AMAZON ITALIA

ATTREZZI FITNESS

**Bilanciere componibile - Dumbbells- Kettlebell**

[https://www.amazon.it/AJUMKER-regolabili-Kettlebell-bilanciere-antiscivolo/dp/B09V81NT4X/ref=sr\_1\_2?\_\_mk\_it\_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=3CA0YM7TG16IE&keywords=bilanciere+componibile+dumbbell+kettlebell&qid=1683115727&sprefix=bilanciere+componibile+dumbbell+kettlebell%252Caps%252C126&sr=8-2&\_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=d590909f6a7c4c30821c48c7b4eeb54f&camp=3414&creative=21718](https://www.amazon.it/AJUMKER-regolabili-Kettlebell-bilanciere-antiscivolo/dp/B09V81NT4X/ref%3Dsr_1_2?__mk_it_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=3CA0YM7TG16IE&keywords=bilanciere+componibile+dumbbell+kettlebell&qid=1683115727&sprefix=bilanciere+componibile+dumbbell+kettlebell%252Caps%252C126&sr=8-2&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=d590909f6a7c4c30821c48c7b4eeb54f&camp=3414&creative=21718)

**POWERBANDS**

**Media**

[https://www.amazon.it/Loop-band-elastiche-allenamento-muscolare/dp/B09G96VQY3/ref=sr\_1\_10\_sspa?\_\_mk\_it\_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=3P9IDBN8SC0VM&keywords=powerband%252B2%252Bkg&qid=1683107142&sprefix=powerband%252B2%252Bkg%252Caps%252C211&sr=8-10-spons&sp\_csd=d2lkZ2V0TmFtZT1zcF9idGY&th=1&\_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=9eab6d7bce4ebf19556bed9049a42f15&camp=3414&creative=21718](https://www.amazon.it/Loop-band-elastiche-allenamento-muscolare/dp/B09G96VQY3/ref%3Dsr_1_10_sspa?__mk_it_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=3P9IDBN8SC0VM&keywords=powerband%252B2%252Bkg&qid=1683107142&sprefix=powerband%252B2%252Bkg%252Caps%252C211&sr=8-10-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9idGY&th=1&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=9eab6d7bce4ebf19556bed9049a42f15&camp=3414&creative=21718)

**Leggera**

[https://www.amazon.it/BackBaller-Fasce-per-esercizi-X-Light/dp/B08H8XX4TW/ref=sr\_1\_47?\_\_mk\_it\_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=M6WR3E9TN2JK&keywords=powerband%252B2%252Bkg&qid=1683107506&sprefix=powerband%252B2%252Bkg%252Caps%252C351&sr=8-47&th=1&psc=1&\_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=10c766fd81012bda3ce7dcad1ddb2c9c&camp=3414&creative=21718](https://www.amazon.it/BackBaller-Fasce-per-esercizi-X-Light/dp/B08H8XX4TW/ref%3Dsr_1_47?__mk_it_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=M6WR3E9TN2JK&keywords=powerband%252B2%252Bkg&qid=1683107506&sprefix=powerband%252B2%252Bkg%252Caps%252C351&sr=8-47&th=1&psc=1&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=10c766fd81012bda3ce7dcad1ddb2c9c&camp=3414&creative=21718)

**BARBELL – Dumbbells 30kg Ghisa**

[https://www.amazon.it/RE-manubri-regolabili-bilancieri-collegamento/dp/B097YGK7V4/ref=sr\_1\_10?crid=23WLUQV96EWYA&keywords=bilanciere%252Bcomponibile%252B30%252Bkg&qid=1683116079&sprefix=bilanciere%252Bcomponibile%252B%252Caps%252C189&sr=8-10&th=1&psc=1&\_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=e5fc16896279b703e630620f195c56d7&camp=3414&creative=21718](https://www.amazon.it/RE-manubri-regolabili-bilancieri-collegamento/dp/B097YGK7V4/ref%3Dsr_1_10?crid=23WLUQV96EWYA&keywords=bilanciere%252Bcomponibile%252B30%252Bkg&qid=1683116079&sprefix=bilanciere%252Bcomponibile%252B%252Caps%252C189&sr=8-10&th=1&psc=1&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=e5fc16896279b703e630620f195c56d7&camp=3414&creative=21718)

**Palle pilates piccole 25cm**

<https://www.amazon.it/s?k=palla+pilates+piccola&_encoding=UTF8&camp=3414&creative=21718&crid=1ON4GTC7HT7GV&linkCode=ur2&linkId=3d8d6f2f3162fd9b11f26594d35c20d1&sprefix=palla+pilates+%252Caps%252C151&tag=elenafitandfu-21&ref=nb_sb_ss_ts-doa-p_2_14>

**Palla fitness 65cm**

<https://www.amazon.it/s?k=palla+fitness+65cm&_encoding=UTF8&camp=3414&creative=21718&crid=3BT81TXFYVWAF&linkCode=ur2&linkId=2edf50b606237364946caf1ac0357423&sprefix=palla+fitness+65cm%252Caps%252C123&tag=elenafitandfu-21&ref=nb_sb_ss_ts-doa-p_1_18>

**Tappetini fitness Antiscivolo**

<https://www.amazon.it/s?k=tappetino+palestra+antiscivolo&__mk_it_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&_encoding=UTF8&camp=3414&creative=21718&crid=37MC2GZ57HHMO&linkCode=ur2&linkId=f19e009626cc7596a4f0b4969ef60914&sprefix=tappetino+palestra+antiscivolo%252Caps%252C136&tag=elenafitandfu-21&ref=nb_sb_noss_1>

**Tappetini fitness Antiscivolo spesso**

<https://www.amazon.it/s?k=tappetino+palestra+antiscivolo+spesso&_encoding=UTF8&camp=3414&creative=21718&crid=3F4IG3HBH6CDH&linkCode=ur2&linkId=0ffd9b79113dbc53e8c48db218146e91&sprefix=tappetino+palestra+antiscivolo%252Caps%252C220&tag=elenafitandfu-21&ref=nb_sb_ss_ts-doa-p_2_30>

**Banda Glutei 3 resistenze**

[https://www.amazon.it/Elastici-Fitness-Resistenza-Elastica-Allenamento/dp/B09HH73G23/ref=sr\_1\_5?\_\_mk\_it\_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=1QBLSBX5HQFBM&keywords=banda%252Bglutei&qid=1683116797&sprefix=banda%252Bglutei%252Caps%252C141&sr=8-5&th=1&\_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=8d8903a1c82c815bb6a9e6e48a83d7e0&camp=3414&creative=21718](https://www.amazon.it/Elastici-Fitness-Resistenza-Elastica-Allenamento/dp/B09HH73G23/ref%3Dsr_1_5?__mk_it_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&crid=1QBLSBX5HQFBM&keywords=banda%252Bglutei&qid=1683116797&sprefix=banda%252Bglutei%252Caps%252C141&sr=8-5&th=1&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=8d8903a1c82c815bb6a9e6e48a83d7e0&camp=3414&creative=21718)

**Rings Pilates**

<https://www.amazon.it/b/?node=968418031&ref_=Oct_d_odnav_d_968415031_5&pd_rd_w=RRWOv&content-id=amzn1.sym.d14b64d0-4a49-4d66-874d-ecf33c3d0ccd&pf_rd_p=d14b64d0-4a49-4d66-874d-ecf33c3d0ccd&pf_rd_r=7S7VGN0W23WMTWFGH7BW&pd_rd_wg=JK6Hc&pd_rd_r=3b260308-2f95-4a30-9faa-b80cc573520e&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=eca26897843092ed23635c288b4e0154&camp=3414&creative=21718>

**Ring Pilates buono, costo medio**

<https://www.amazon.it/66Fit-Pilates-doppia-impugnatura-schwarz/dp/B0044XH35E?ref_=Oct_d_otopr_d_968418031_2&pd_rd_w=SRcsv&content-id=amzn1.sym.09a08496-72f3-41ed-916f-4a1d91ea021d&pf_rd_p=09a08496-72f3-41ed-916f-4a1d91ea021d&pf_rd_r=HAWP418VW7JPY9E847PZ&pd_rd_wg=2CNDg&pd_rd_r=dbffc925-4381-4aa6-b19d-ebf236a7007e&pd_rd_i=B0044XH35E&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=8880769314c1ad54a5958ea23f6702e0&camp=3414&creative=21718>

**Ring Pilates buono, costo medio alto**

<https://www.amazon.it/Mantra-resistenza-tonificare-migliorare-flessibilit%25C3%25A0/dp/B00Z582PL4?ref_=Oct_d_otopr_d_968418031_4&pd_rd_w=SRcsv&content-id=amzn1.sym.09a08496-72f3-41ed-916f-4a1d91ea021d&pf_rd_p=09a08496-72f3-41ed-916f-4a1d91ea021d&pf_rd_r=HAWP418VW7JPY9E847PZ&pd_rd_wg=2CNDg&pd_rd_r=dbffc925-4381-4aa6-b19d-ebf236a7007e&pd_rd_i=B00Z582PL4&th=1&_encoding=UTF8&tag=elenafitandfu-21&linkCode=ur2&linkId=420119009a7f2412bc1be2d5a3a447cc&camp=3414&creative=21718>

**Panche regolabili**

https://www.amazon.it/s?k=panche+palestra&i=sporting&\_\_mk\_it\_IT=%25C3%2585M%25C3%2585%25C5%25BD%25C3%2595%25C3%2591&\_encoding=UTF8&camp=3414&creative=21718&crid=3SVHRKXG0U62J&linkCode=ur2&linkId=49cd55ec4645c9444e27e985c2b12ad7&sprefix=panche+palestra%252Csporting%252C165&tag=elenafitandfu-21&ref=nb\_sb\_noss