

sviluppo della forza - itavolley - 1^o serie 40 kg = 16 rip. 2^o serie 50 kg = 9 rip. 3^o serie 55 kg = 7 rip 1^o serie = 66 kg. (vedi tabella) metodi computerizzati le comuni macchine utilizzate per il potenziamento muscolare vengono collegate a speciali

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