

# SCHEDA ALLENAMENTO ALESSANDRO RUGGERO UOMO 02



# SCHEDA DI ALLENAMENTO ALESSANDRO RUGGERO

## SCHEDA 1 - INIZIO 10 OTTOBRE 2022

### GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

### GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

## GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

# GIORNO 1

## CARDIO - RISCALDAMENTO

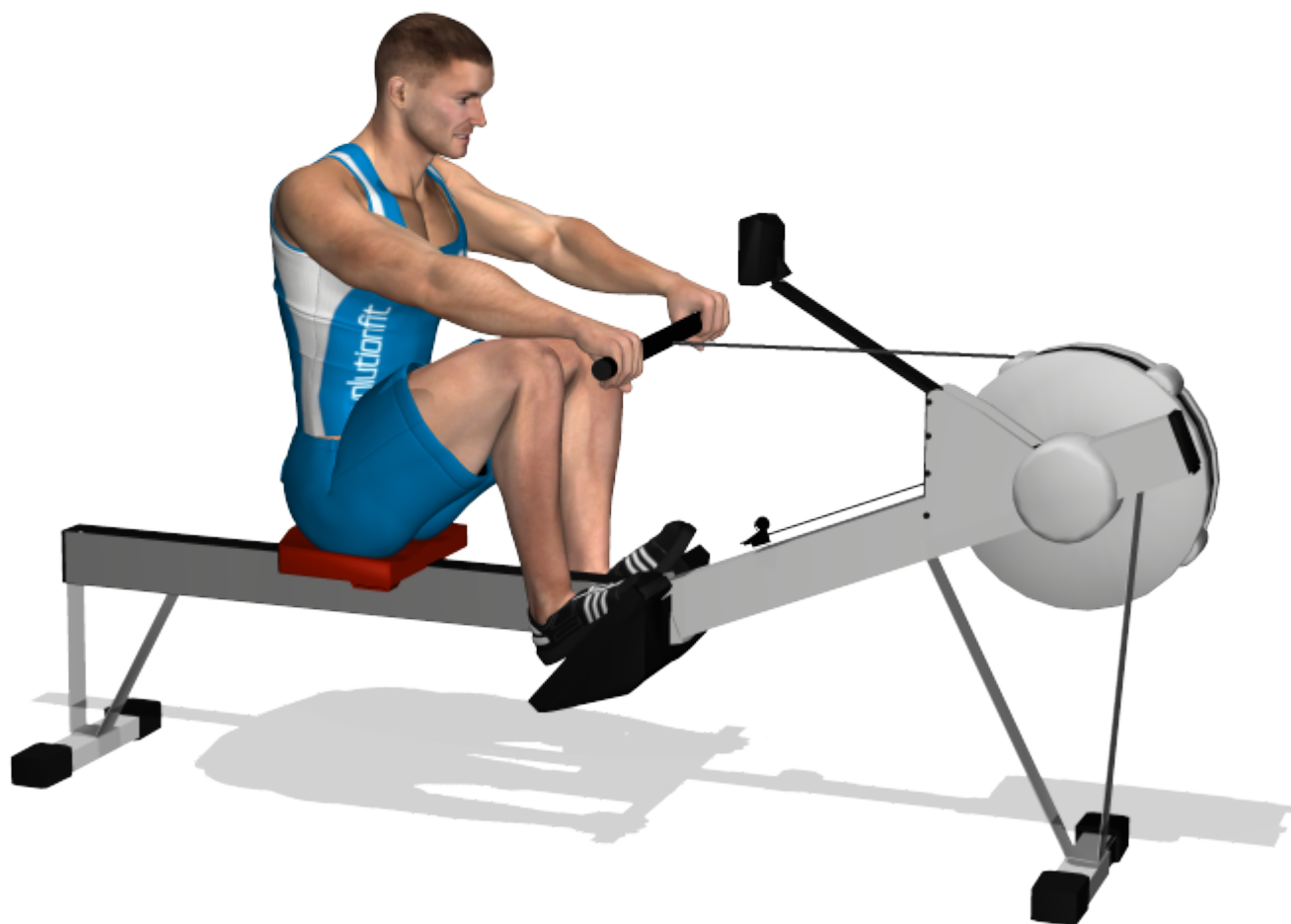
### CORSA SU TAPPETO

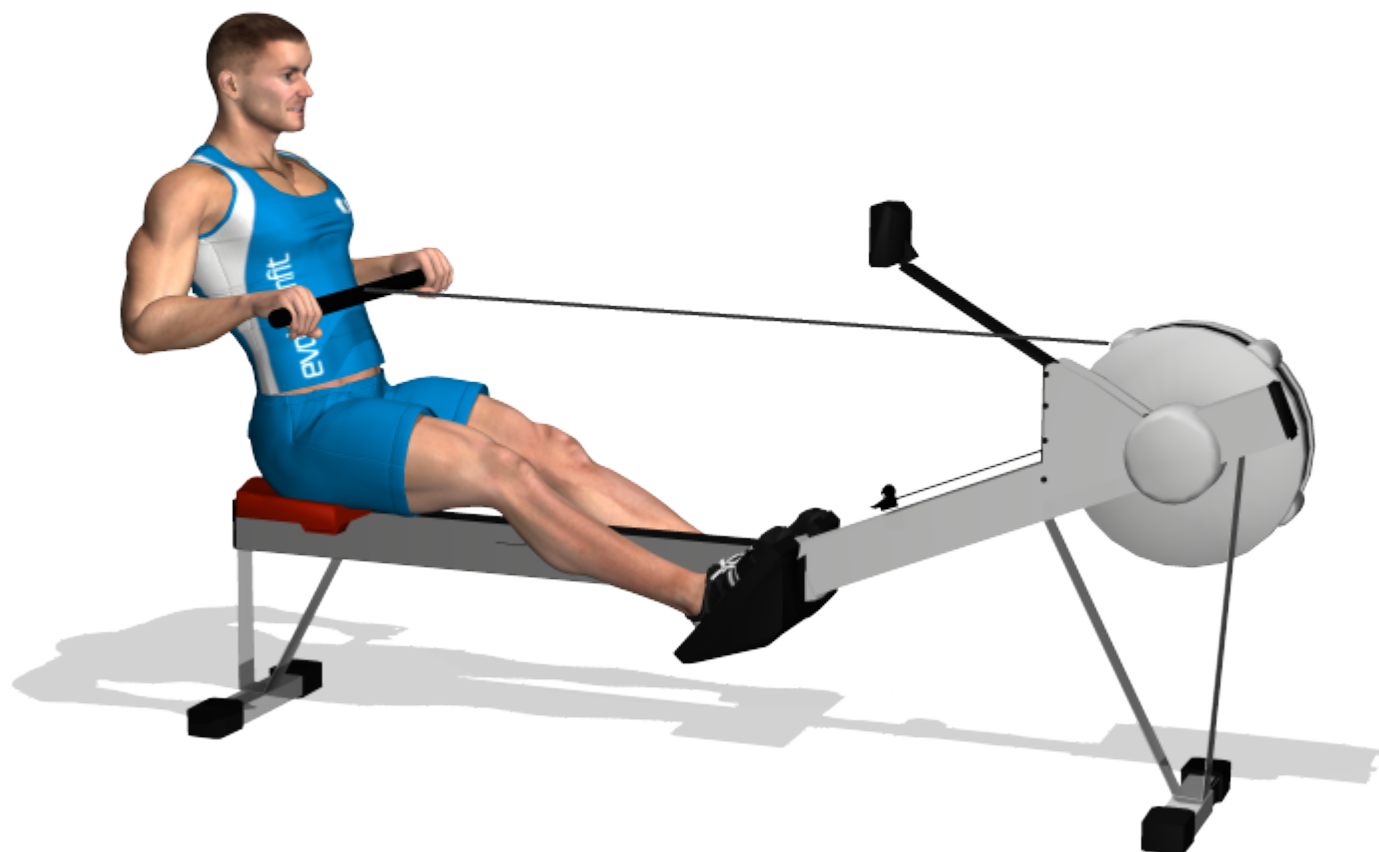
MINUTI: 15



## VOGATORE

2 KM



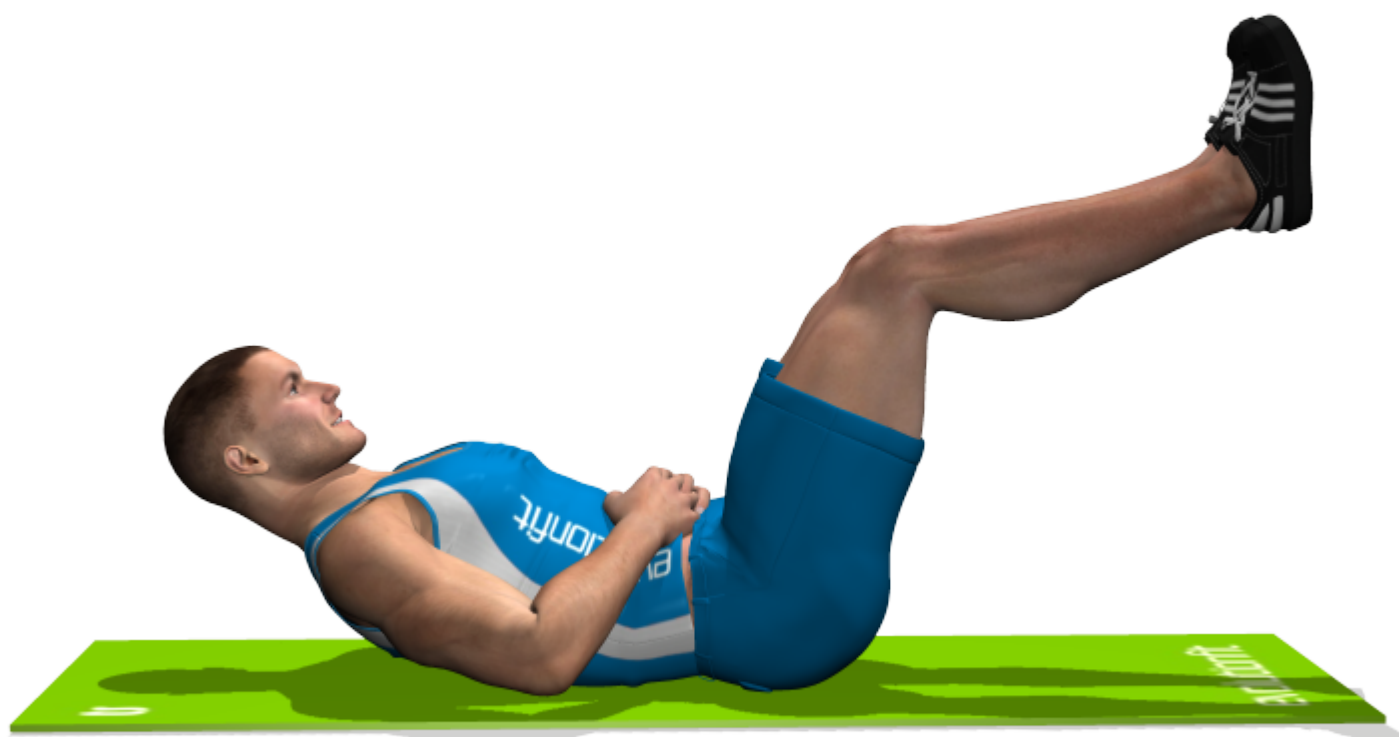


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## **OBLIQUI GAMBA PIEGATA**

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/OBLIQUI-GAMBA-PIEGATA.mp4>

## **ADDOMINALI ALLA PARALLELE**

SERIE: 4X16

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m  
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

## PETTORALI

## PANCA PIANA BILANCIERE

SERIE: 3X16

REST: 60 SECONDI





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

## PANCA INCLINATA BILANCIERE

SERIE: 3X14

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: 3x14

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 MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x16

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APP-OGGIO.mp4>

## **CURL PANCA SCOTT**

SERIE: 3x12

REST: 60 SECONDI





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

## **CURL MANUBRI MARTELLO**

SERIE: 3x14

REST: 60 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

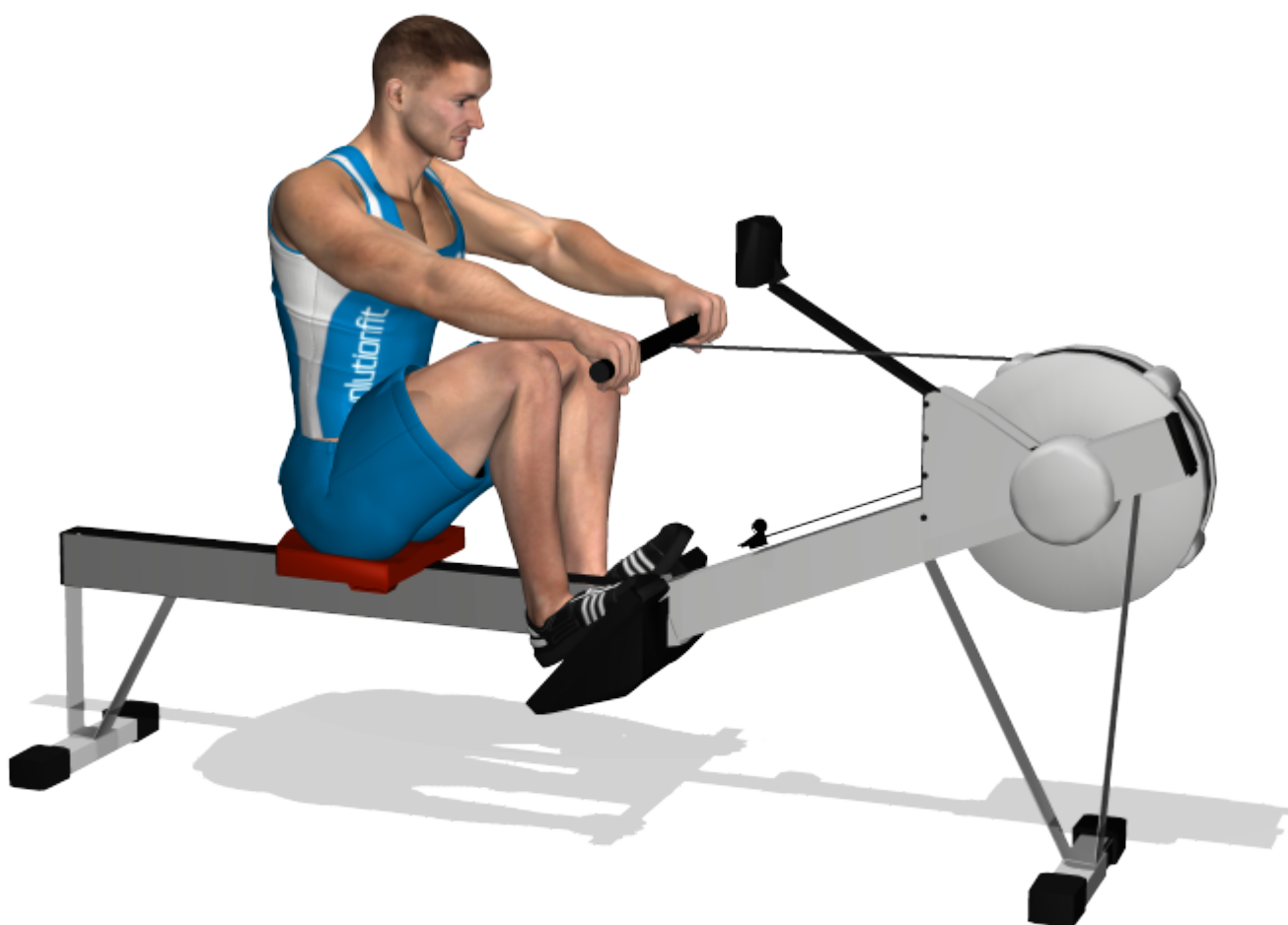
## CORSA SU TAPPETO

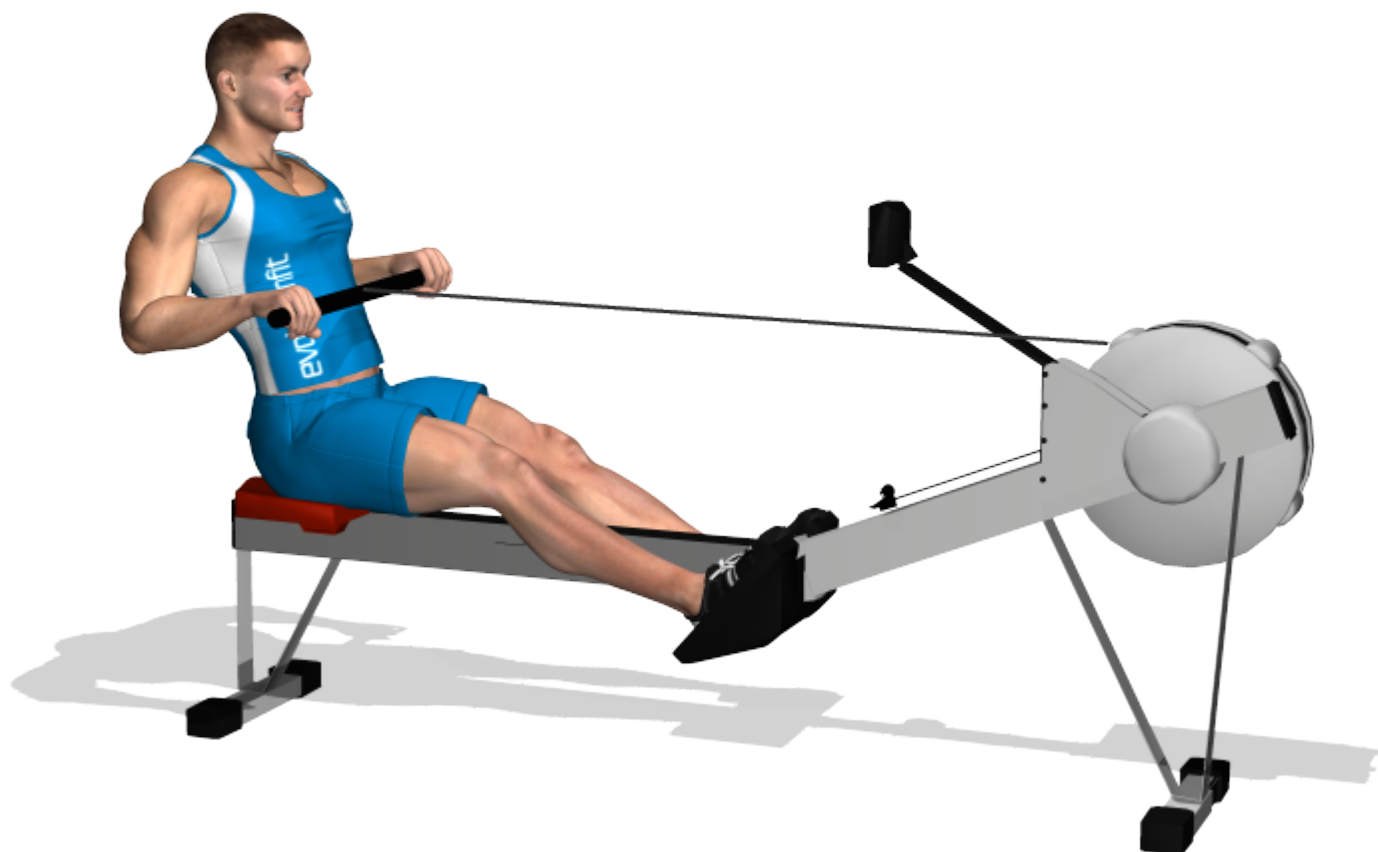
MINUTI: 15



## VOGATORE

2 KM



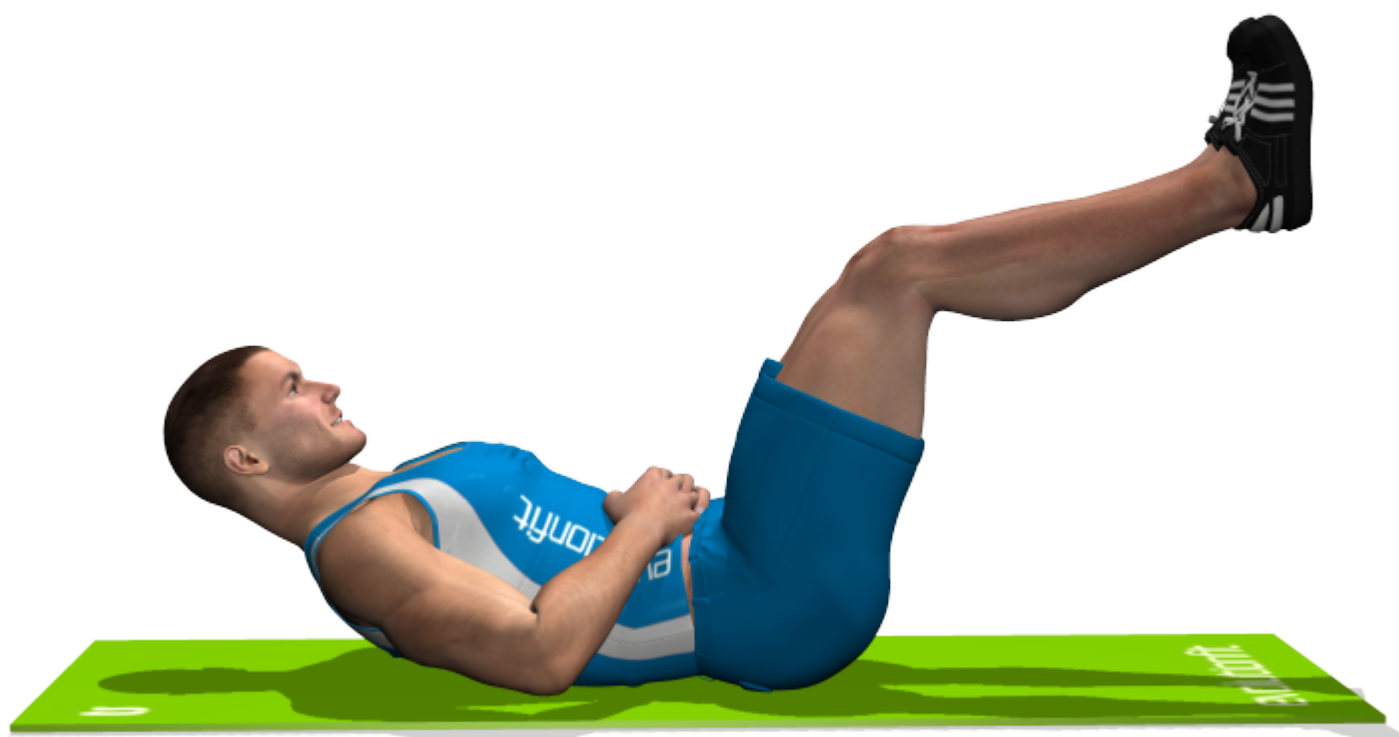


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## **OBLIQUI GAMBA PIEGATA**

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/OBLIQUI-GAMBA-PIEGATA.mp4>

## **ADDOMINALI ALLA PARALLELE**

SERIE: 4X16

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)  
p4

## DORSALI

## LAT MACHINE AVANTI

SERIE: 4X14

REST: 60 SECONDI



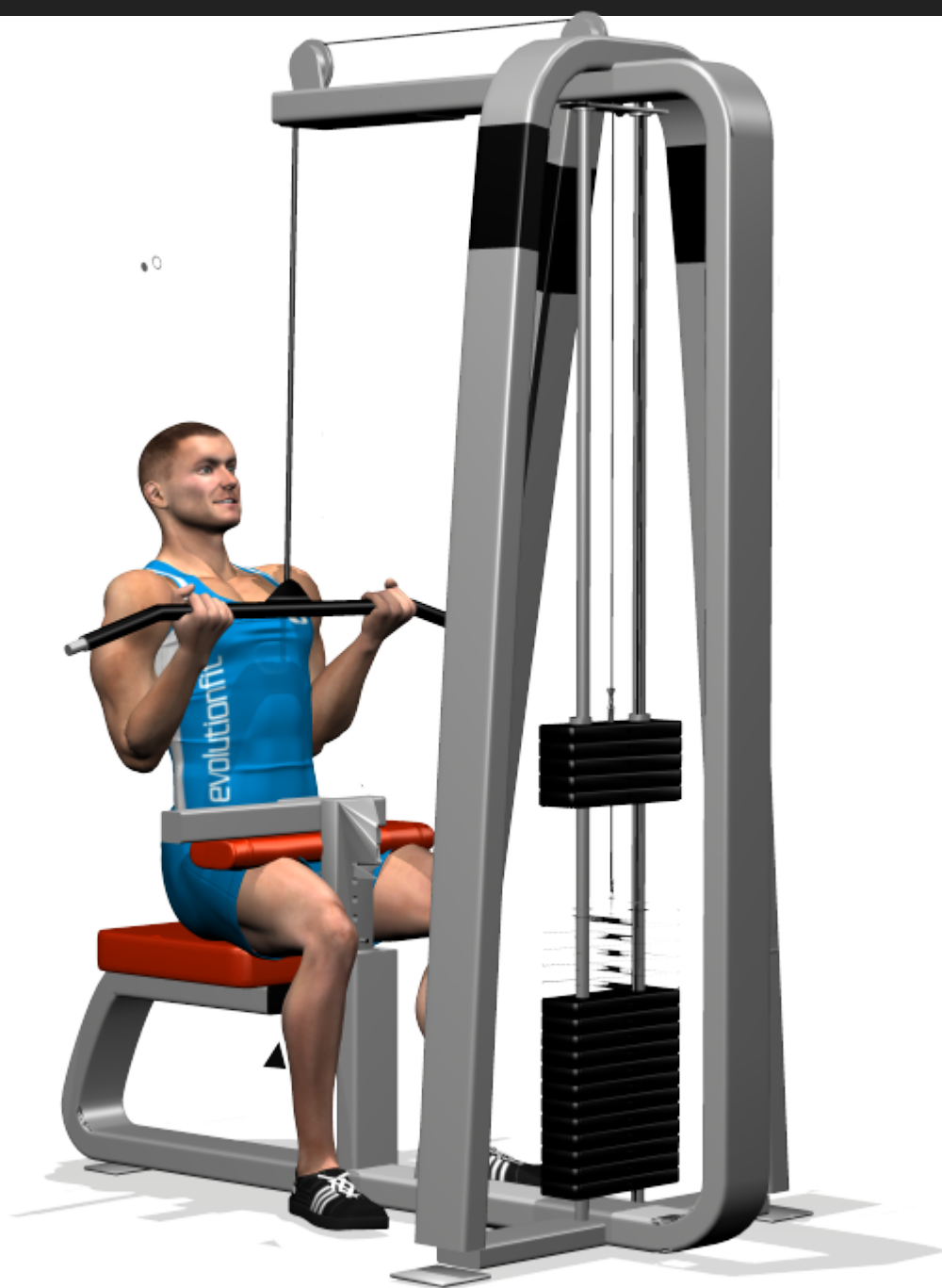


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

## **LAT MACHINE INVERSA**

SERIE: 3x16

REST: 60 SECONDI



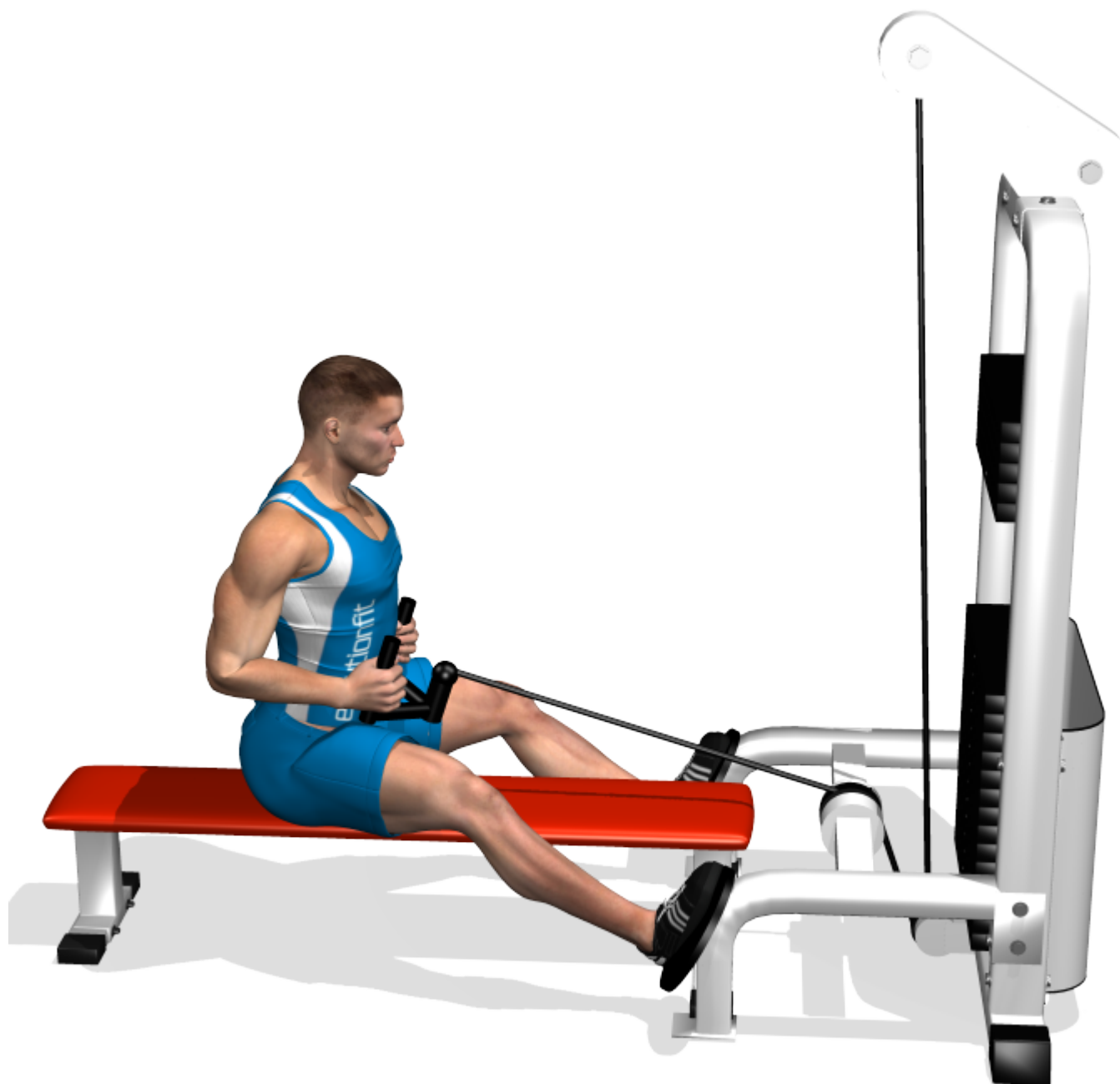


## PULLEY ROW

SERIE: 4X12

REST: 60 SECONDI





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

## **PULL OVER CON MANUBRIO**

SERIE: 2X20

REST: 60 SECONDI





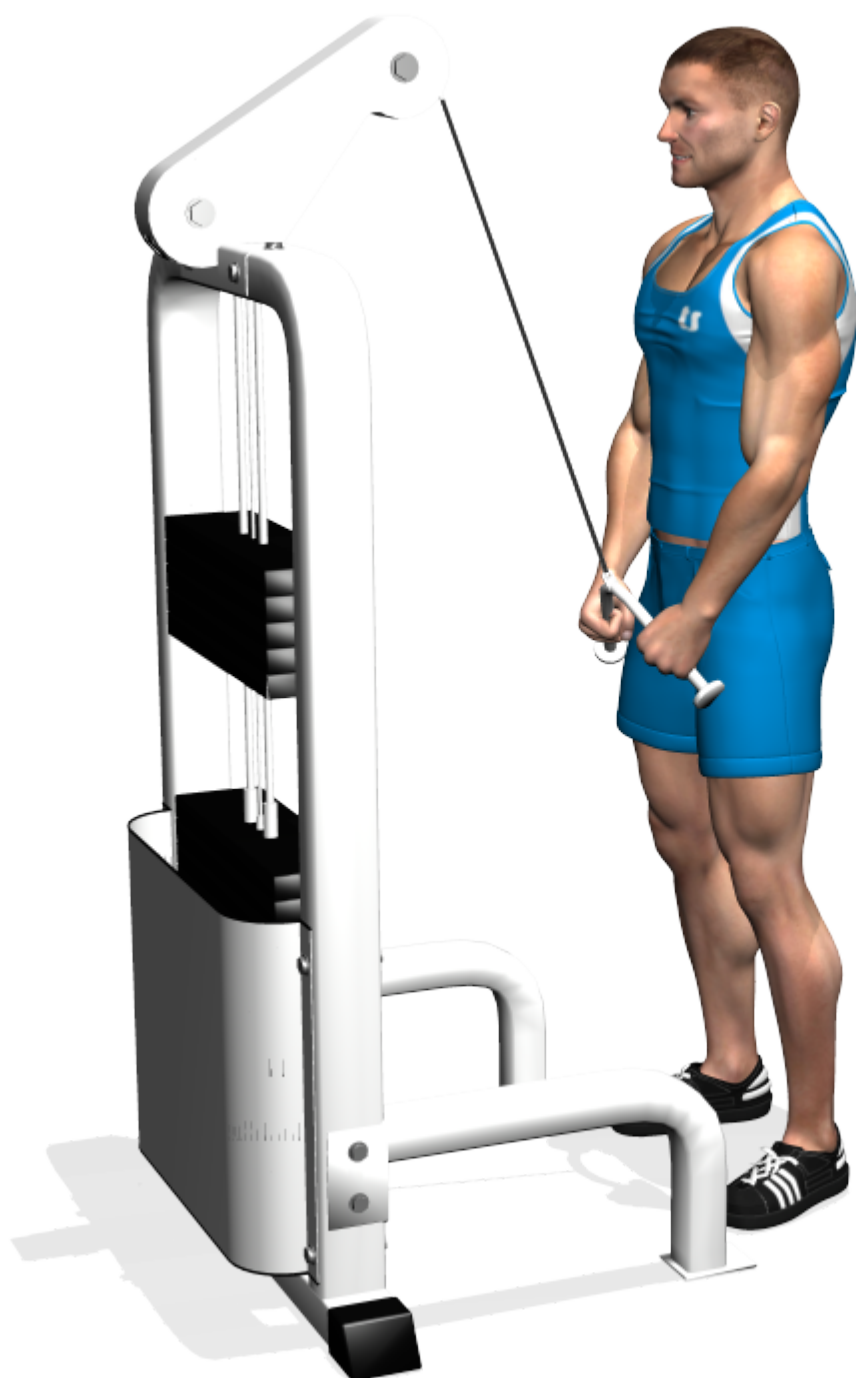
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-OVER-BILANCIERE.mp4>

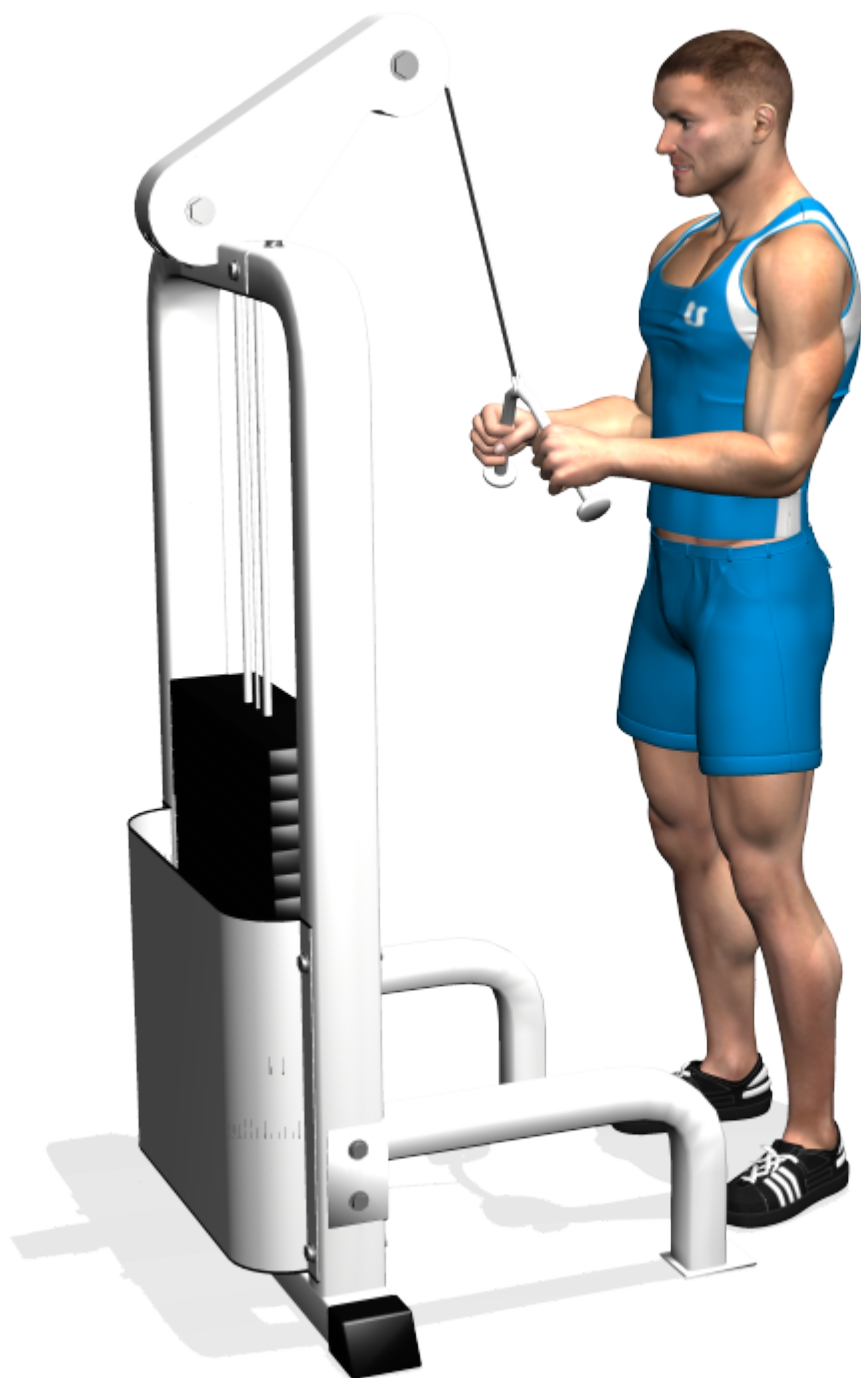
## TRICIPITI

## PULLEY ALTO

SERIE: 3X16

REST: 60 SECONDI





## **KICK BACK SEDUTO UN MANUBRIO**

SERIE: 3X12

REST: 60 SECONDI





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

## **FRENCH PRESS MANUBRI**

SERIE: 3X14

REST: 60 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

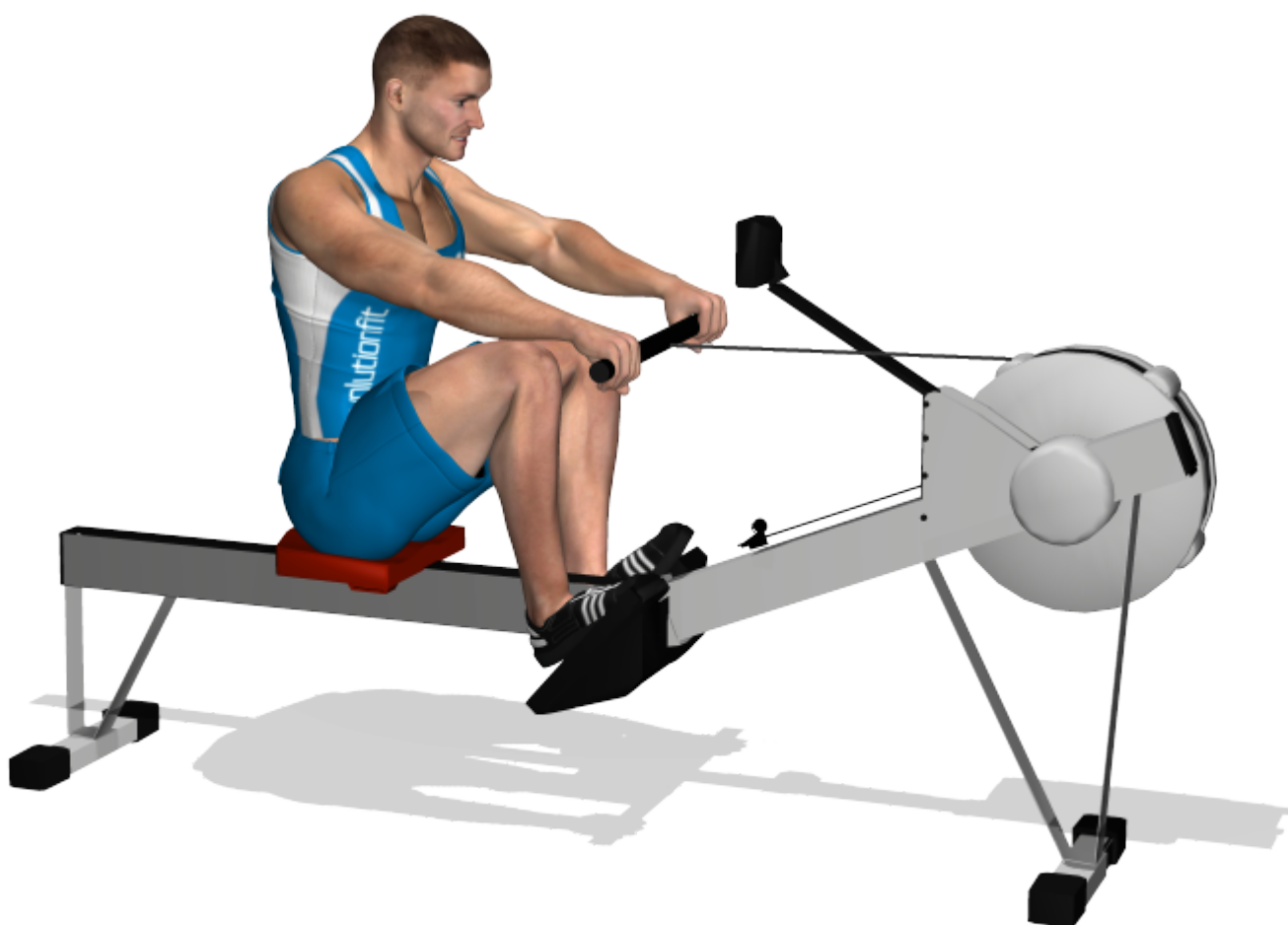
## CORSA SU TAPPETO

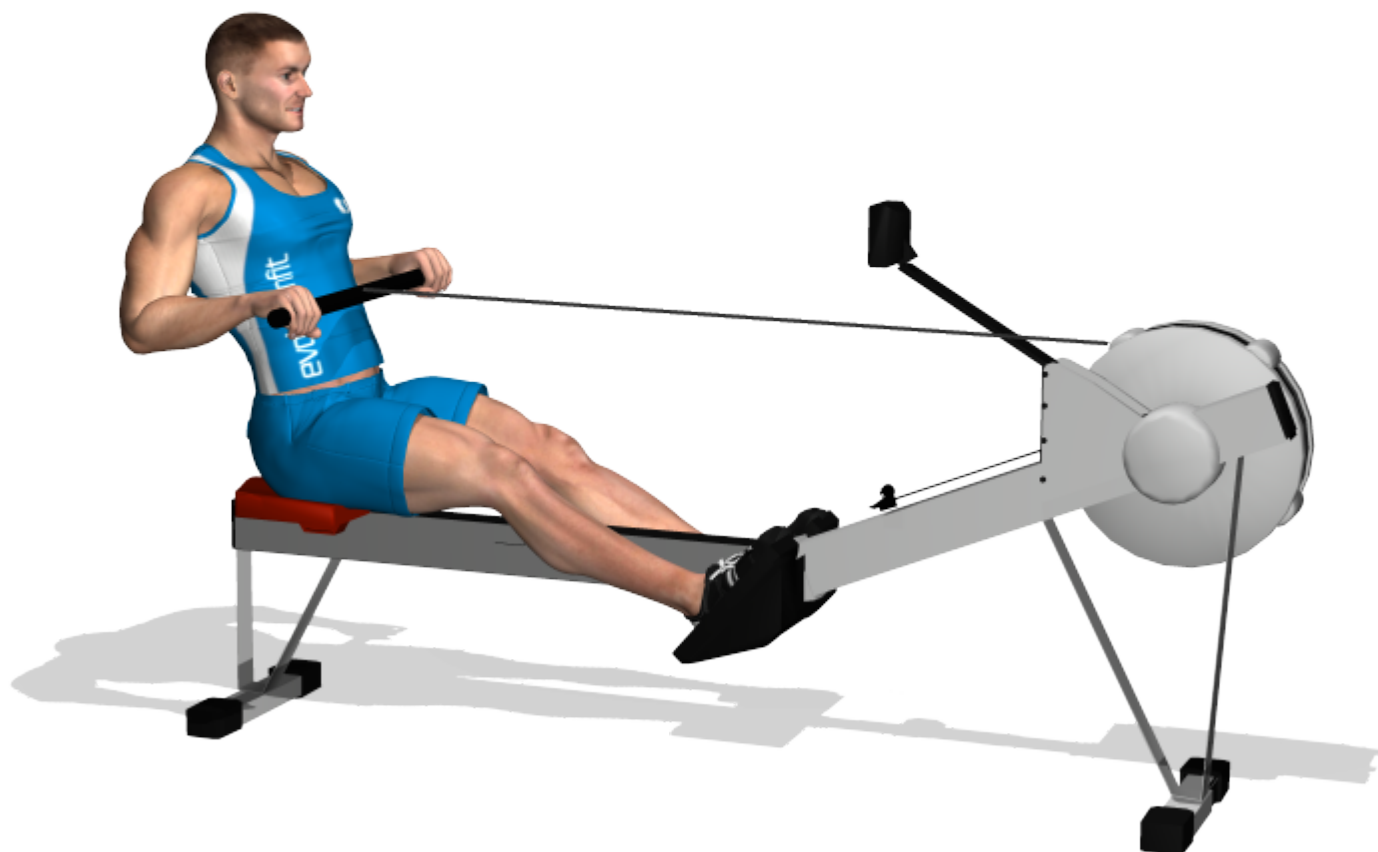
MINUTI: 15



## VOGATORE

2 KM



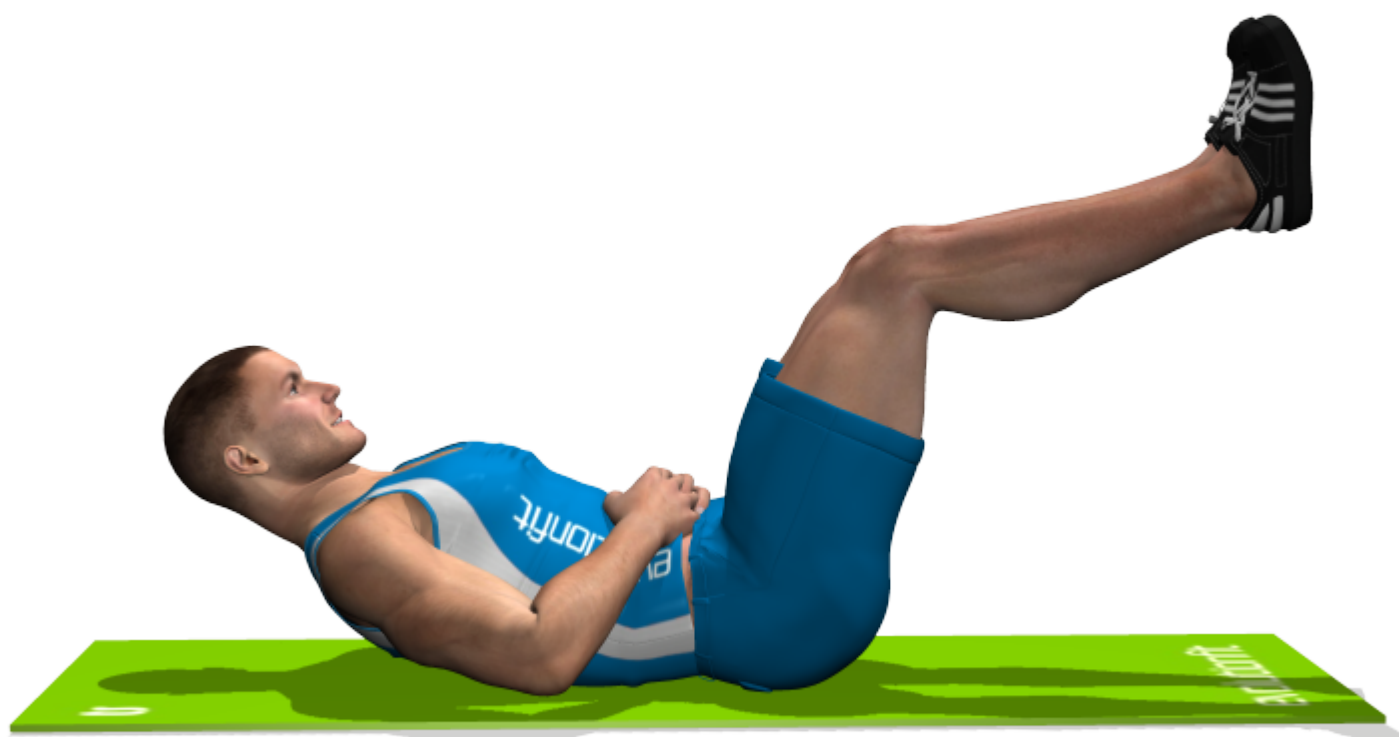


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## **OBLIQUI GAMBA PIEGATA**

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/OBLIQUI-GAMBA-PIEGATA.mp4>

## **ADDOMINALI ALLA PARALLELE**

SERIE: 4X16

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)  
p4

## SPALLE

## ALZATE LATERALI SEDUTO

SERIE: 3x14

REST: 60 SECONDI





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

## **SPINTE SEDUTO MANUBRI**

SERIE: 3x16

REST: 60 SECONDI





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

## **CROCI INVERSE PANCA INCLINATA**

SERIE: 3X12

REST: 60 SECONDI





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

## GAMBE

## LEG PRESS ORIZZONTALE

SERIE: 3X14

REST: 60 SECONDI





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

## **AFFONDI SAGITTALI MANUBRI**

SERIE: 3x12/10

REST: 60 SECONDI





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

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## LEG EXTENSION

SERIE: 3X16

REST: 60 SECONDI



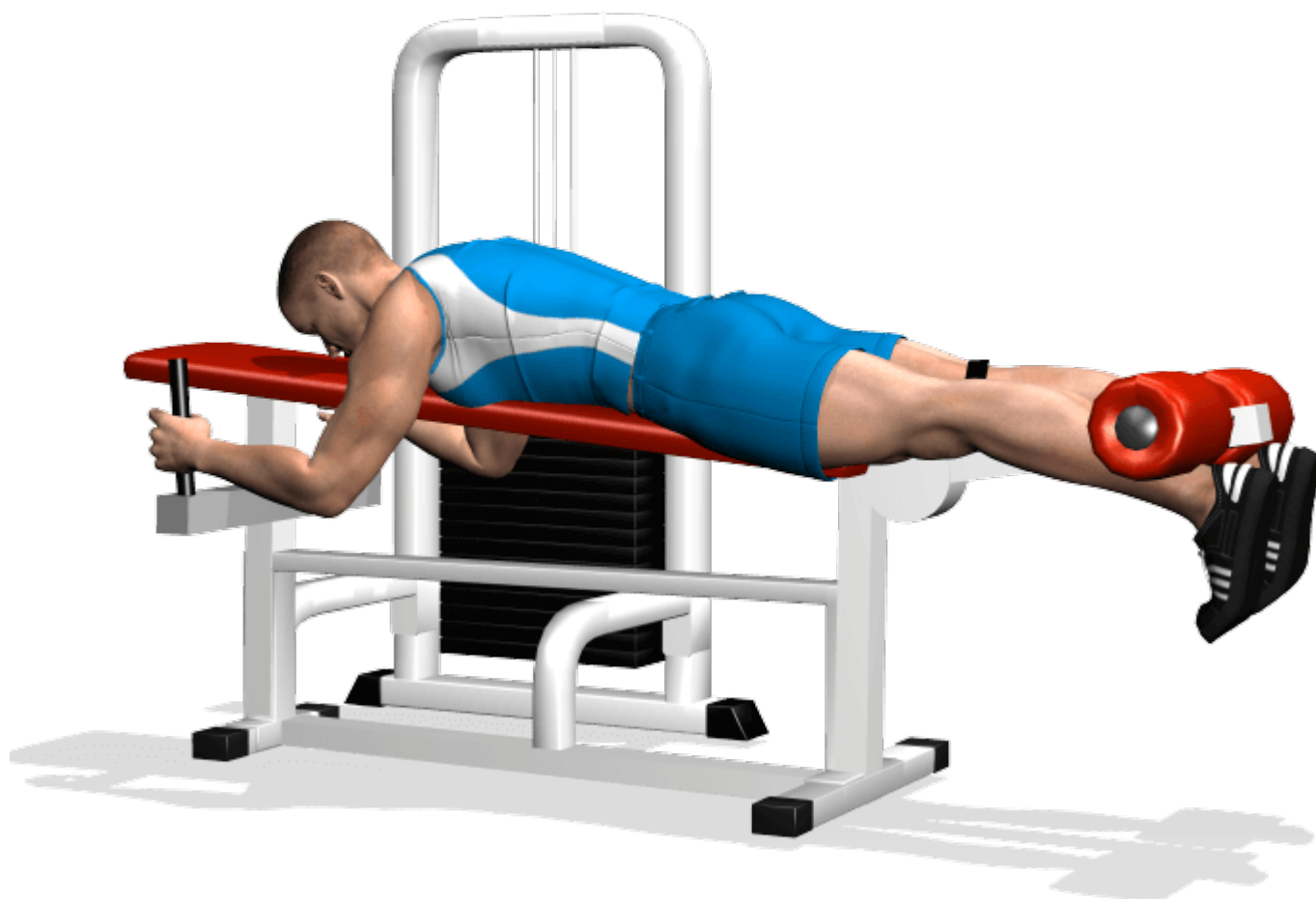


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

## LEG CURL SEDUTO

SERIE: 3x16

REST: 60 SECONDI





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

## **ADDUCTOR MACHINE**

SERIE: 3x20 SUPERSERIE CON ABDUCTOR MACHINE

REST: 60 SECONDI





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

## ABDUCTOR MACHINE

SERIE: 3x20 SUPERSERIE CON ADDUCTOR MACHINE

REST: 60 SECONDI





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

