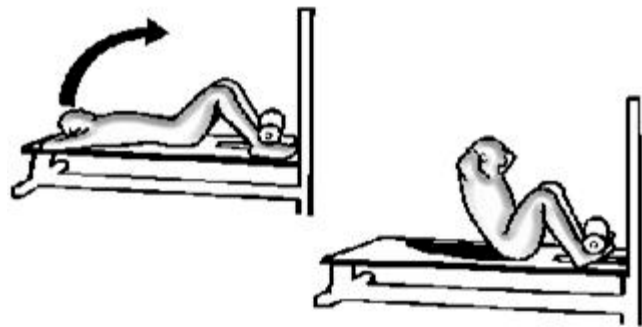


Addominali alla macchina

ESERCIZIO 6

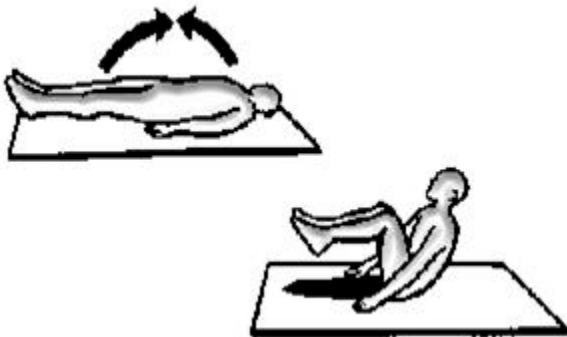


Addominali con rotazione

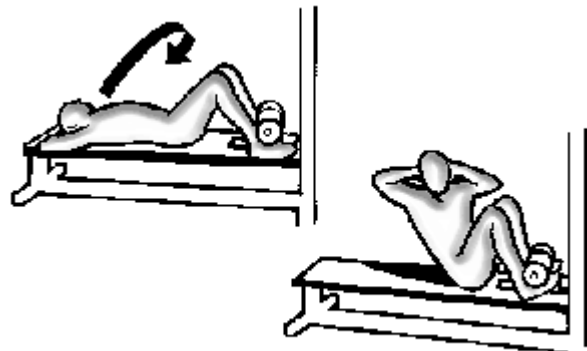


Addominali sit up su panca

ESERCIZIO 7

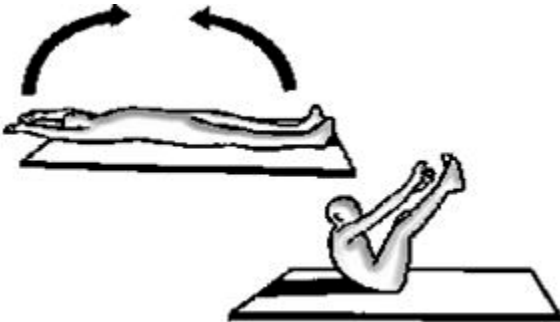


Addominali sollevando il busto



Addominali con torsione completi su panca

ESERCIZIO 8

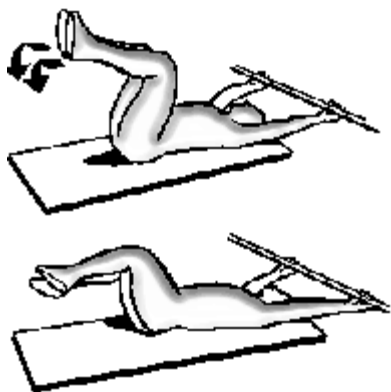


Addominali sollevando il busto e ginocchia

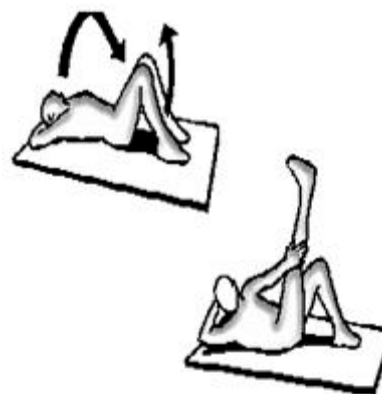


Addominali completi

ESERCIZIO 9



Addominali con barra e torsione



Addominali con presa alle gambe