

SCHEDA ALLENAMENTO ALBERTO PALMERI ROB 2



SCHEDA DI ALLENAMENTO ALBERTO PALMERI

SCHEDA 1 - SCADENZA 4 FEBBRAIO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15



ELLITTICA

MINUTI: 15



PETTORALI

PANCA PIANA BILANCIERE

SERIE: 4X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-PIANA-BILANCIERE.mp4>

PANCA INCLINATA BILANCIERE

SERIE: 4X8

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4)

CROCI MANUBRI PANCA PIANA

SERIE: 4X12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-PIANA.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-PIANA.mp4)

BICIPITI - AVAMBRACCI

CURL PANCA SCOTT

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-BILANCIERE-PANCA-SCOTT.mp4>

CURL CAVO BASSO

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CAVO-BASSO.mp4>

CURL CONCENTRATO UN MANUBRIO

SERIE: 4X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4>

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15



ELLITTICA

MINUTI: 15



DORSALI

LAT MACHINE AVANTI

SERIE: 4X12

REST: 60 SECONDI



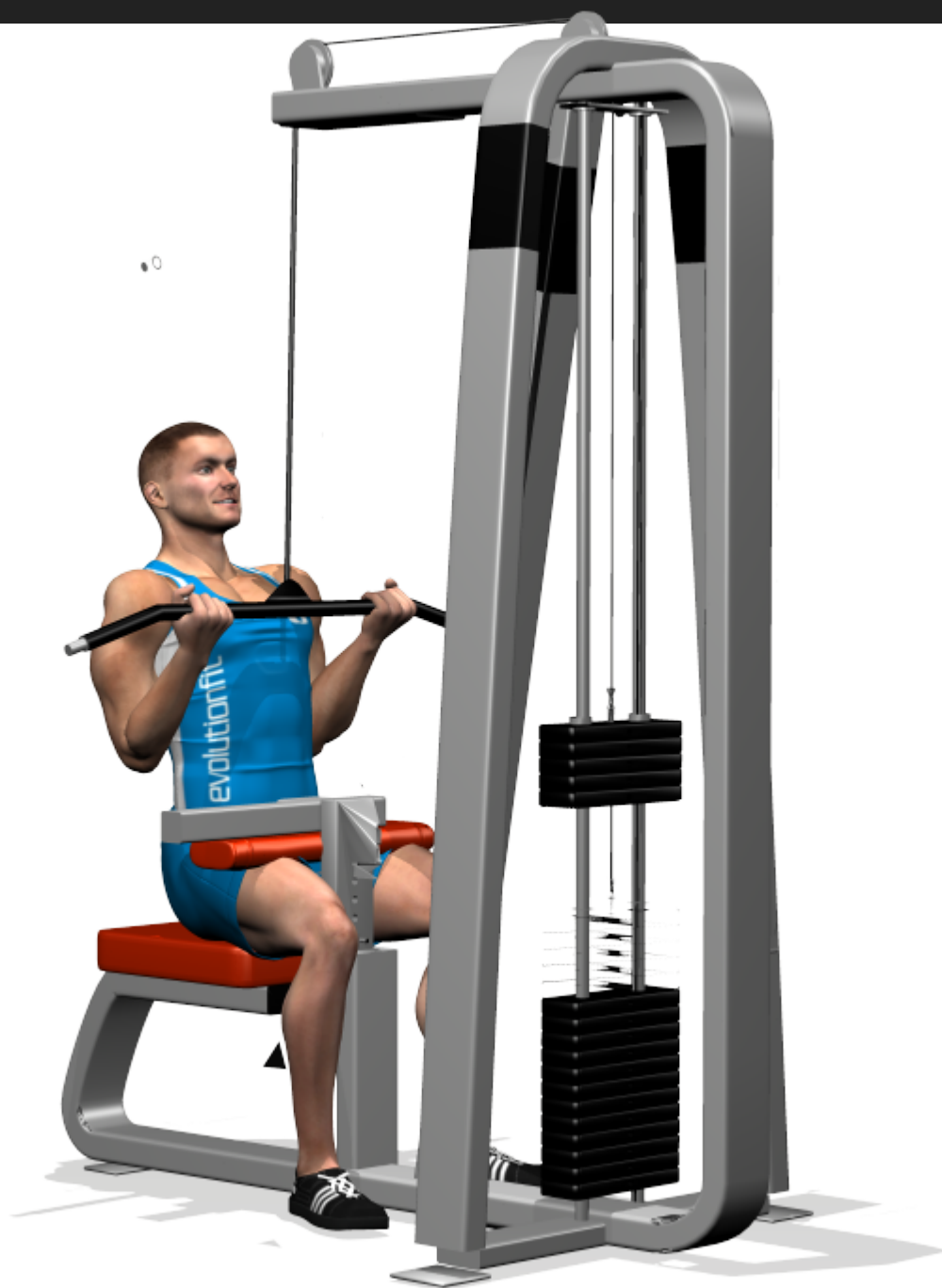


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

LAT MACHINE INVERSA

SERIE: 4X10

REST: 60 SECONDI



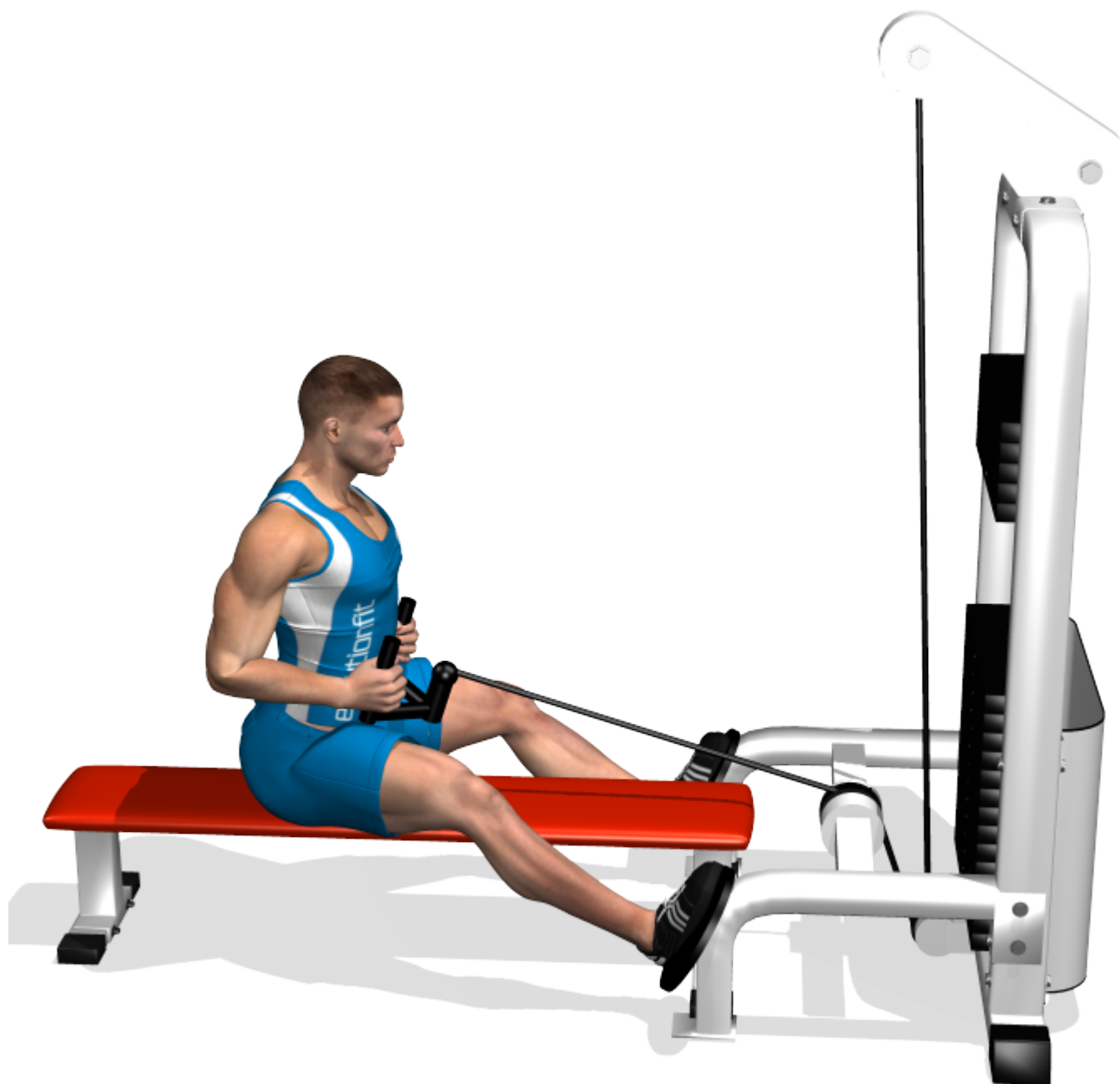


PULLEY ROW

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

REMATORE MANUBRIO SU PANCA

SERIE: 3X10

REST: 60 SECONDI





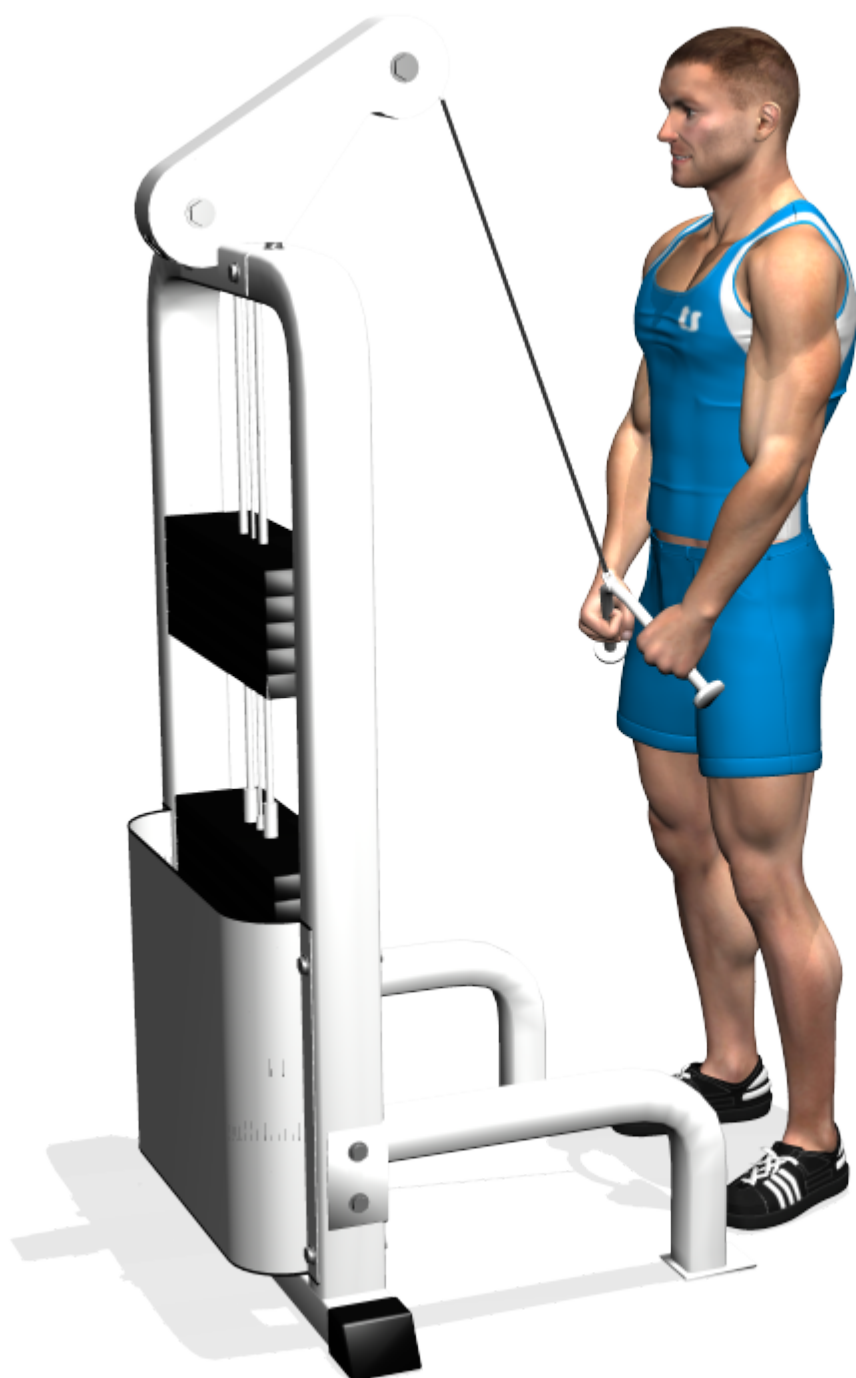
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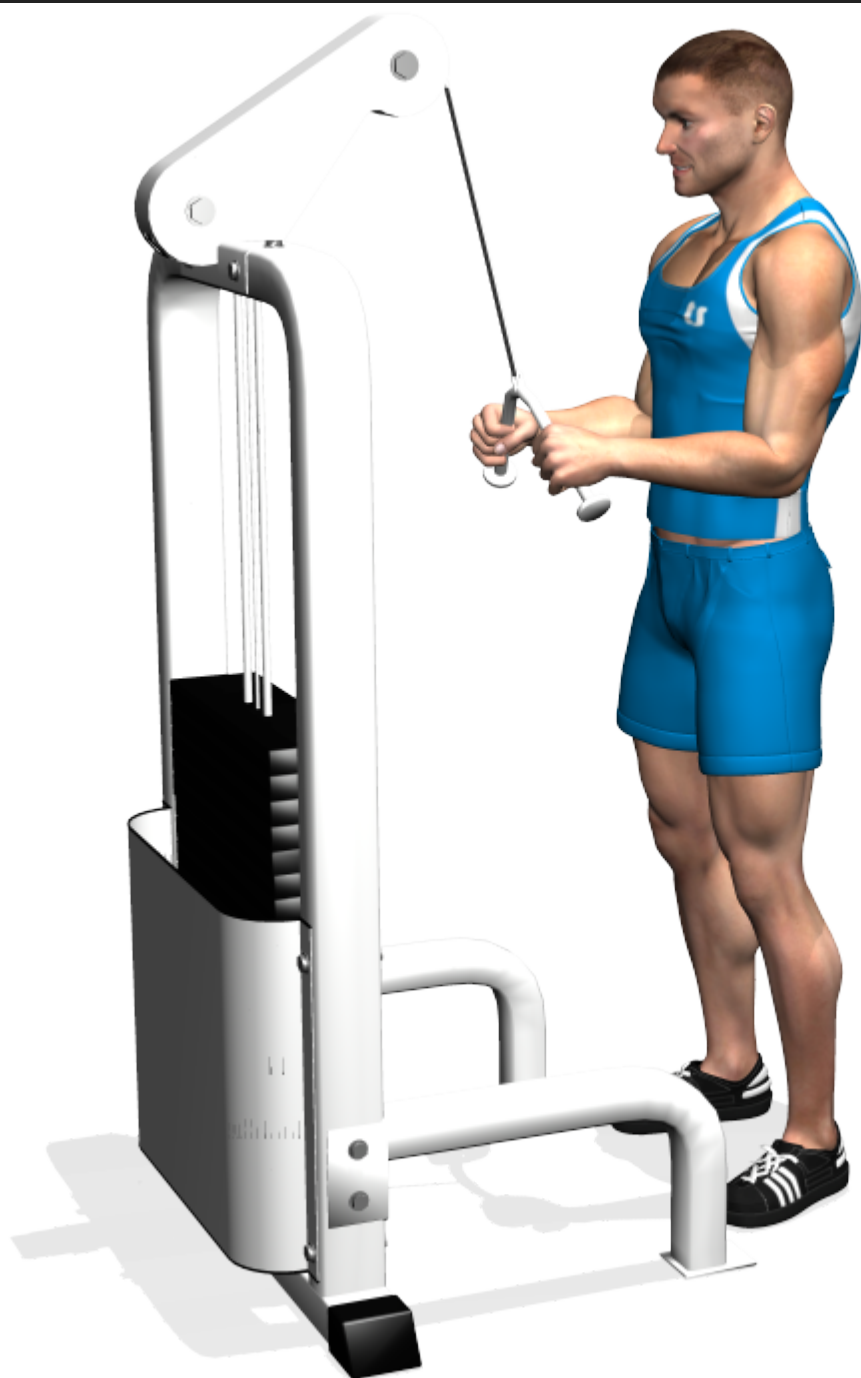
TRICIPITI

PULLEY ALTO

SERIE: 4x10

REST: 60 SECONDI





KICK BACK SEDUTO UN MANUBRIO

SERIE: 4X10

REST: 60 SECONDI



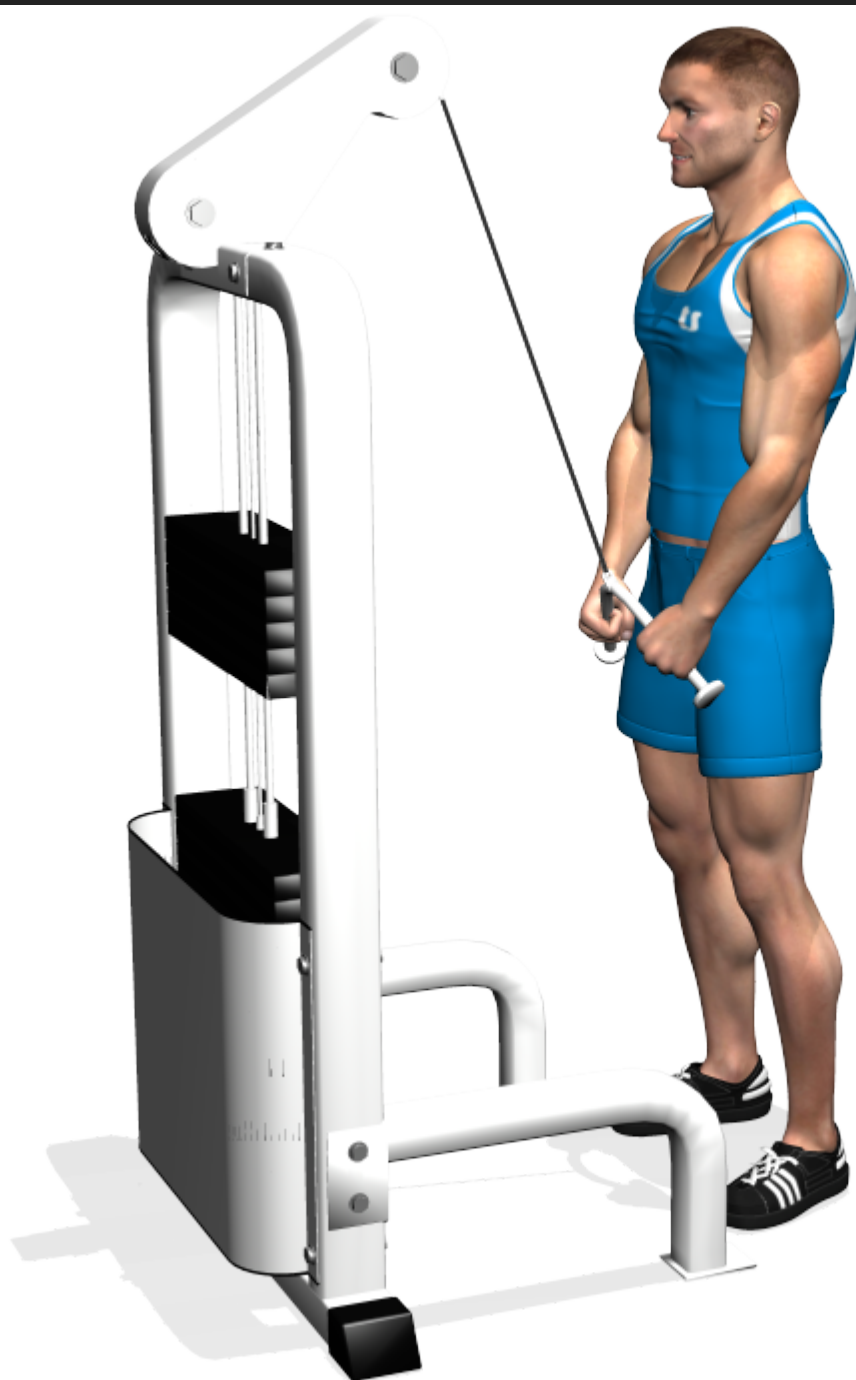


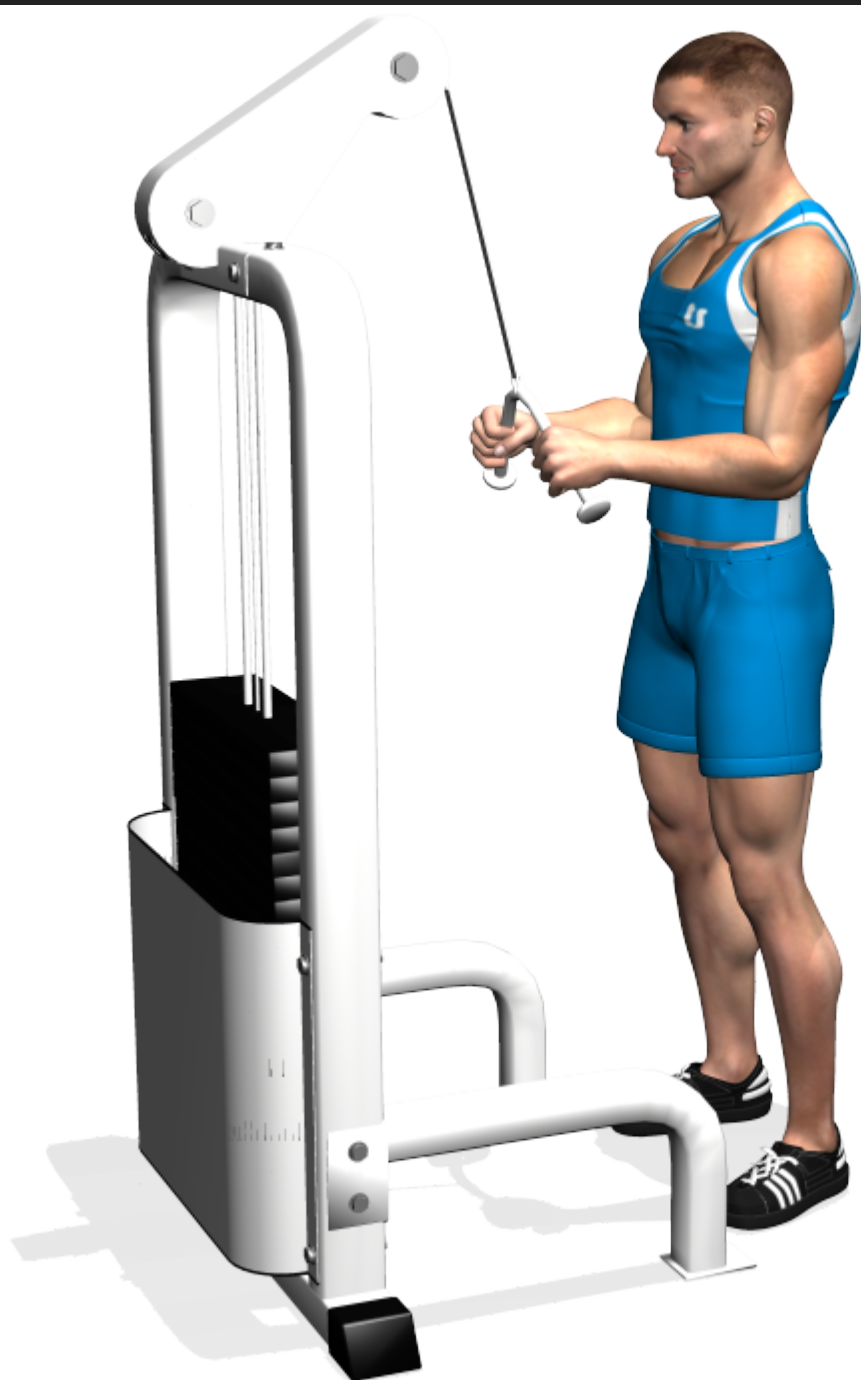
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/KICK-BACK-UN-MANUBRIO.mp4>

CORDA

SERIE: 3X10

REST: 60 SECONDI





GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15



ELLITTICA

MINUTI: 15



SPALLE

ALZATE LATERALI SEDUTO

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-LATERALI-SEDUTO.mp4>

ALZATE FRONTALI PANCA INCLINATA

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-FRONTALI-PANCA-INCLINATA-2-MANUBRI-.mp4>

SPINTE SEDUTO MANUBRI

SERIE: 4X8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-SEDUTO-MANUBRI.mp4>

CROCI INVERSE PANCA INCLINATA

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINATA.mp4>

GAMBE

LEG PRESS ORIZZONTALE

SERIE: 4X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

AFFONDI SAGITTALI MANUBRI

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>

LEG EXTENSION

SERIE: 3X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

STANDING LEG CURL

SERIE: 3X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/STANDING-LEG-CURL-.mp4>

CALF MACHINE SEDUTO

SERIE: 3X25

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CALF-MACHINE-SEDUTO.mp4>

