

Misure Lorenzo

DATA di inizio: 20/05/2026

DATA di completamento: 20/05/2026

	Misurazioni inizio	Misurazioni adesso
Età (anni)	quanti anni hai? 20	quanti anni hai? 20
Peso (kg)	quanto pesi?	quanto pesi?
Altezza (cm)	quanto sei alto?	quanto sei alto?
Collo (cm)	???	???
Spalle (cm)	???	???
Petto contratto (cm)	???	???
Petto espanso (cm)	???	???
Bicipite rilassato (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Bicipite contratto (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Avambraccio (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Polso (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Vita (cm)	???	???
Anca (cm)	???	???
Glutei (cm)	???	???
Coscia (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Ginocchio (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Polpaccio (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???
Caviglia (cm)	Dx ??? - Sx ???	Dx ??? - Sx ???

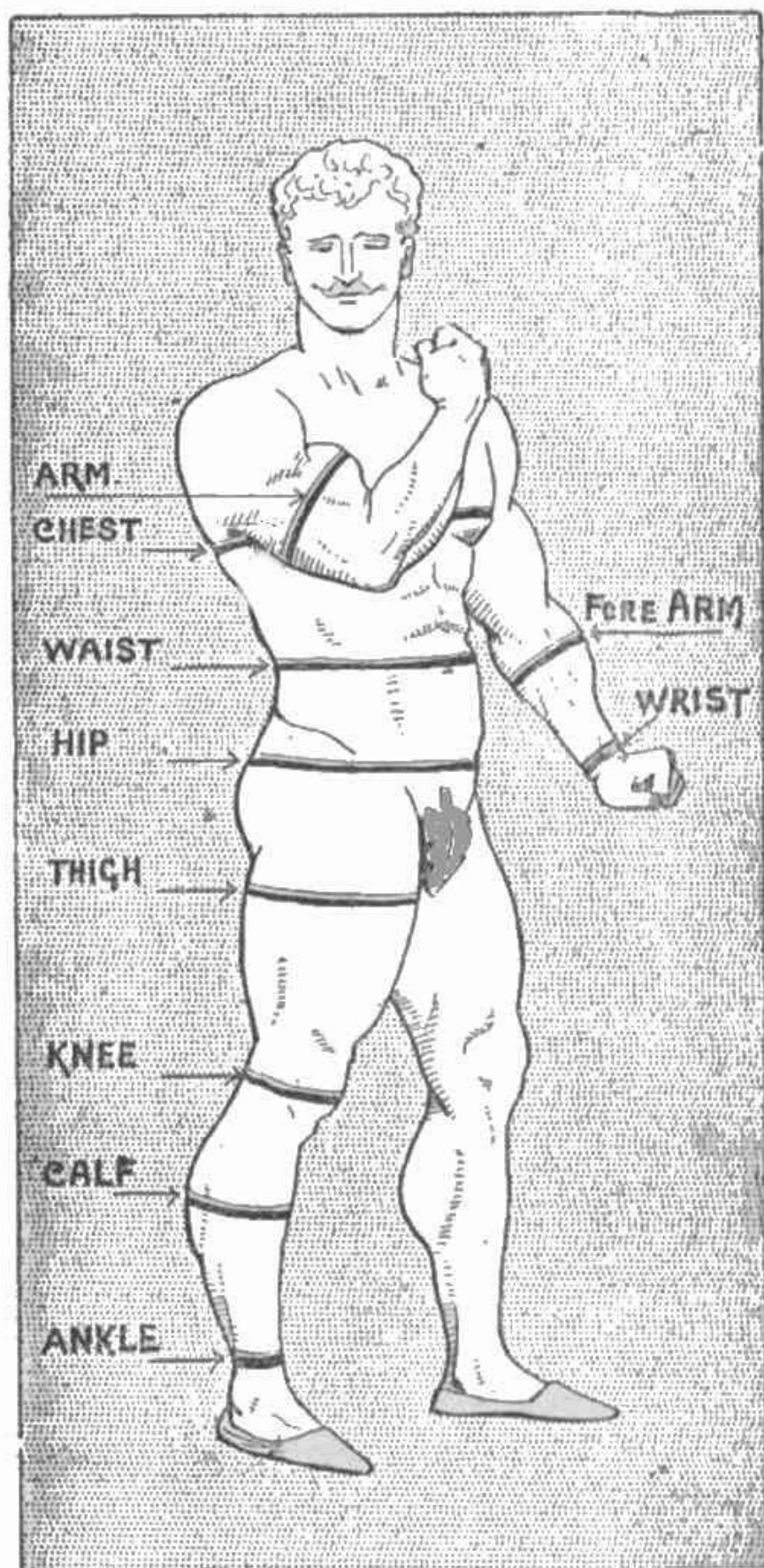
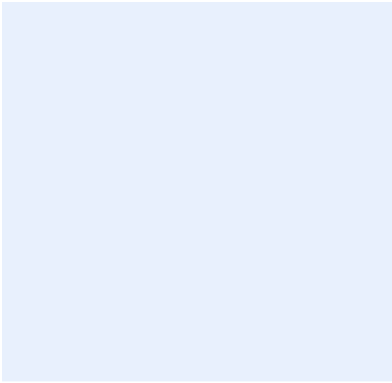
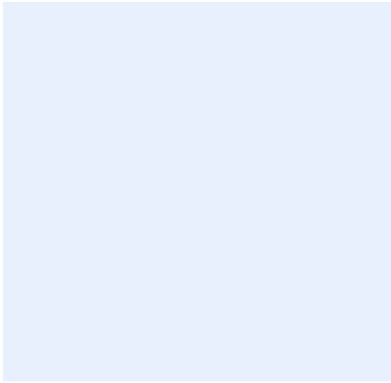
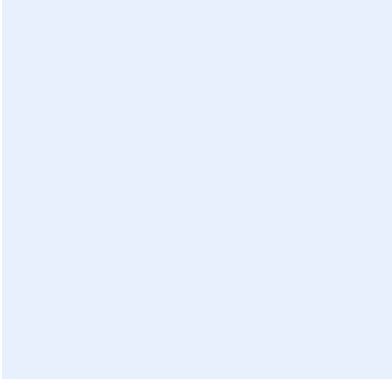
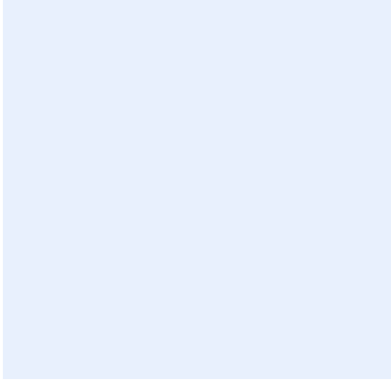
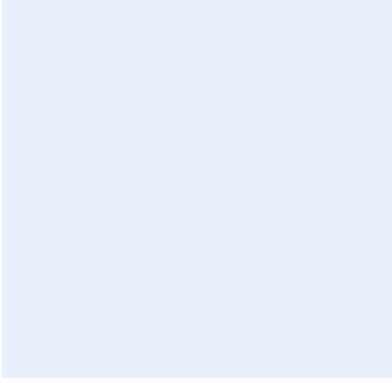
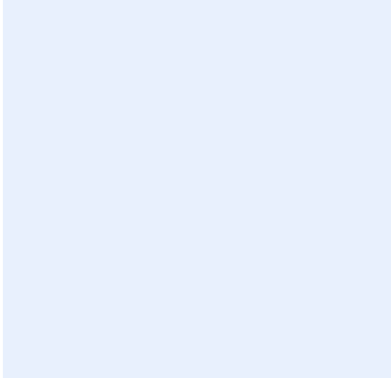
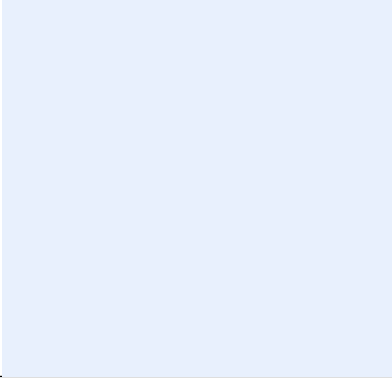


Foto da includere sempre a corpo intero che si veda bene dalla testa ai piedi.

Rilassato: posizione anatomica standard	Muscoli: mostrando i bicipiti contratti
Frontale 	Frontale 
Lato dx 	Lato dx 
Lato sx 	Lato sx 
Schiena 	Schiena 