

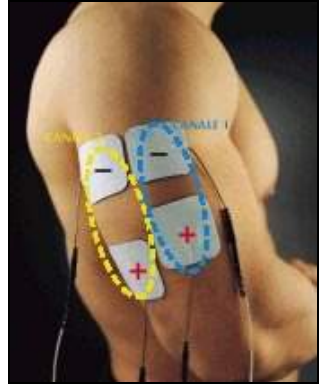
ESEMPI DI APPLICAZIONI MUSCOLARI



Avambraccio esterno



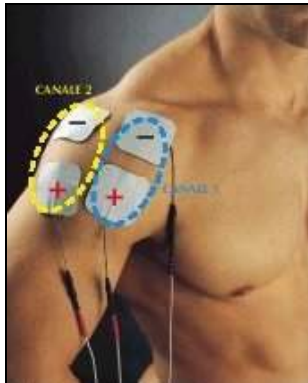
Avambraccio interno



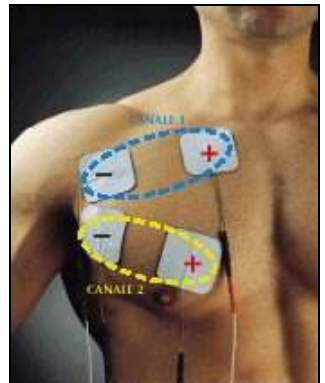
Tricipite



Bicipite



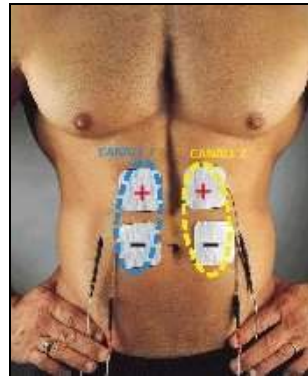
Deltoide



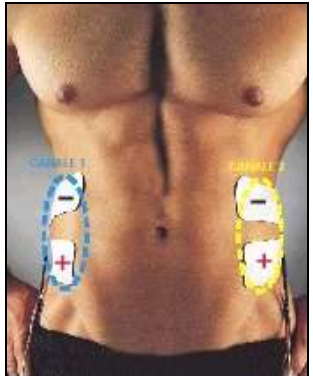
Gran pettorale (uomo)



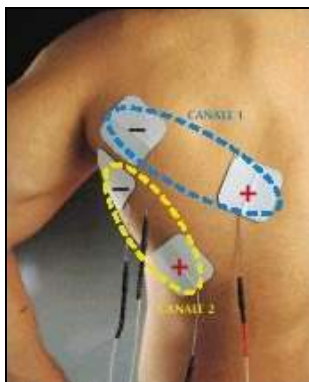
Retto dell'addome



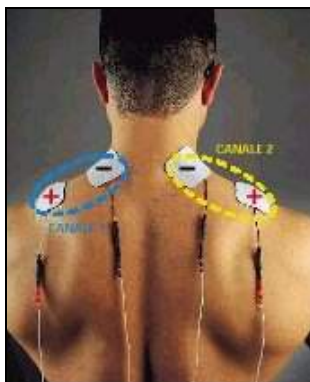
Addominali medi



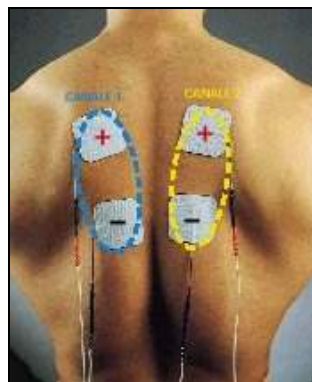
Addominali obliqui



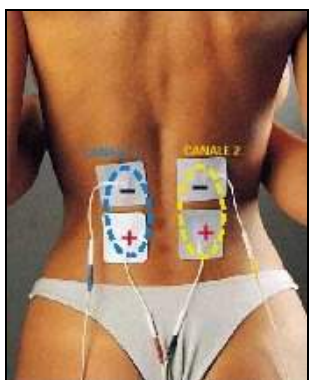
Gran dorsale



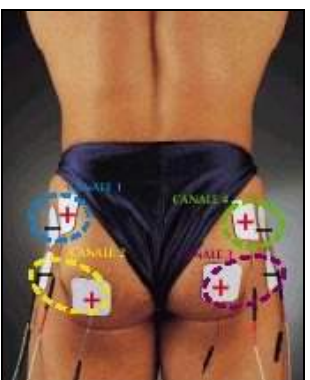
Trapezio superiore



Trapezio inferiore



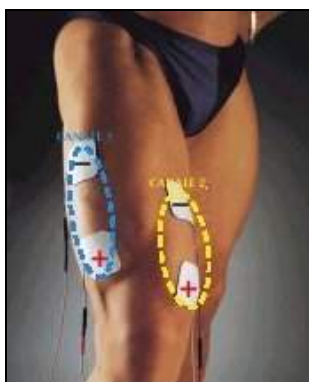
Lombari



Glutei (muscolo-estetica)



Flessori (ischio-crurali)



Quadricipite



Adduttori



Gemelli (polpacci)



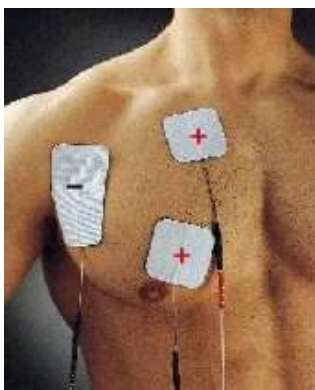
Tricipite



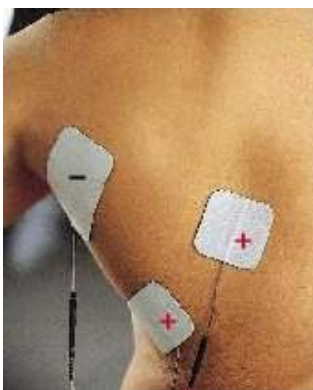
Pettorale alto



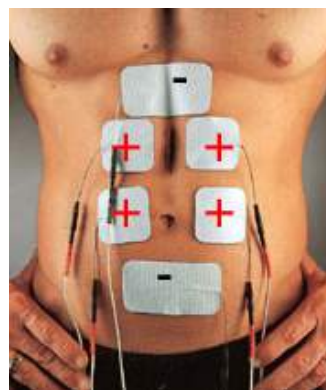
Deltoide laterale



Gran Pettorale



Gran Dorsale



Retto dell'addome



Glutei



Quadricipite



Peroneale Lungo



Ischiocrurali



Soleo



Gemelli



Tibiale Anteriore