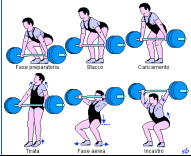
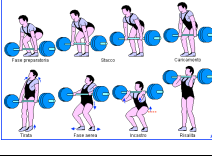


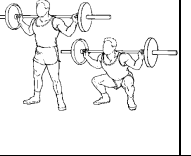
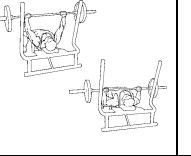
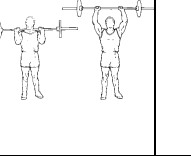
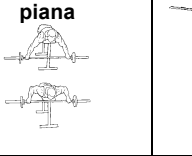



Esercizi								
Strappo	Girata	Spinta alterno	Tirata strappo	Squat	Panca piana	Lento dietro	Tirata panca piana	Trazioni
								
Valori Ottimi Pilone Destro								
139	164	139	202	237	189	139	202	+ 63
Valori Ottimi Pilone Sinistro								
125	148	125	182	212	171	125	182	+ 57
Valori Ottimi Tallonatore								
115	136	115	168	199	157	115	168	+ 52
Valori Ottimi Seconda Linea Destro								
117	152	117	152	209	164	105	187	+ 58
Valori Ottimi Seconda Linea Sinistro								
126	164	126	164	224	176	113	201	+ 63
Valori Ottimi Flanker Destro								
108	140	108	140	193	151	97	172	+ 54
Valori Ottimi Flanker Sinistro								
105	136	105	136	188	147	94	168	+ 52
Valori Ottimi Terza Centro								
120	156	120	156	214	168	108	192	+ 60
Valori Ottimi Mediano di Mischia								
86	115	96	125	163	125	86	154	+ 48
Valori Ottimi Apertura								
86	115	96	125	163	125	86	154	+ 48
Valori Ottimi 1mo Centro								
100	133	111	144	188	144	100	177	+ 56
Valori Ottimi 2do Centro								
92	122	102	133	173	133	92	163	+ 51
Valori Ottimi Ala								
101	131	111	131	172	141	91	162	+ 50
Valori Ottimi Estremo								
95	123	104	123	161	132	85	152	+ 47

Prof. Cristian Iriarte

Preparatore Atletico Rugby Reggio