

SCHEDA ALLENAMENTO ANDREA 1



SCHEDA DI ALLENAMENTO ANDREA 1

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

ELLITTICA

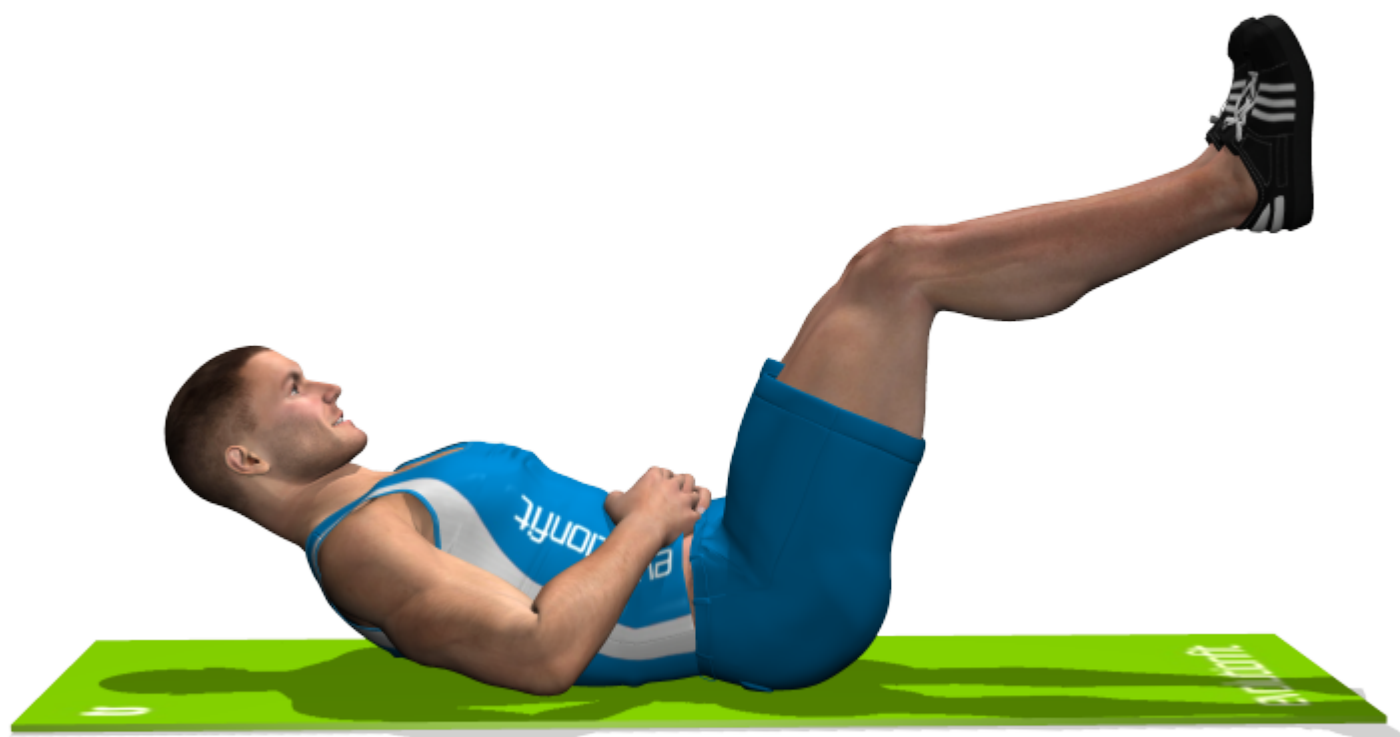
MINUTI: 5/10



REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI





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

SIT UP

SERIE: 3x25

REST: 90 SECONDI





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

LAT MACHINE AVANTI

REPS: 6-8-10-12

REST: 90 SECONDI





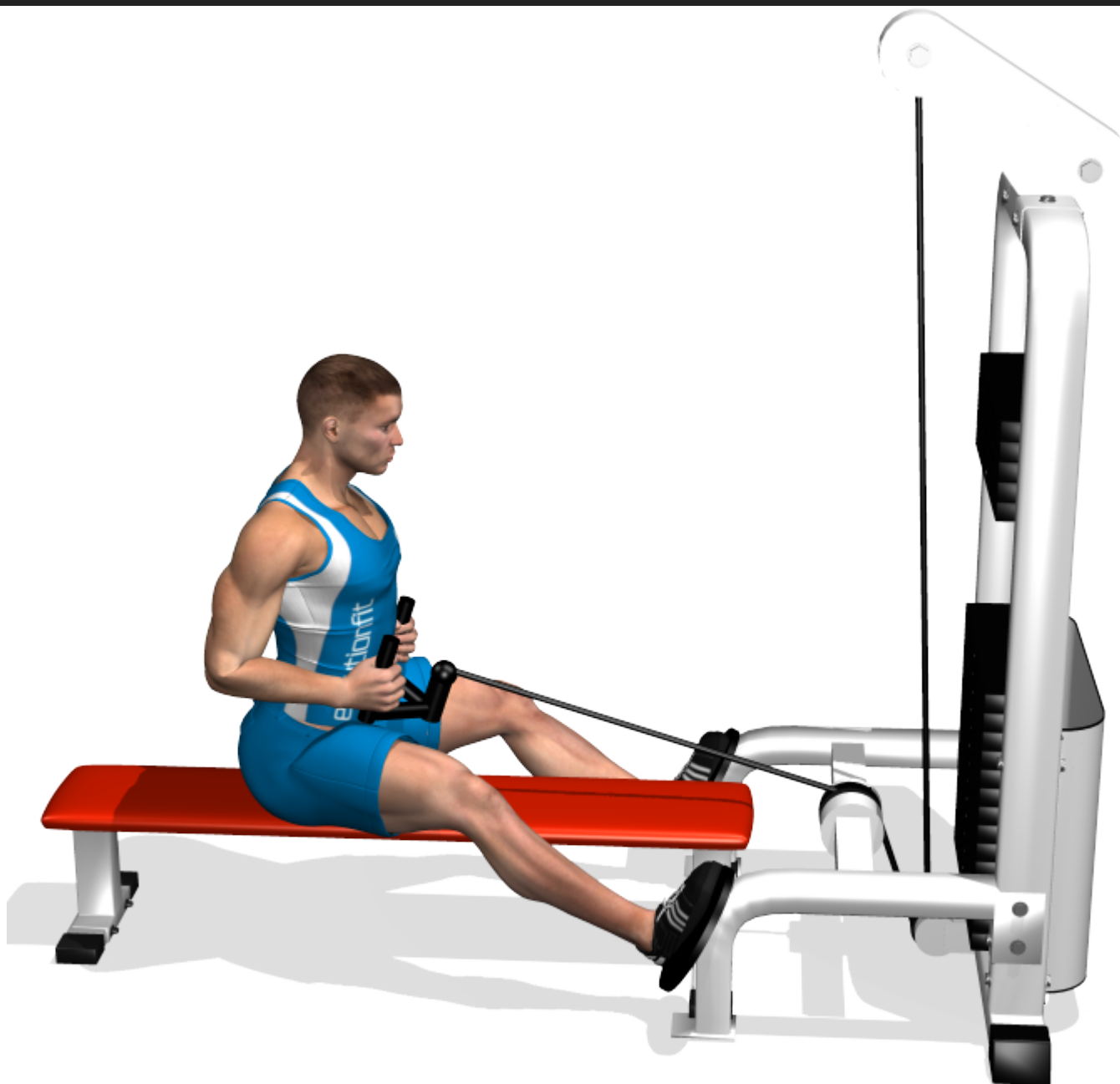
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

PULLEY BASSO

REPS: 6-8-10-12

REST: 90 SECONDI





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

ROWING TORSO GOMITI ALTI

REPS: 6-8-10-12

REST: 90 SECONDI





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

ARM CURL MACHINE

REPS: 6-8-10-12

REST: 90 SECONDI





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

CURL MANUBRI SCHIENA IN APPOGGIO

REPS: 6-8-10-12

REST: 90 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 6-8-10-12



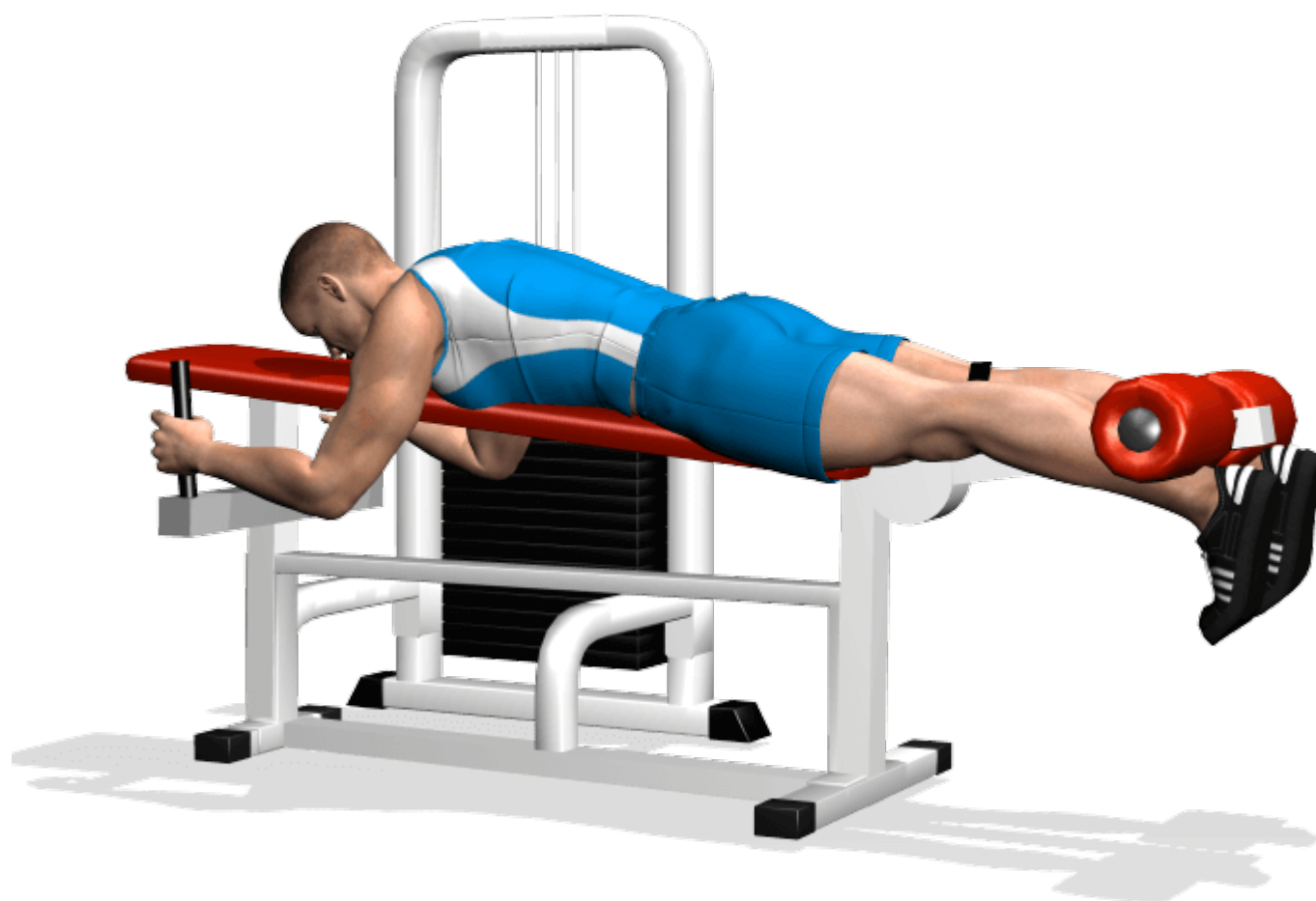


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SEDUTO

REPS: 6-8-10-12

REST: 90 SECONDI





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

GIORNO 2

ELLITTICA

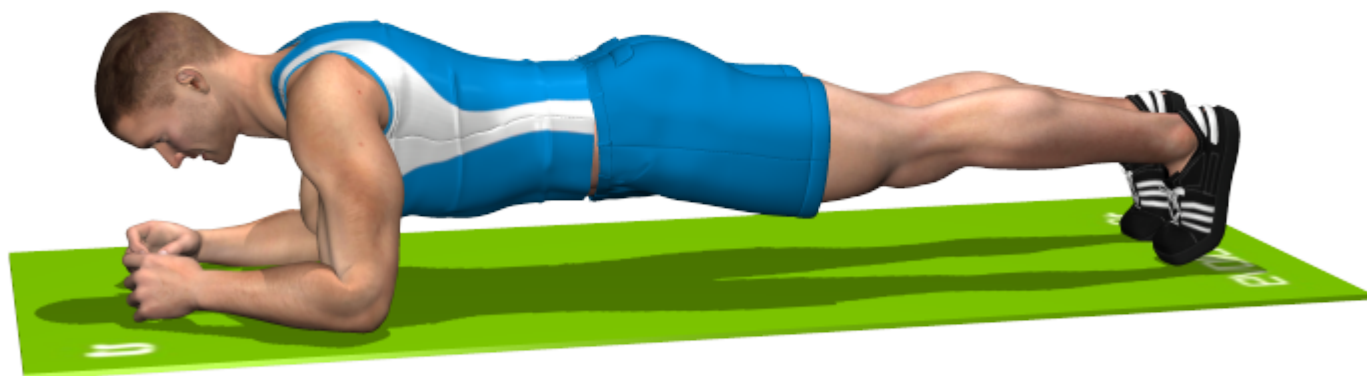
MINUTI: 5/10

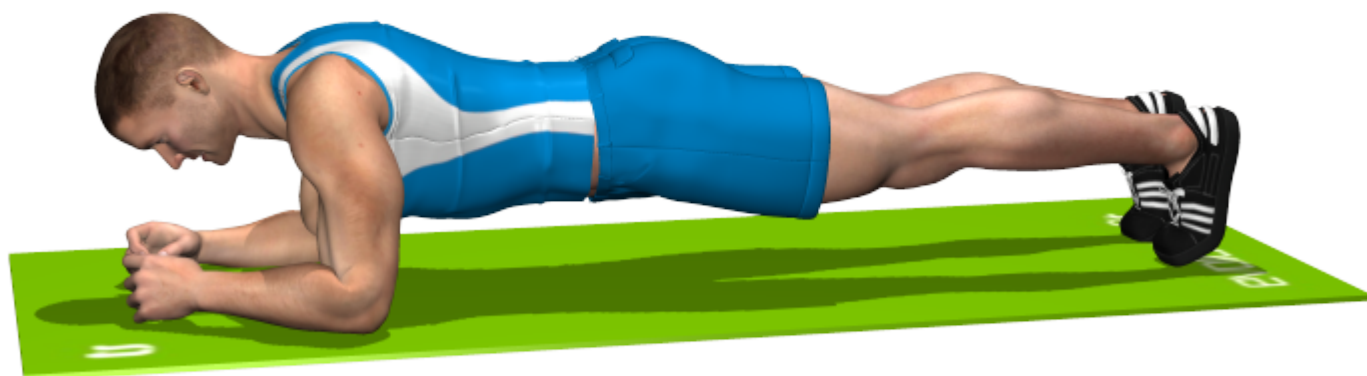


PLANK ISOMETRICO

SERIE: 3x45 SECONDI

REST: 90 SECONDI





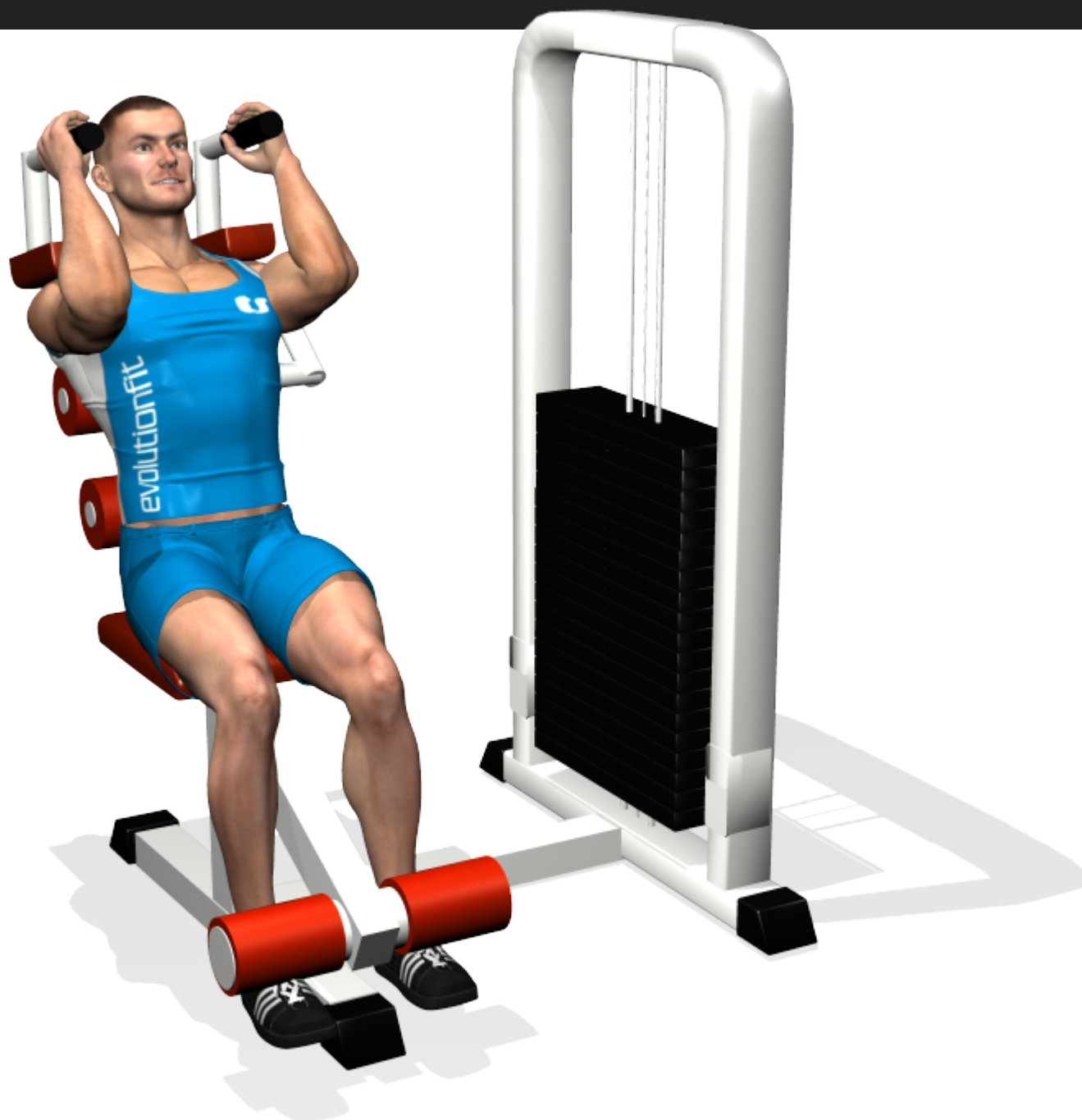
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PLANK.mp4>

ABDOMINAL TOTAL

SERIE: 3x20

REST: 90 SECONDI





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

CHEST INCLINE

REPS: 6-8-10-12

REST: 90 SECONDI





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

SPINTE MANUBRI PANCA PIANA

REPS: 6-8-10-12

REST: 90 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 6-8-10-12





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

ALZATE LATERALI

REPS: 6-8-10-12

REST: 90 SECONDI





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

SPINTE PANCA PIANA PRESA STRETTA MANUBRI

REPS: 6-8-10-12

REST: 90 SECONDI

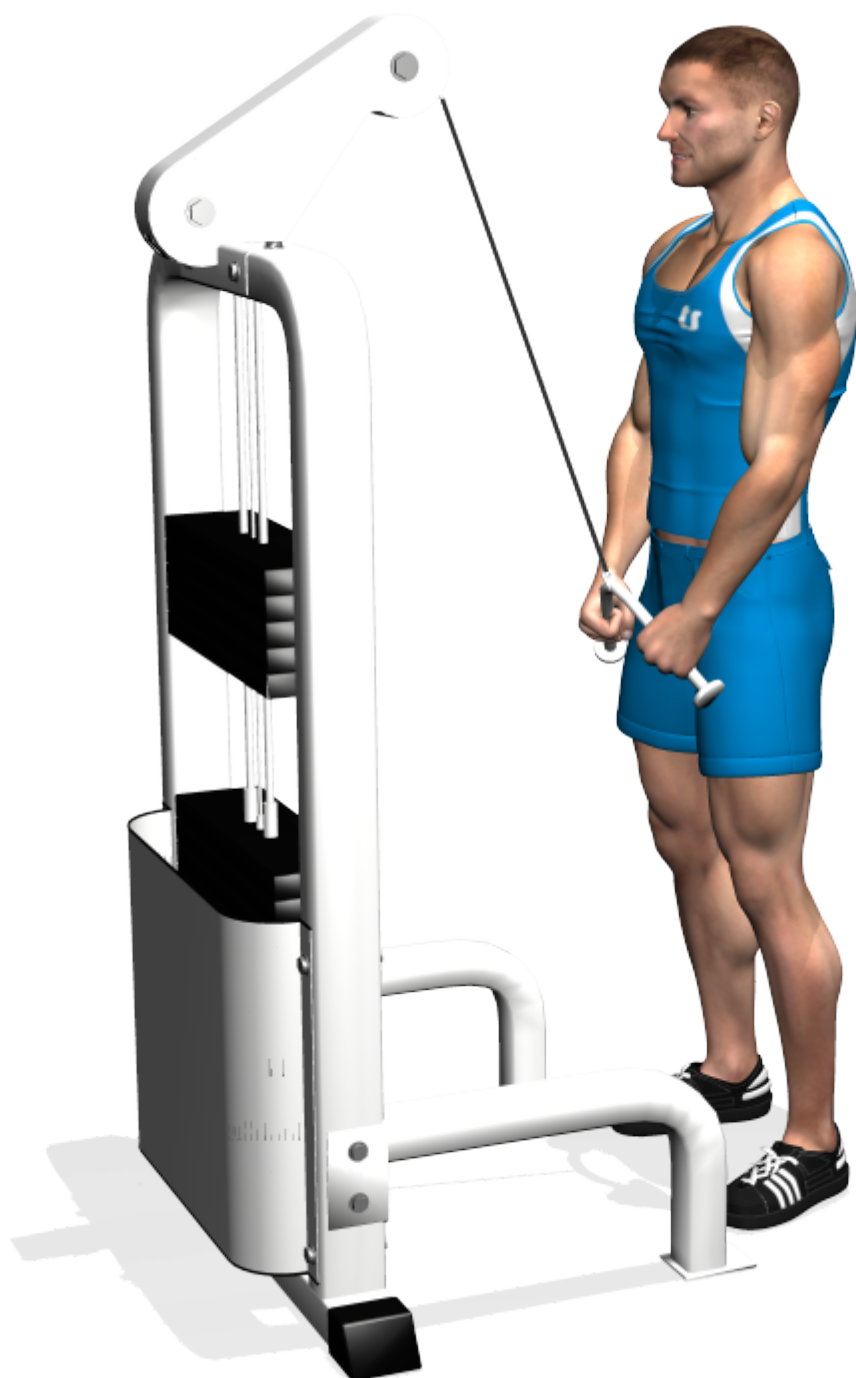


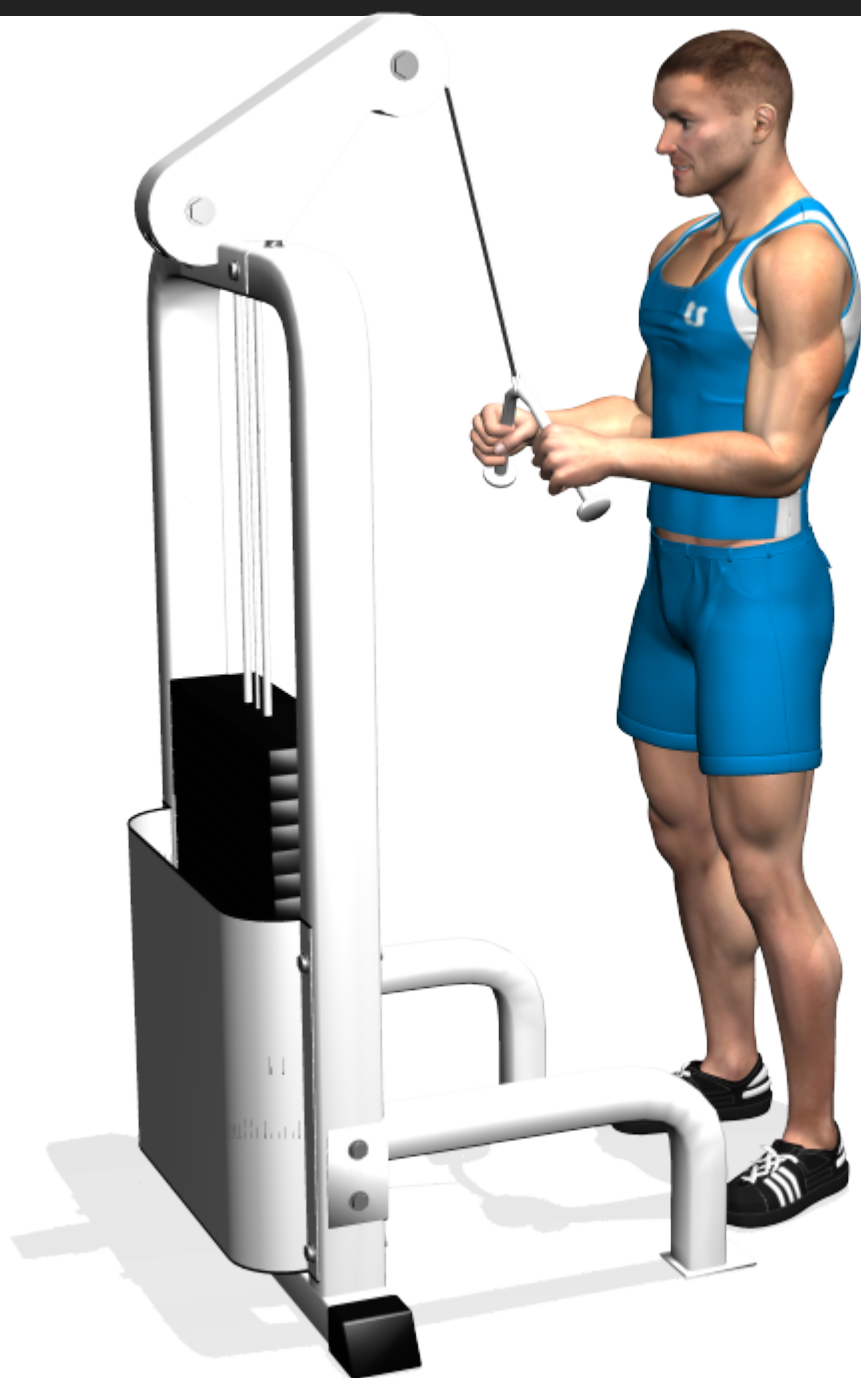


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

PULLEY ALTO

REPS: 6-8-10-12



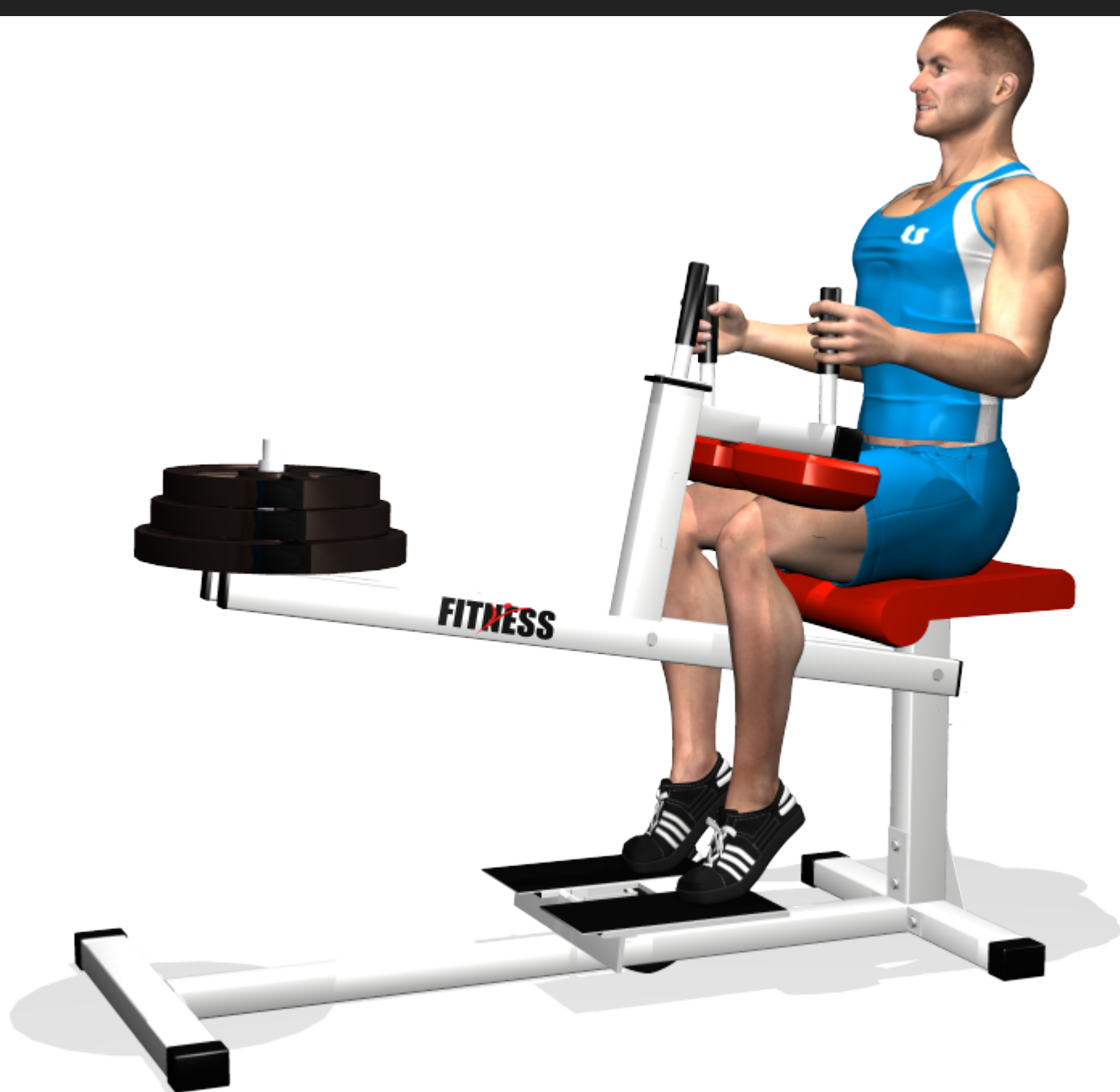


CALF MACHINE SEDUTO

REPS: 6-8-10-12

REST: 90 SECONDI





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

