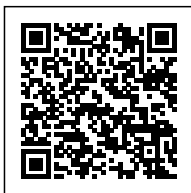


SCHEDA ALLENAMENTO ALEXIA ARONICA DONNA 07



SCHEDA DI ALLENAMENTO ALEXIA ARONICA

SCHEDA 3 - INIZIO 7 FEBBRAIO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)
[RISCALDAMENTO](#)
[Clicca qui](#)

[- ADDOMINALI](#)
[Clicca qui](#)

[- GAMBE](#)
[Clicca qui](#)

[- PETTORALI](#)
[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- LOMBARI](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5-10



TAPIS ROULANT

MINUTI: 10 - CAMMINATA PENDENZA 7%



ADDOMINALI GIORNO 1

CRISS CROSS

SERIE: 3xMAX

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRISS-CROSS.mp4>

ADDOMINALI ALLA PARALLELE

SERIE: 3x25

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

GAMBE GIORNO 1

LEG EXTENSION

REPS: 10-8-6

REST: 60 SECONDI





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

SQUAT

REPS: 10-8-6

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 10-8-6

REST: 60 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3X10

REST: 60 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

REPS: 10-8-6

REST: 60 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

REPS: 10-8-6

REST: 60 SECONDI





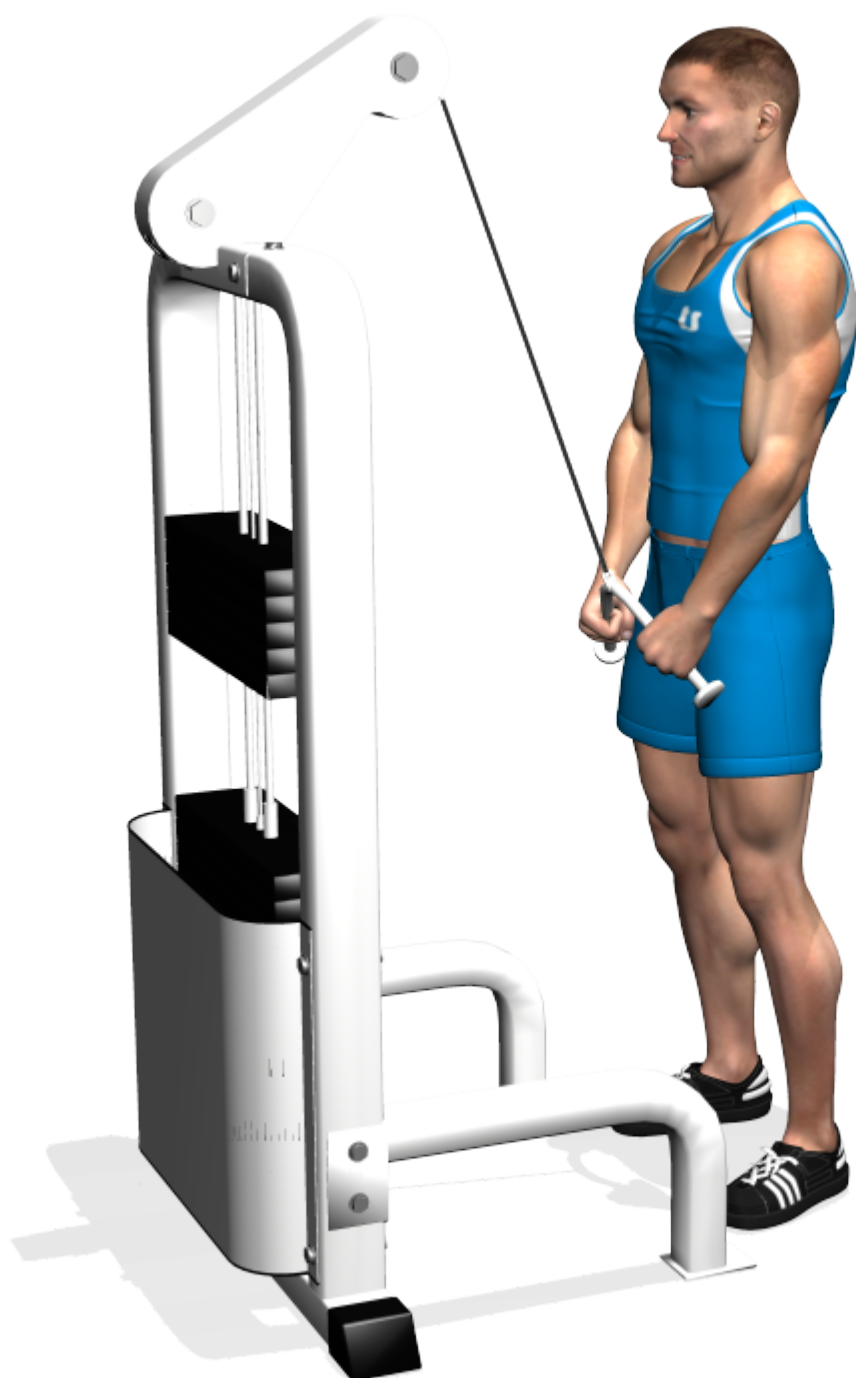
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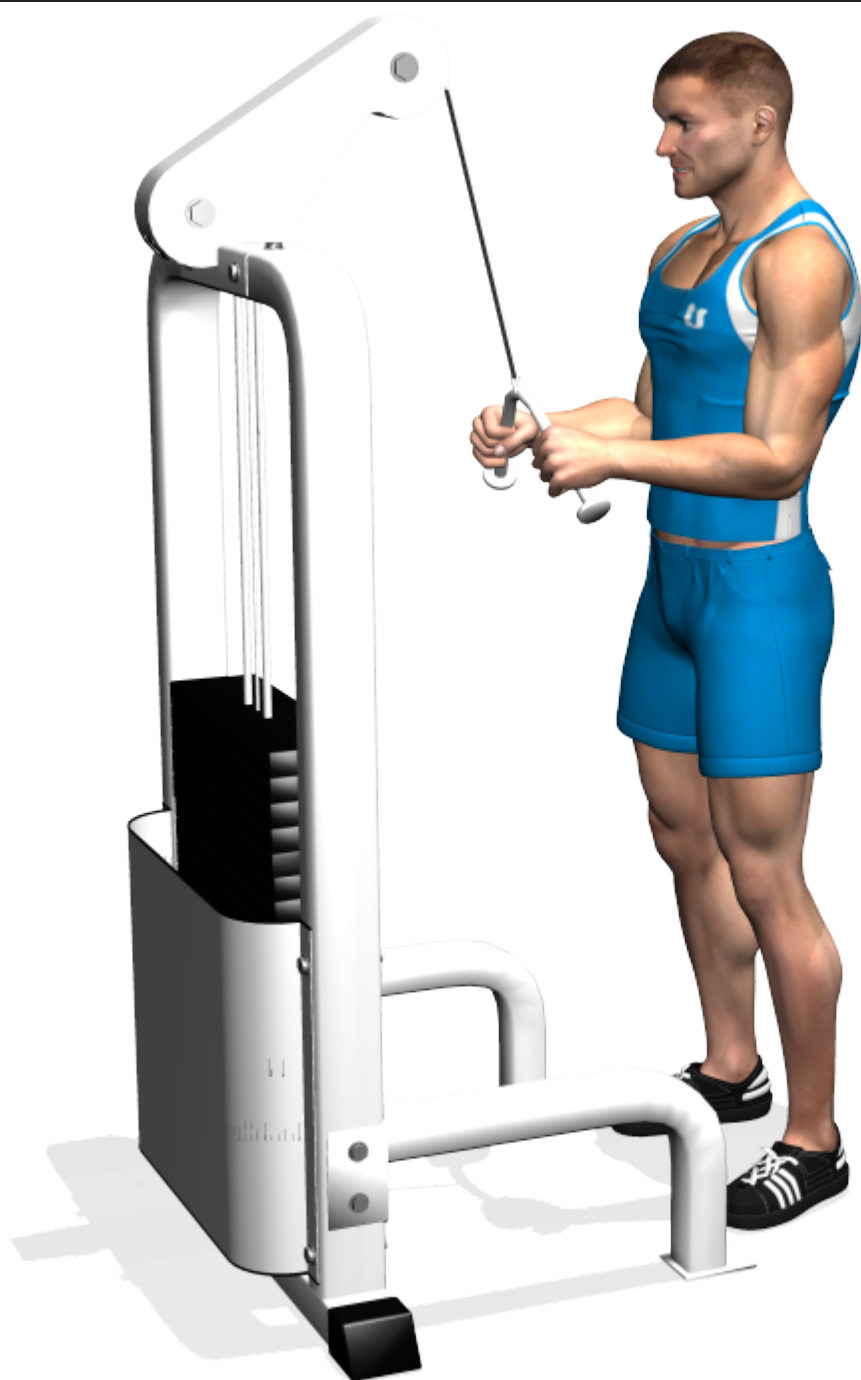
TRICIPITI

PULLEY ALTO

REPS: 10-8-6

REST: 60 SECONDI





FRENCH PRESS SEDUTO

SERIE: 3x10

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5-10



TAPIS ROULANT

MINUTI: 10 - CAMMINATA PENDENZA 7%

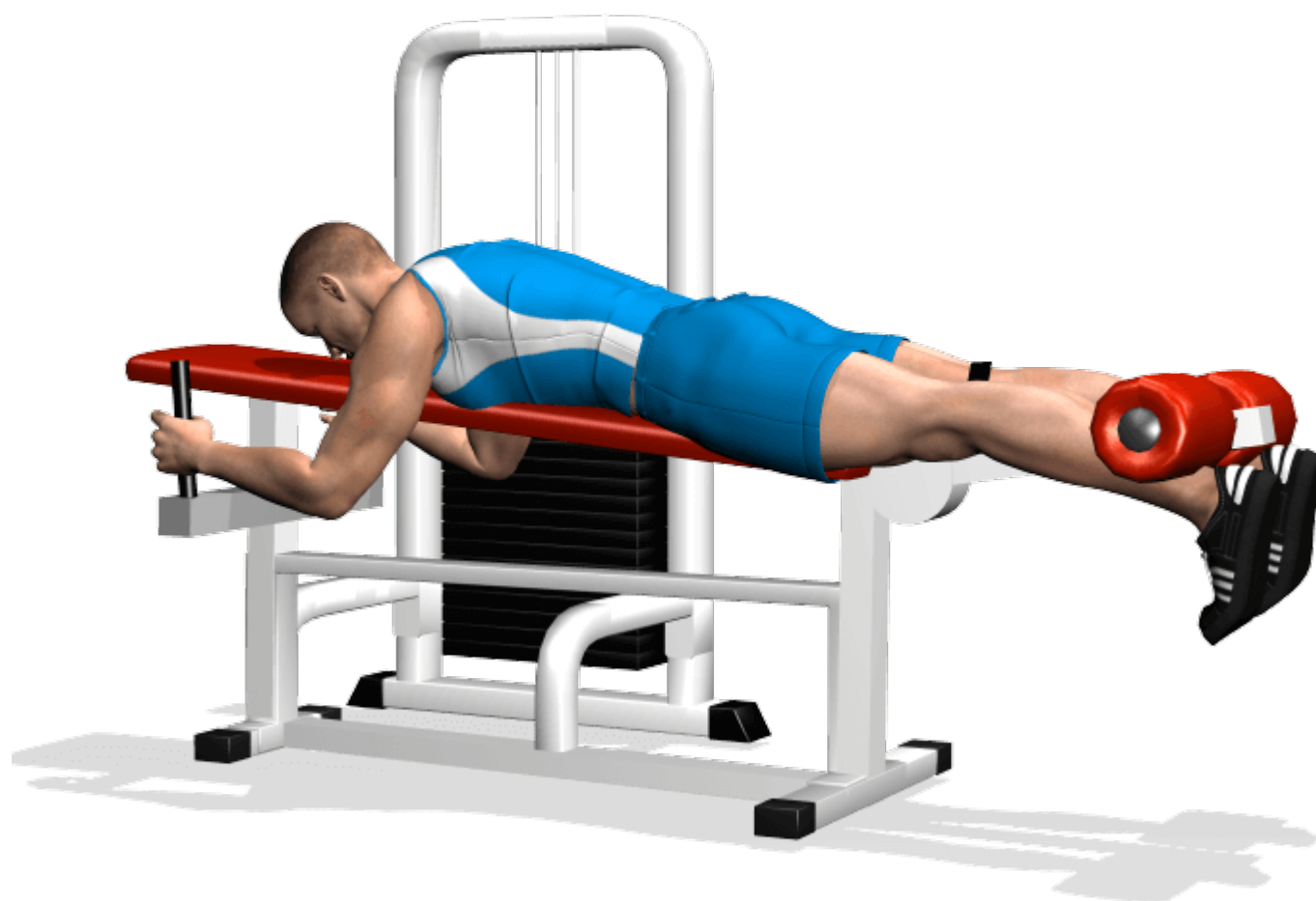


GAMBE GIORNO 2

LEG CURL

REPS: 10-8-6

REST: 60 SECONDI





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

MEZZI STACCHI

REPS: 10-8-6

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4>

ADDUCTOR MACHINE

REPS: 10-8-6

REST: 60 SECONDI





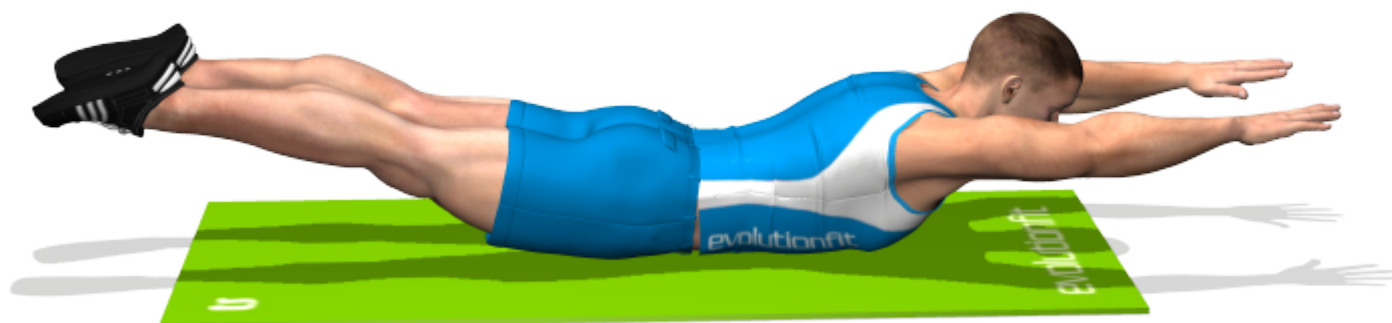
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

LOMBARI

LOMBARI

SERIE: 3X10

REST: 60 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

REPS: 10-8-6

REST: 60 SECONDI





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

ROWING TORSO

REPS: 10-8-6

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ROWING-TORSO.mp4>

ALZATE LATERALI

SERIE: 3x10

REST: 60 SECONDI





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

APERTURE DA PRONO

SERIE: 3x12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT A.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT-A.mp4)

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5-10



TAPIS ROULANT

MINUTI: 10 - CAMMINATA PENDENZA 7%



ADDOMINALI GIORNO 3

CRUNCH GAMBE IN ALTO

SERIE: 3X25

REST: 60 SECONDI



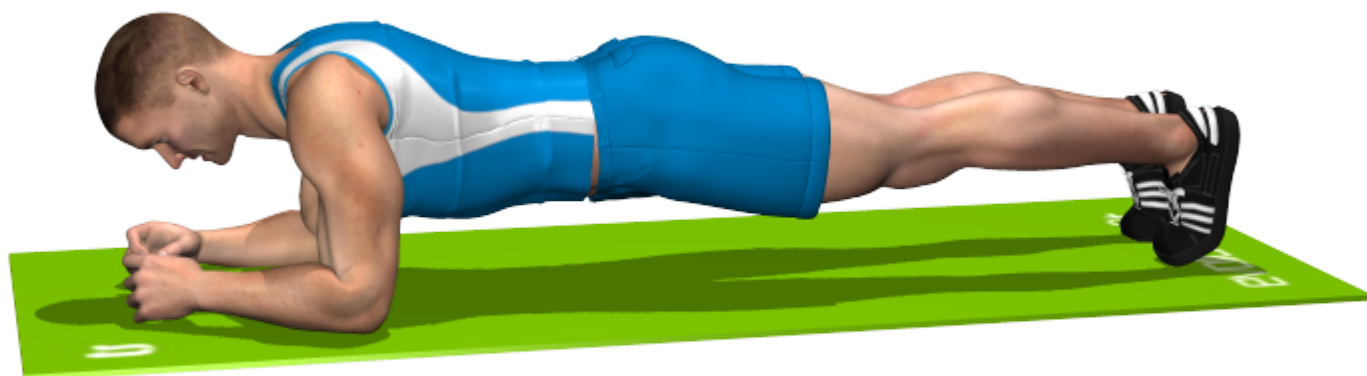


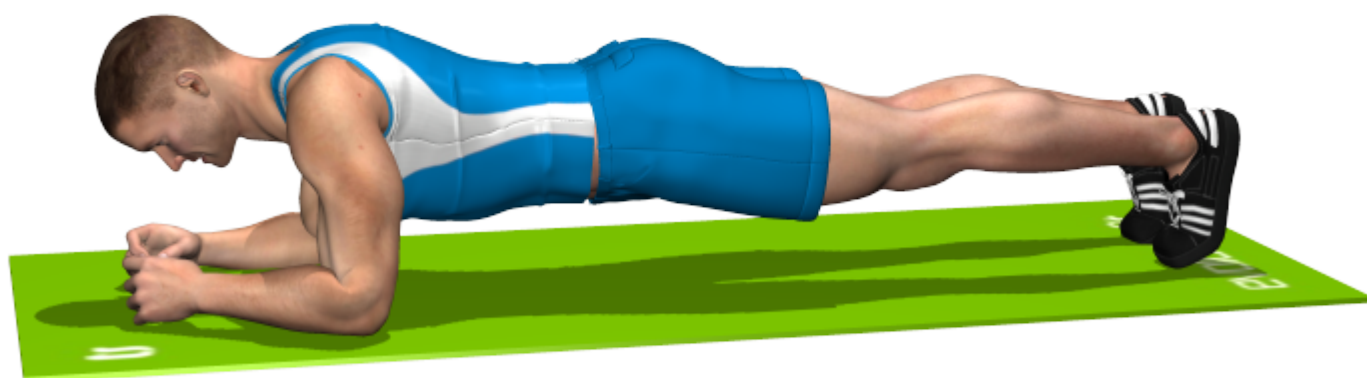
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

PLANK

SERIE: 3xMAX

REST: 60 SECONDI





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

GAMBE GIORNO 3

STANDING GLUTEUS

REPS: 10-8-6

REST: 60 SECONDI





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

ABDUCTOR MACHINE

REPS: 10-8-6

REST: 60 SECONDI





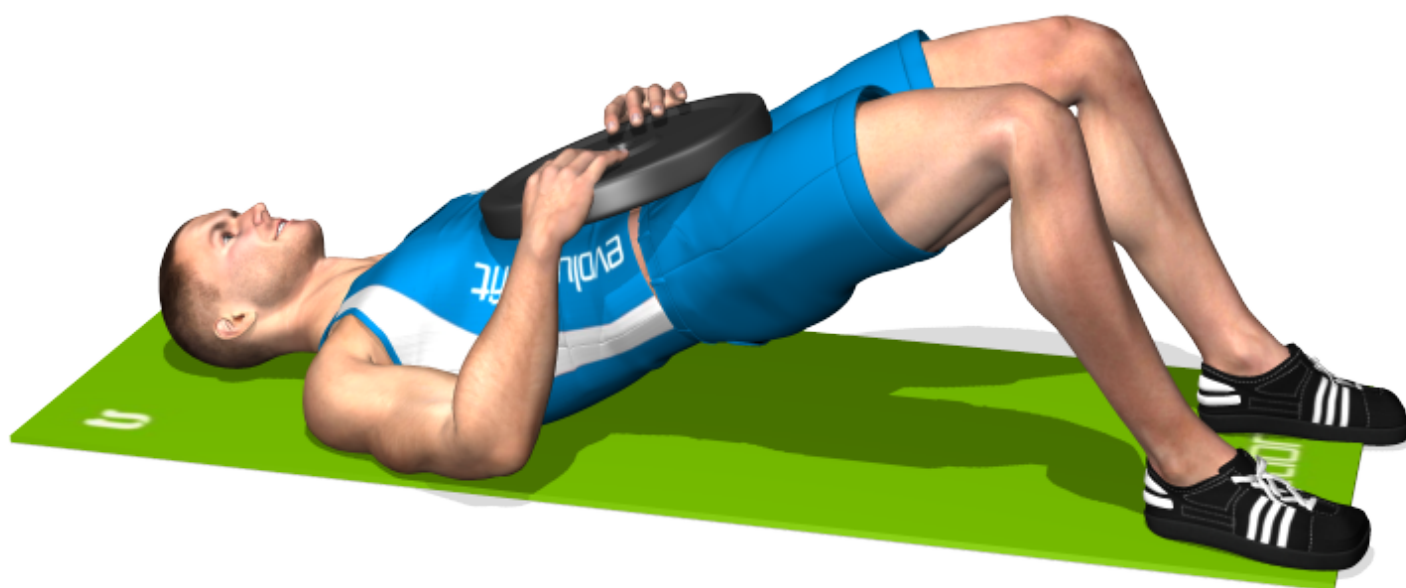
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4>

PONTE PER GLUTEI

SERIE: 3X10

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.mp4)

AFFONDI STATICI

SERIE: 3X12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4)

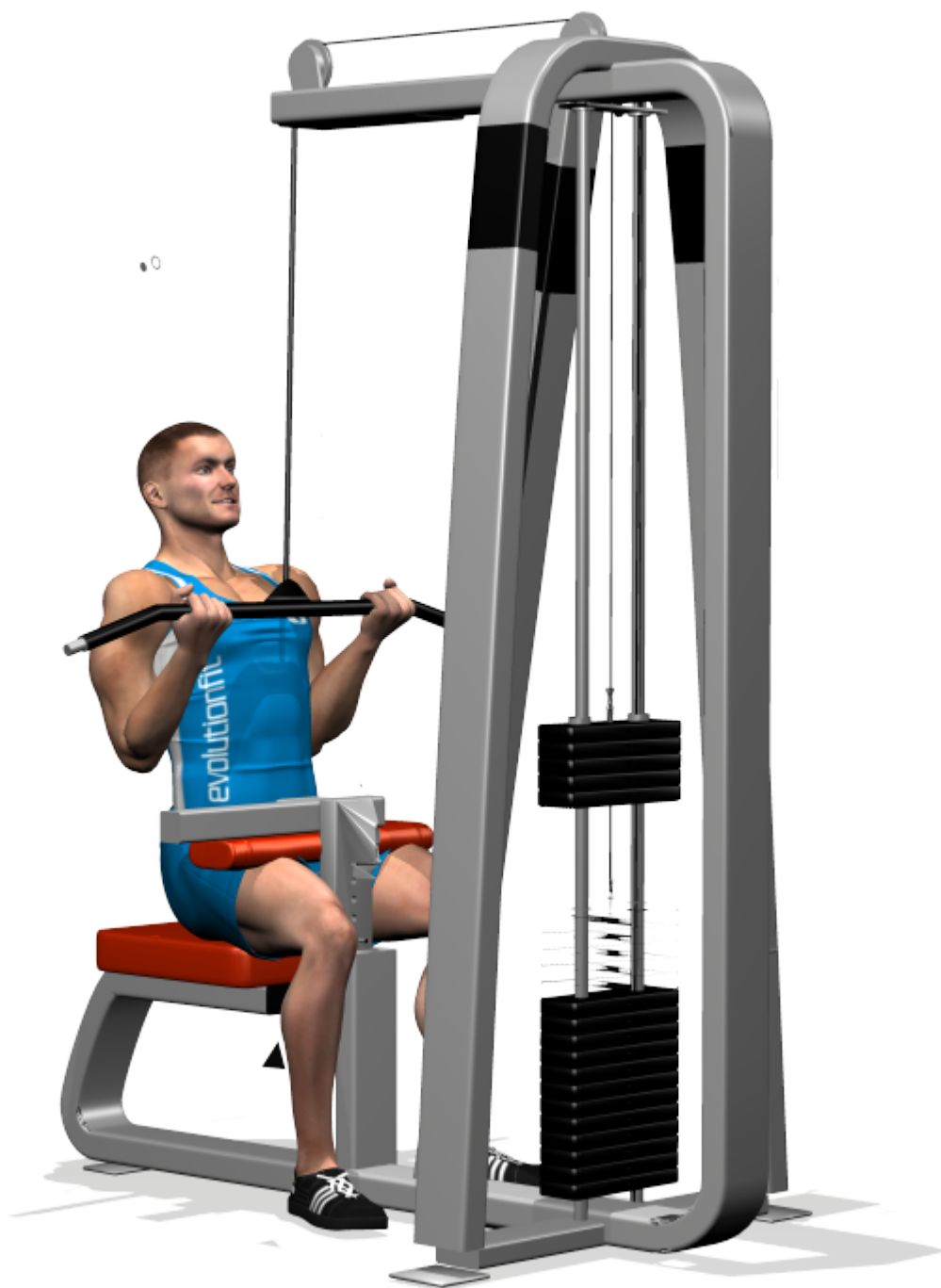
4

DORSALI

LAT MACHINE INVERSA

REPS: 10-8-6

REST: 60 SECONDI



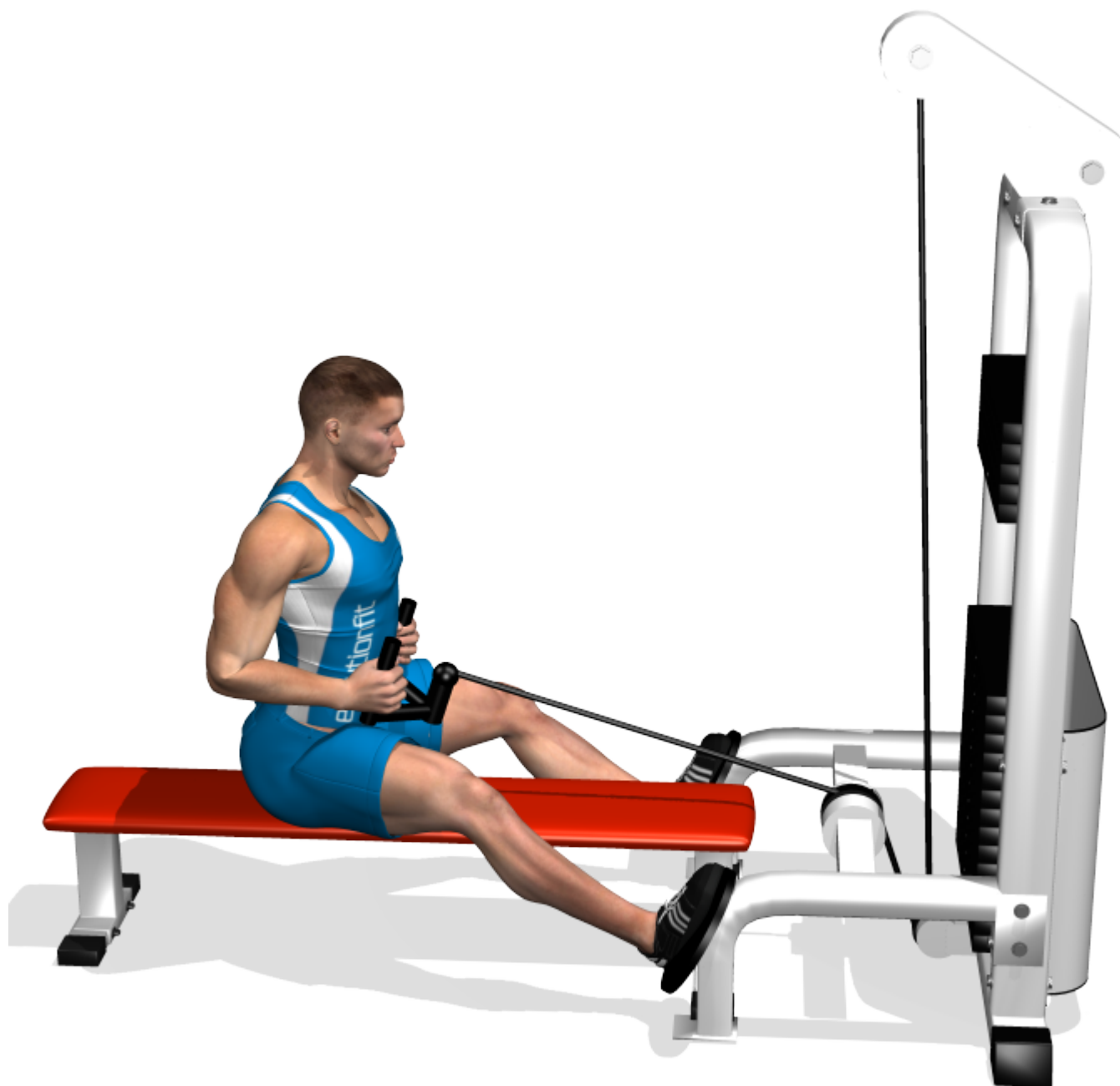


PULLEY ROW

REPS: 10-8-6

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI ALTERNATO

REPS: 10-8-6

REST: 60 SECONDI





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

CURL CAVO BASSO

SERIE: 3X10

REST: 60 SECONDI





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

