

# Allenamento

## Programmazione e tecniche di bodybuilding per la schiena

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Nessun riferimento

## Cellulite: cosa possiamo fare

Annalisa Ghirotti

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## Quadricipite femorale: esercizi e attivazione muscolare selettiva

Andrea Roncari

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## Ricomposizione corporea - La storia di Teresa

Marco Perugini

Nessun riferimento

## Ipertrofia: Esercizi multiarticolari o di isolamento?

Gianluca Improta

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## La tendinopatia rotulea

Angelo Fassio

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## Alimentazione

### Monitorare lo stato di idratazione

Alex Buoite Stella

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## Dieta dei gruppi sanguigni

Gianluca Giuberti

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# Relazione tra lo stato nutrizionale materno e la salute del futuro bambino

Daniele Esposito

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## Il mito dei 30 grammi di proteine per pasto

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