



Muscle Up (Italian Edition)

Massimiliano Ippolito

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Questa guida è il risultato del mio studio in fase di apprendimento sul movimento più ambito e completo per la parte superiore del corpo.

Il "Muscle-Up" rappresenta il gesto funzionale per eccellenza, nonchè un grande alleato per creare dei workout rapidi ed efficaci.

Qui troverete i suggerimenti realmente "utili" (quelli che avrei voluto sapere fin da subito, quando nonostante le tante trazioni ancora non riuscivo a salire), per riuscire finalmente anche voi a fare vostro il "Re" tra gli esercizi dinamici a corpo libero.

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