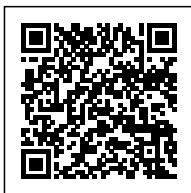


SCHEDA ALLENAMENTO ALESSIA COSTA DONNA 01



SCHEDA DI ALLENAMENTO ALESSIA COSTA

SCHEDA 1 - INIZIO 14 NOVEMBRE - SCADENZA 6 SETTIMANE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

CORSA SU TAPPETO

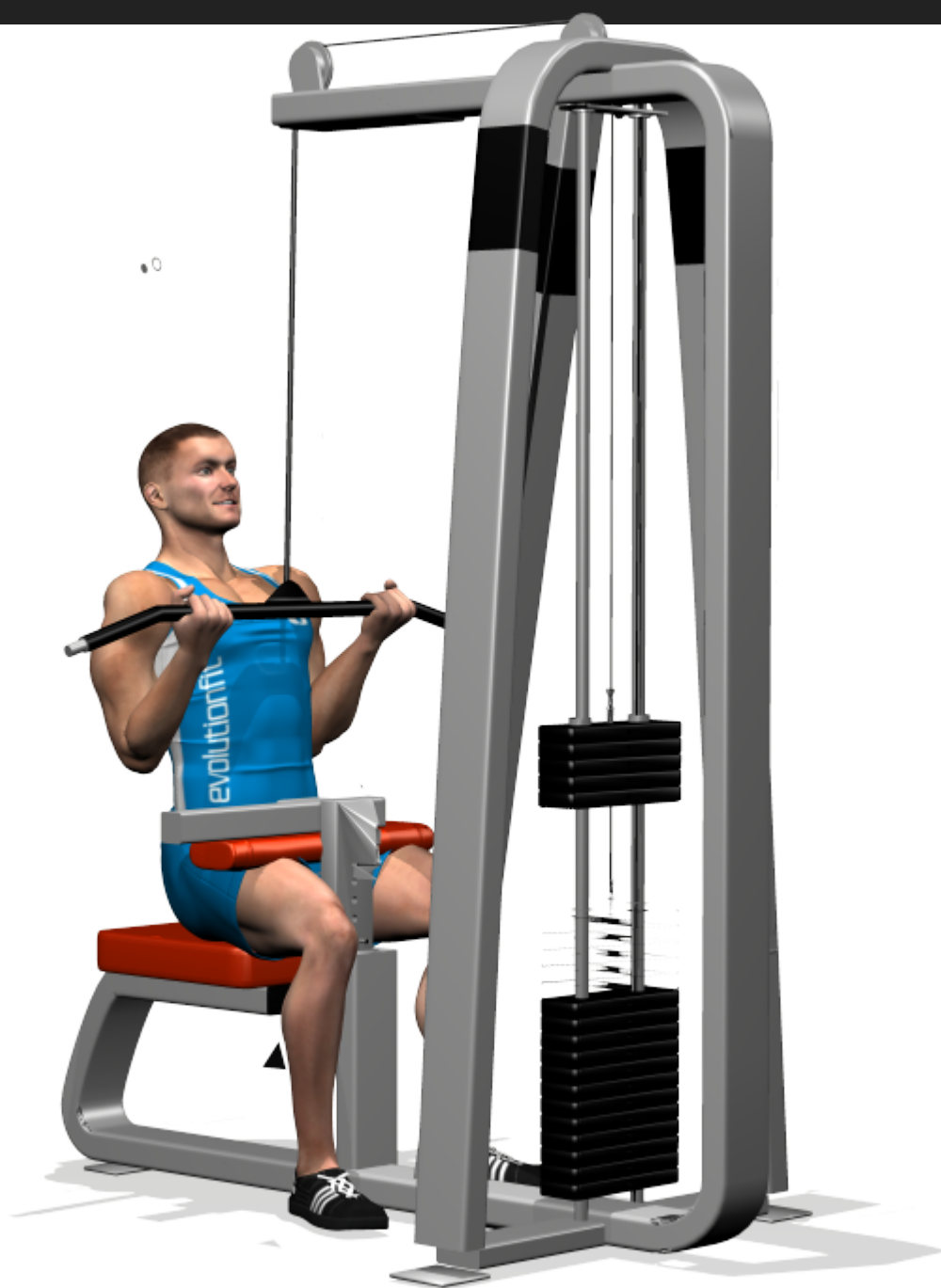
MINUTI: 20



LAT MACHINE INVERSA

SERIE: 2x20

REST: 60 SECONDI





GOBLET SQUAT

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

CHEST INCLINE

SERIE: 2x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CHEST-INCLINE.mp4>

ABDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

SERIE: 2x20

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI



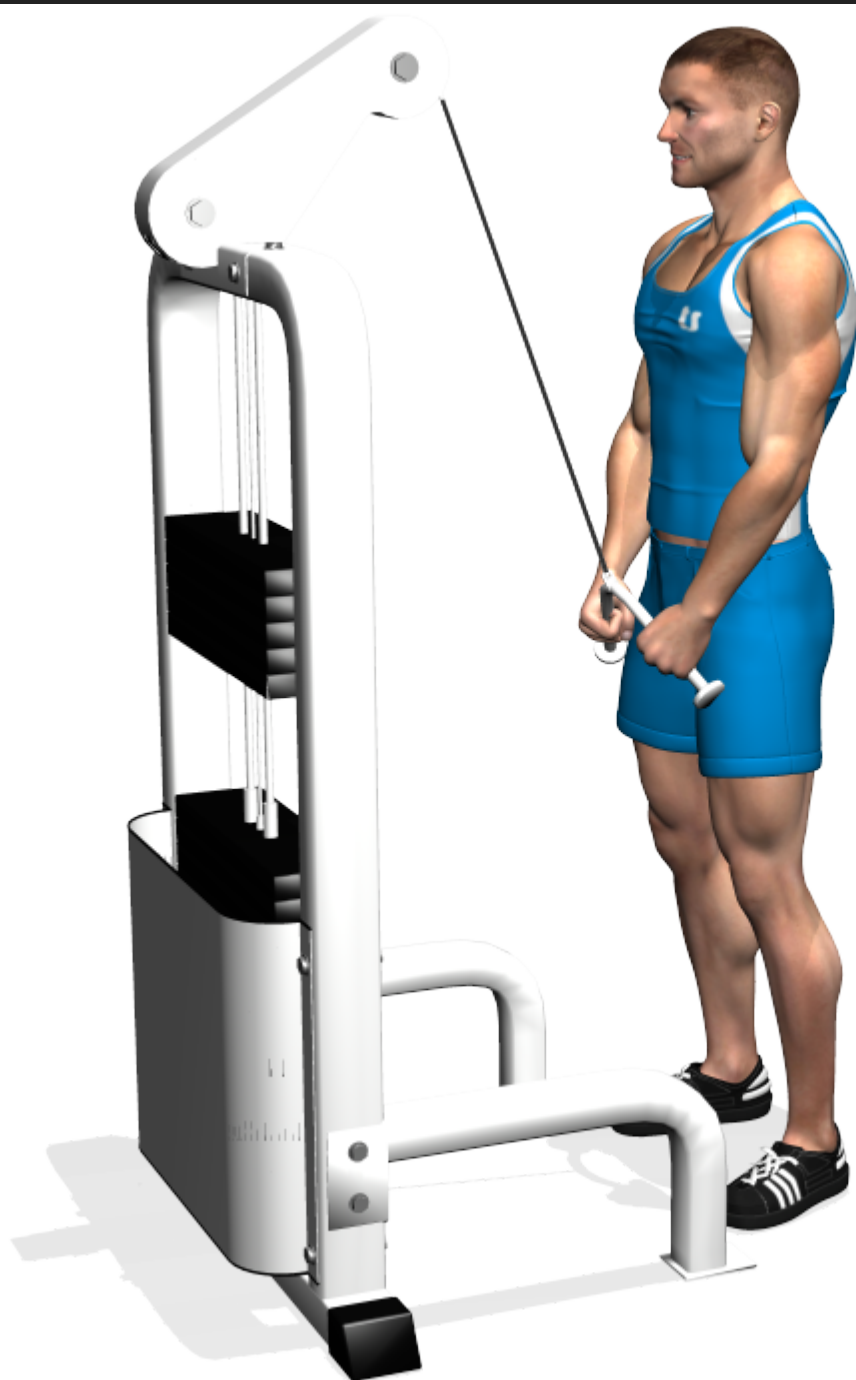


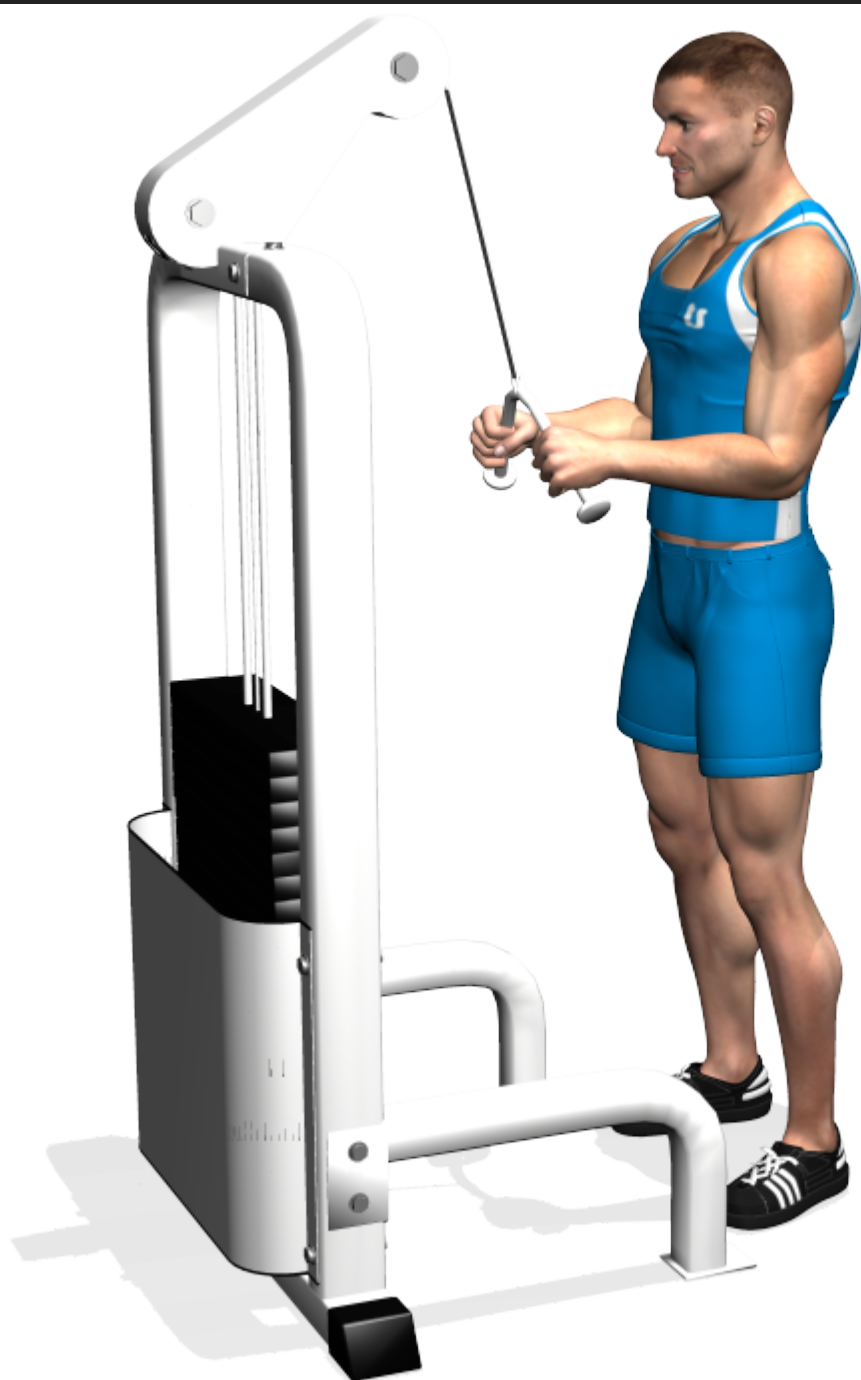
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PULLEY ALTO

SERIE: 2x20

REST: 60 SECONDI





GLUTEI AI CAVI

SERIE: 3x20

REST: 60 SECONDI



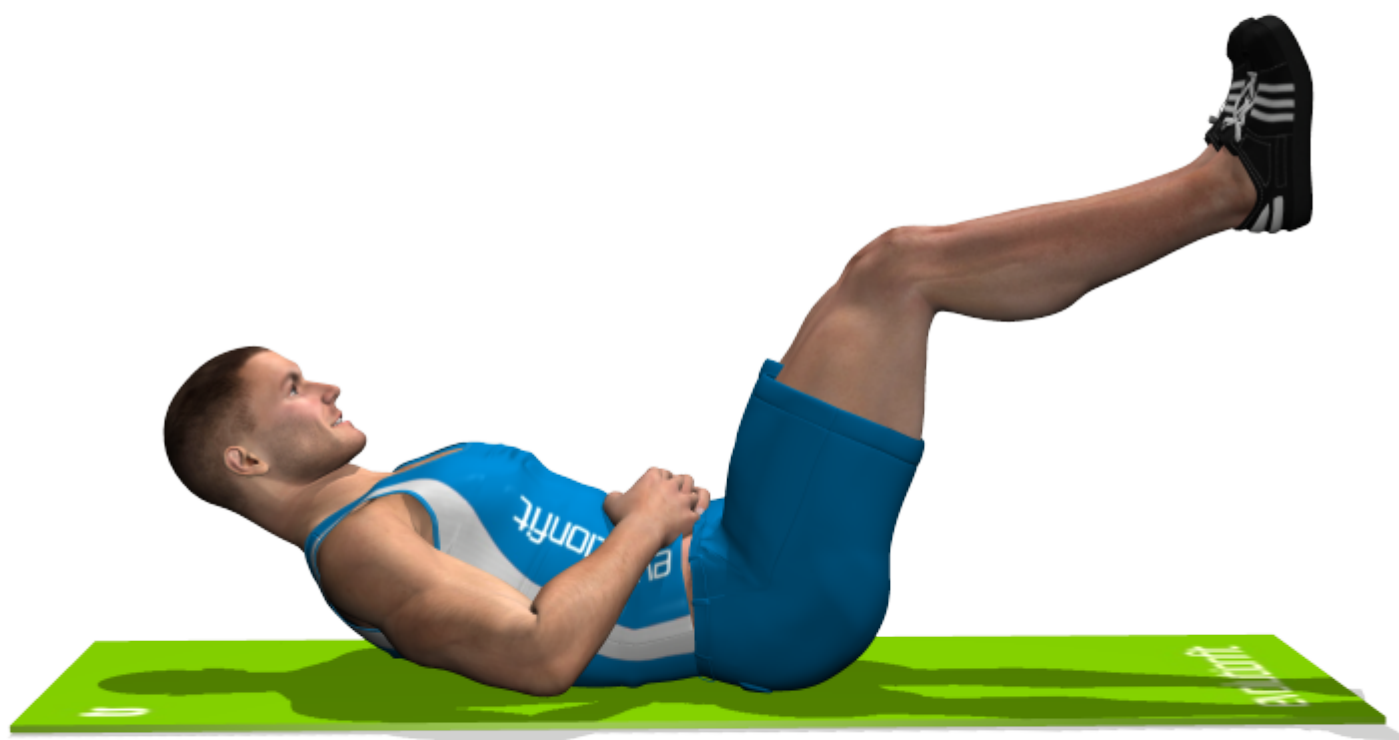


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3x15

REST: 60 SECONDI





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

CORSA SU TAPPETO

MINUTI: 10



GIORNO 2

CORSA SU TAPPETO

MINUTI: 20



VERTICAL TRACTION

SERIE: 2x20

REST: 60 SECONDI



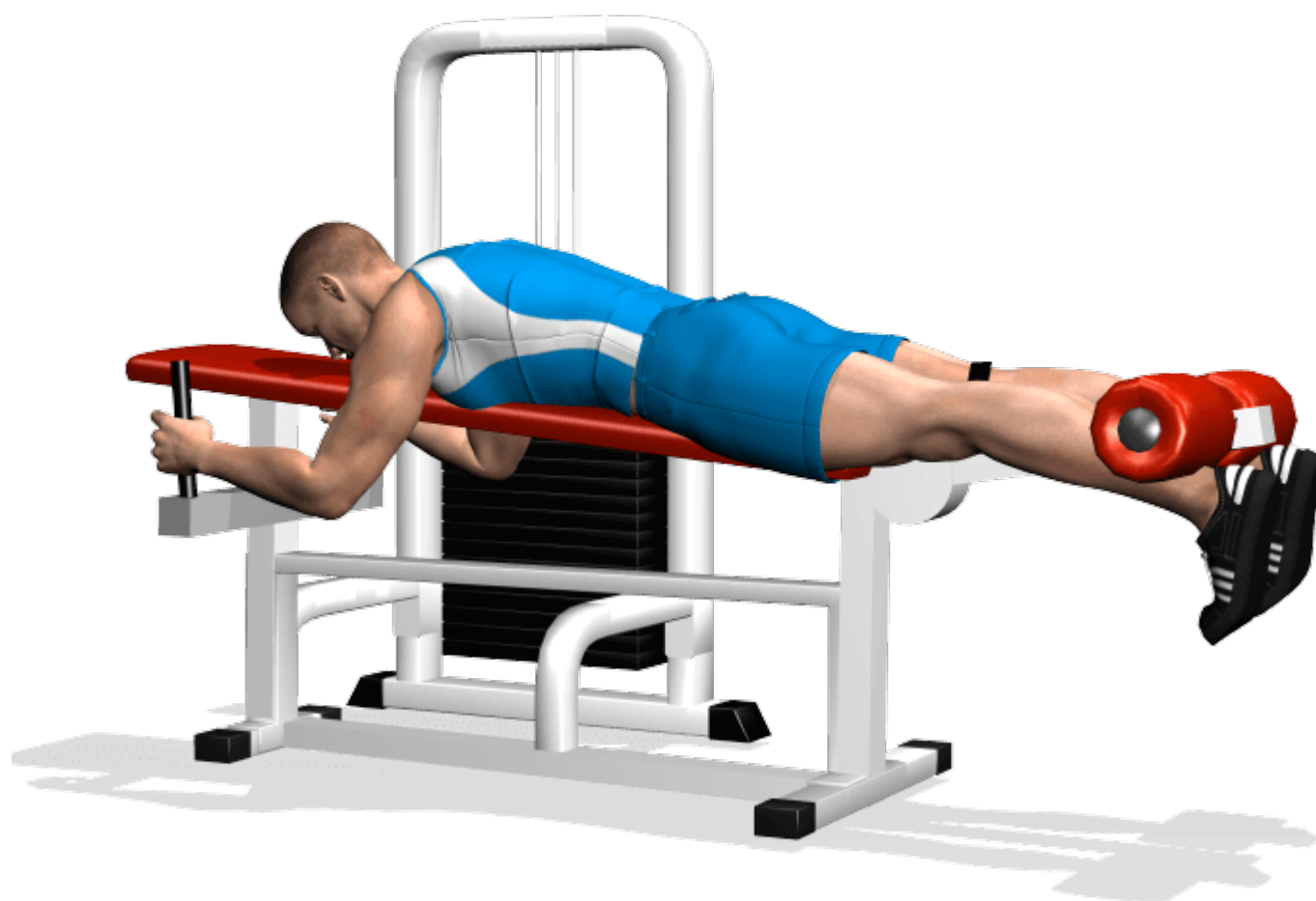


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

LEG CURL SEDUTA

SERIE: 2x20

REST: 60 SECONDI





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

SPINTE MANUBRI PANCA PIANA

SERIE: 2x20

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

ALZATE LATERALI

SERIE: 2x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ALZATE-LATERALI.mp4>

ADDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

FRENCH PRESS MANUBRI

SERIE: 2x20

REST: 60 SECONDI





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

GLUTEI AI CAVI

SERIE: 3x20

REST: 60 SECONDI



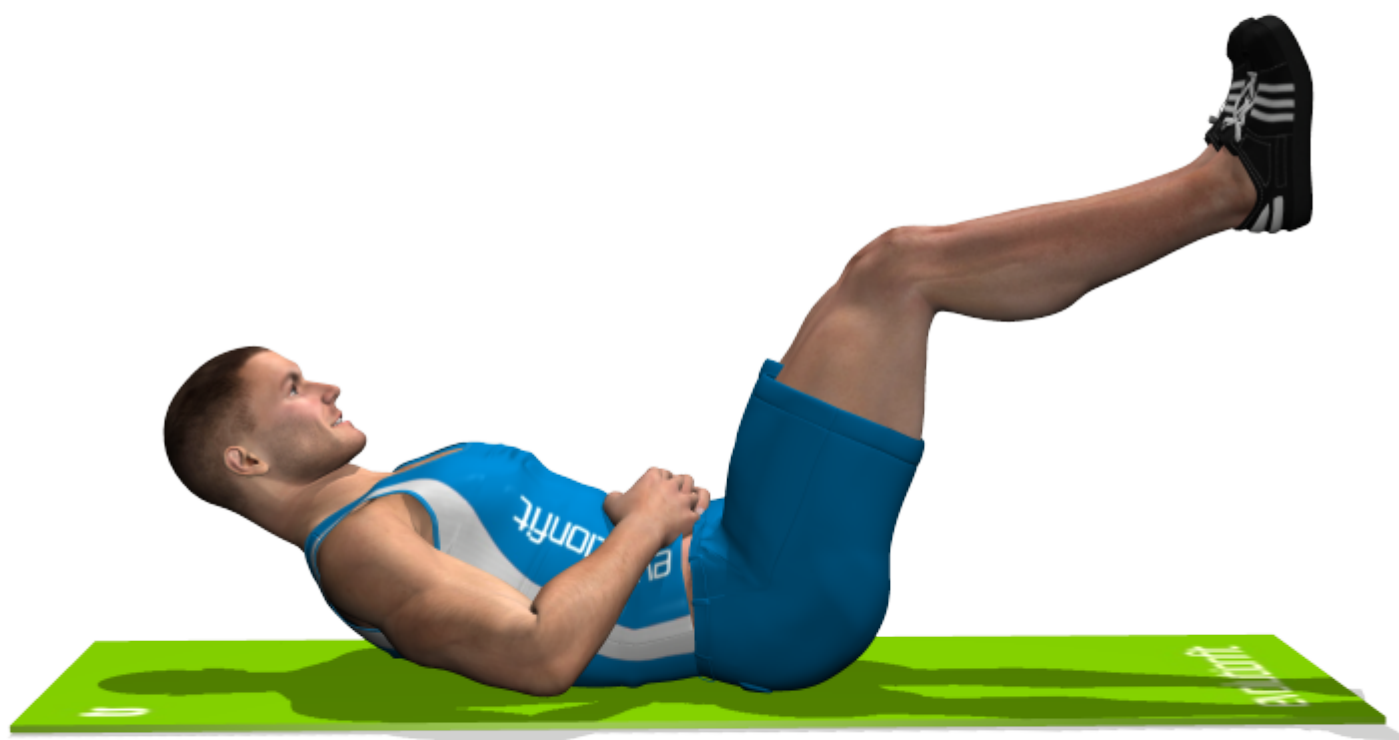


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

CORSA SU TAPPETO

MINUTI: 10



