# ALLENAMENTO A CORPO LIBERO

## FOCUS PETTO

**3x15**

**Di ogni es.**



shoulder press



clapping push-ups

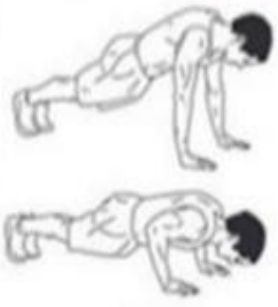




shoulder taps



chest squeezes



push-ups



plank rotations