



# MODULO 2.E EMPOWERMENT INDOOR

**TIME OCCURRING: 100'**

**ACTIVITIES: 10**

**BOX-PAGES: 10**

**PKS Technical Team**

Responsabile Tecnico PKS  
Dot. Giuseppe Santangelo

**Professional Kickboxing School**

Kickboxing – Street-Fighting-System - Karate  
Flash-Fighting – Combat-Training

Training-Tabx n° 1\*/2009 (28/DEC.08-22/JAN.09)

Roma – 09/01/2009

TITOLO

MODULI DI ADDESTRAMENTO INDIVIDUALE x SESSIONI  
1) FARTEK/JOGGING 2) GYM-HOUSE



0/10

# SUMMARY T=100

<b>TAPIS ROULANT (PIRAMIDALE)</b>	<b>15'</b>
<b>STRETCHING/FLESSIONI/ADDOMINALI</b>	<b>10'</b>
<b>LAT-M ORIZZONTALE 3x11-9-7.MAX</b>	<b>10'</b>
<b>BILANCERE PANCA 3x11-9-7.MAX</b>	<b>10'</b>
<b>LAT-M VERTICALE 3x11-9-7.MAX</b>	<b>10'</b>
<b>BILANCERE NO-PANCA 3x11-9-7.MAX</b>	<b>10'</b>
<b>MANUBRI BICIPITE 4x 3x13-11-9-7.MAX</b>	<b>15'</b>
<b>ALZATE LATERALI 3x11-9-7.MAX</b>	<b>10'</b>
<b>STRETCHING/RILASCIAMENTO</b>	<b>05'</b>
<b>TAPIS ROULANT (STEADY)</b>	<b>05'</b>

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1/10

# 2.E EMPOWERMENT

## TAPIS ROULANT (PYR)

# 15'

15

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2/10

# 2.E EMPOWERMENT

## STRETCH/FLEX/ADDOMx

# 10'

25

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3/10

# 2.E EMPOWERMENT

## LAT MACHINE (ORX-3xR)

# 10'

35

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**4/10**

# 2.E EMPOWERMENT

**BILx PANCA 3xR.MAX**

**10'**

**45**

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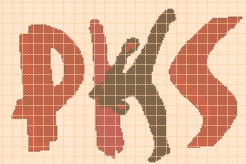
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MODULI DI ADDESTRAMENTO INDIVIDUALE x SESSIONI  
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5/10

# 2.E EMPOWERMENT

## LAT-MACHINE (VERT-3xR)

10'

55

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# **2.E EMPOWERMENT**

**BILANCERE 3xR.MAX**

**10'**

**65**

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7/10

# 2.E EMPOWERMENT

**MANUBRIO 5xR.MAX**

**15'**

**80**

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8/10

# 2.E EMPOWERMENT

## ALZATE LATERALI 4xR.MAX

# 10'

90

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# 2.E EMPOWERMENT

## DOWNLOAD-STRETCHING

# 05'

**95**

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# 2.E EMPOWERMENT

## TAPIS ROULANT (STEADY)

# 05'

100

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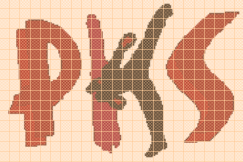
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# 1°-2009 KICKBOXING-TRAINING-TABs

# THE END

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