

SCHEDA ALLENAMENTO ANDREA 2



SCHEDA DI ALLENAMENTO ANDREA 2

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

TAPIS ROULANT

MINUTI: 10



CRUNCH A TERRA

SERIE: 4x25

REST: 60 SECONDI



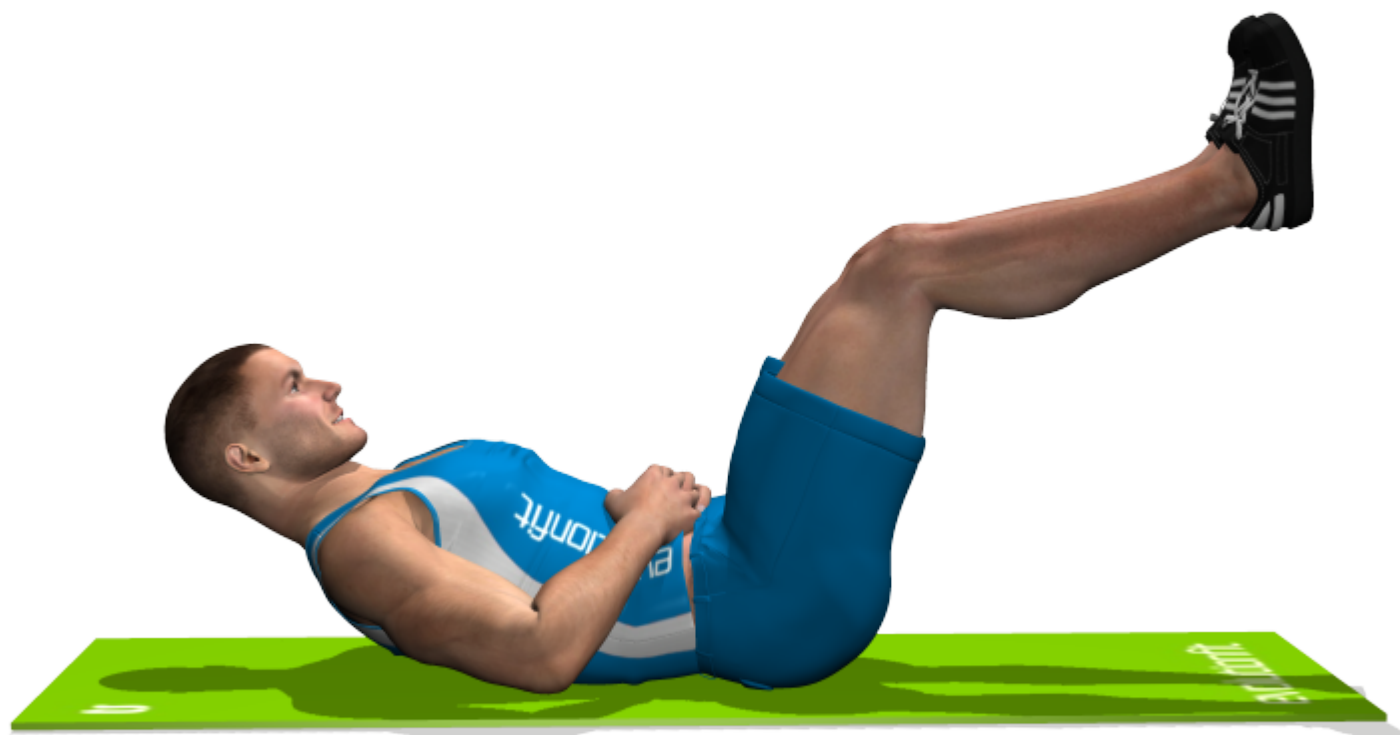


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 4x25

REST: 60 SECONDI





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

LAT MACHINE AVANTI

REPS: 8-10-12-15

REST: 60 SECONDI





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

REMATORE MANUBRIO SU PANCA

REPS: 8-10-12-15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>
A.mp4

CURL BILANCIERE RETTO

REPS: 8-10-12-15





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

CURL MANUBRI MARTELLO

REPS: 8-10-12-15

REST: 60 SECONDI





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

AFFONDI STATICI

REPS: 8-10-12-15

REST: 60 SECONDI



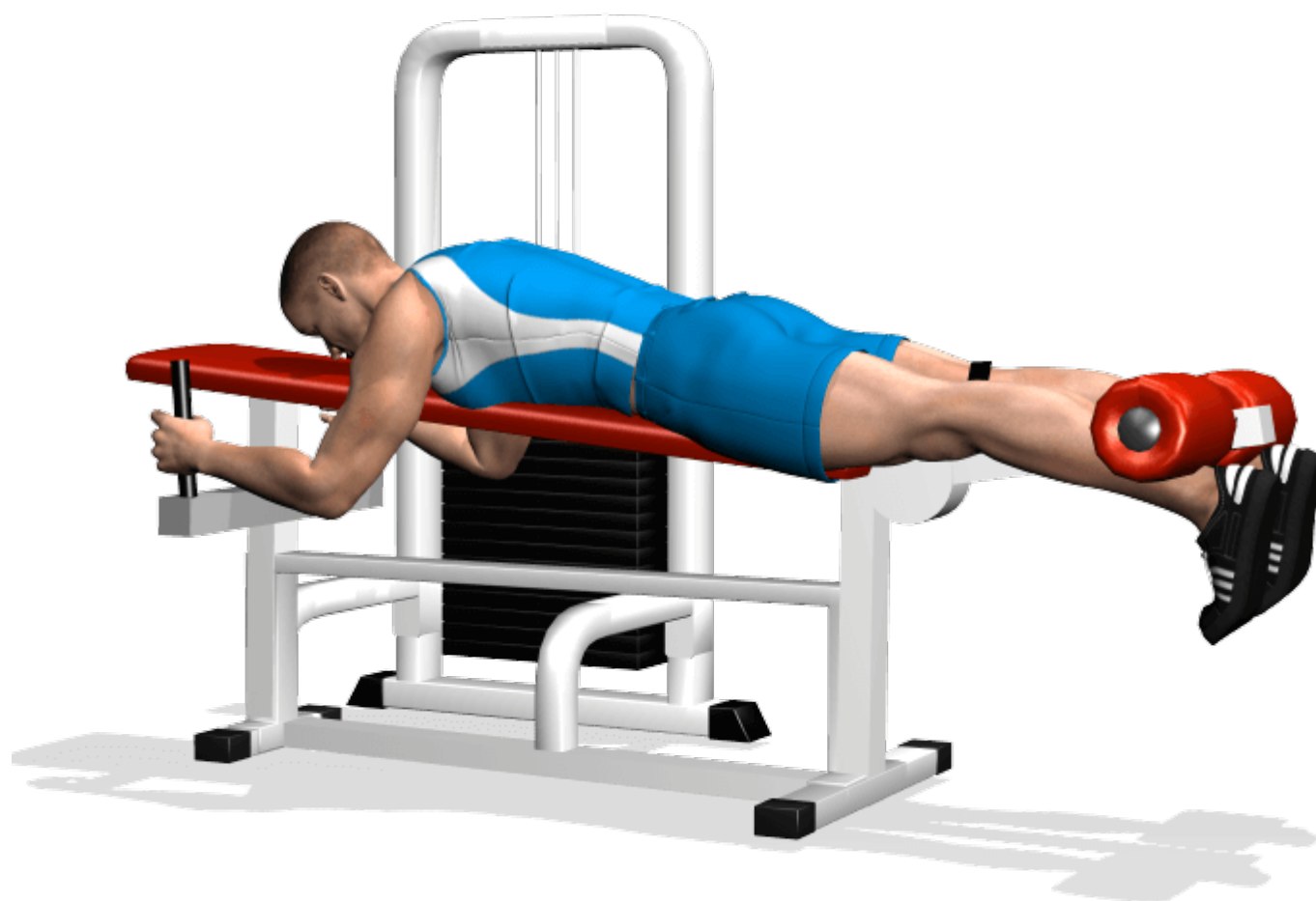


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>

4

LEG CURL SEDUTO

REPS: 8-10-12-15





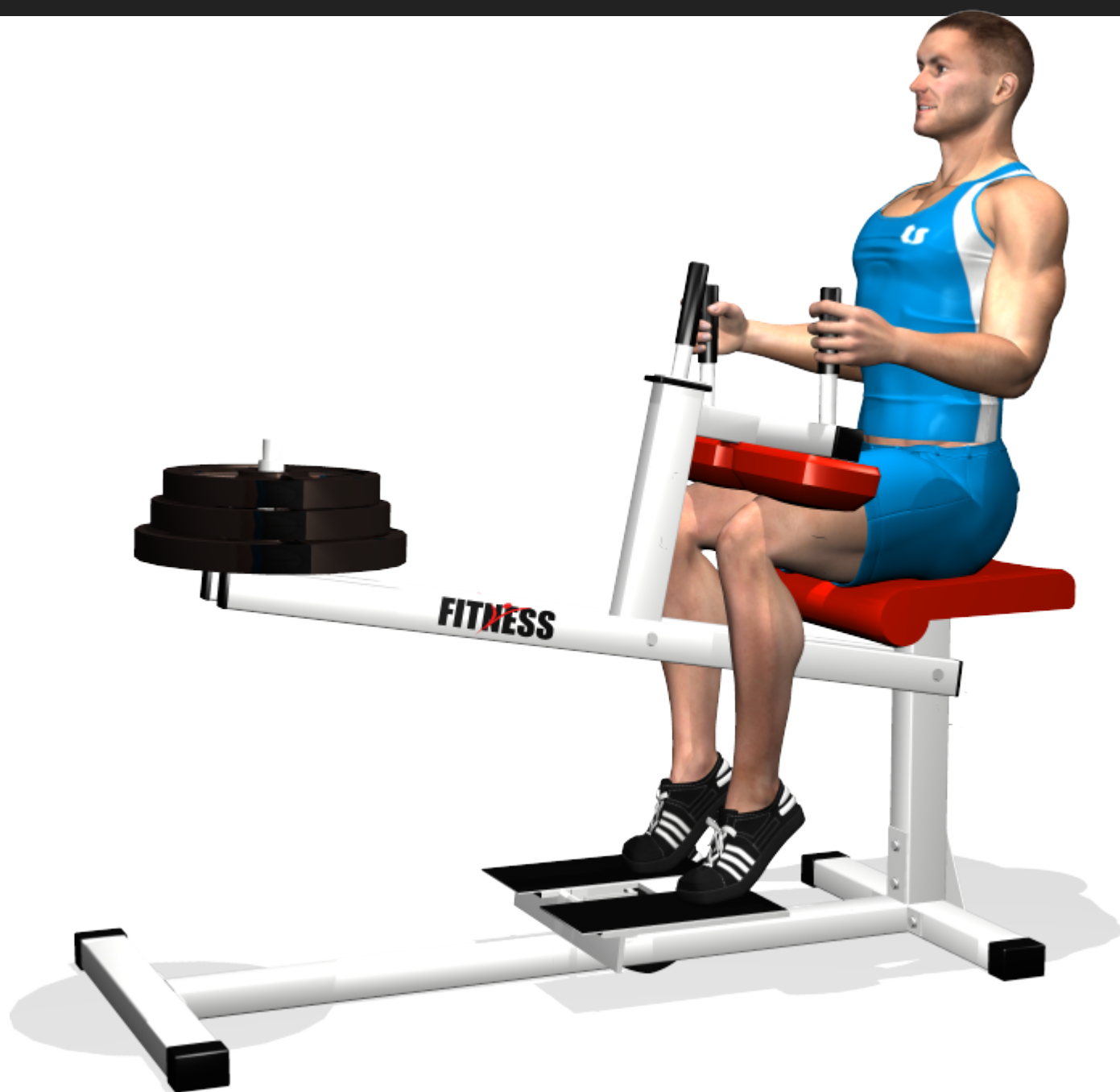
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-CURL-SDRAIATO.mp4>

CALF MACHINE SEDUTO

REPS: 6-8-10-12

REST: 90 SECONDI





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

GIORNO 2

TAPIS ROULANT

MINUTI: 10



CRUNCH A TERRA

SERIE: 4x25

REST: 60 SECONDI





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

REVERSE CRUNCH

SERIE: 4x25

REST: 60 SECONDI





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

CHEST INCLINE

REPS: 8-10-12-15

REST: 60 SECONDI





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

SPINTE MANUBRI PANCA PIANA

REPS: 8-10-12-15

REST: 60 SECONDI





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

PULL OVER MANUBRIO

REPS: 8-10-12-15



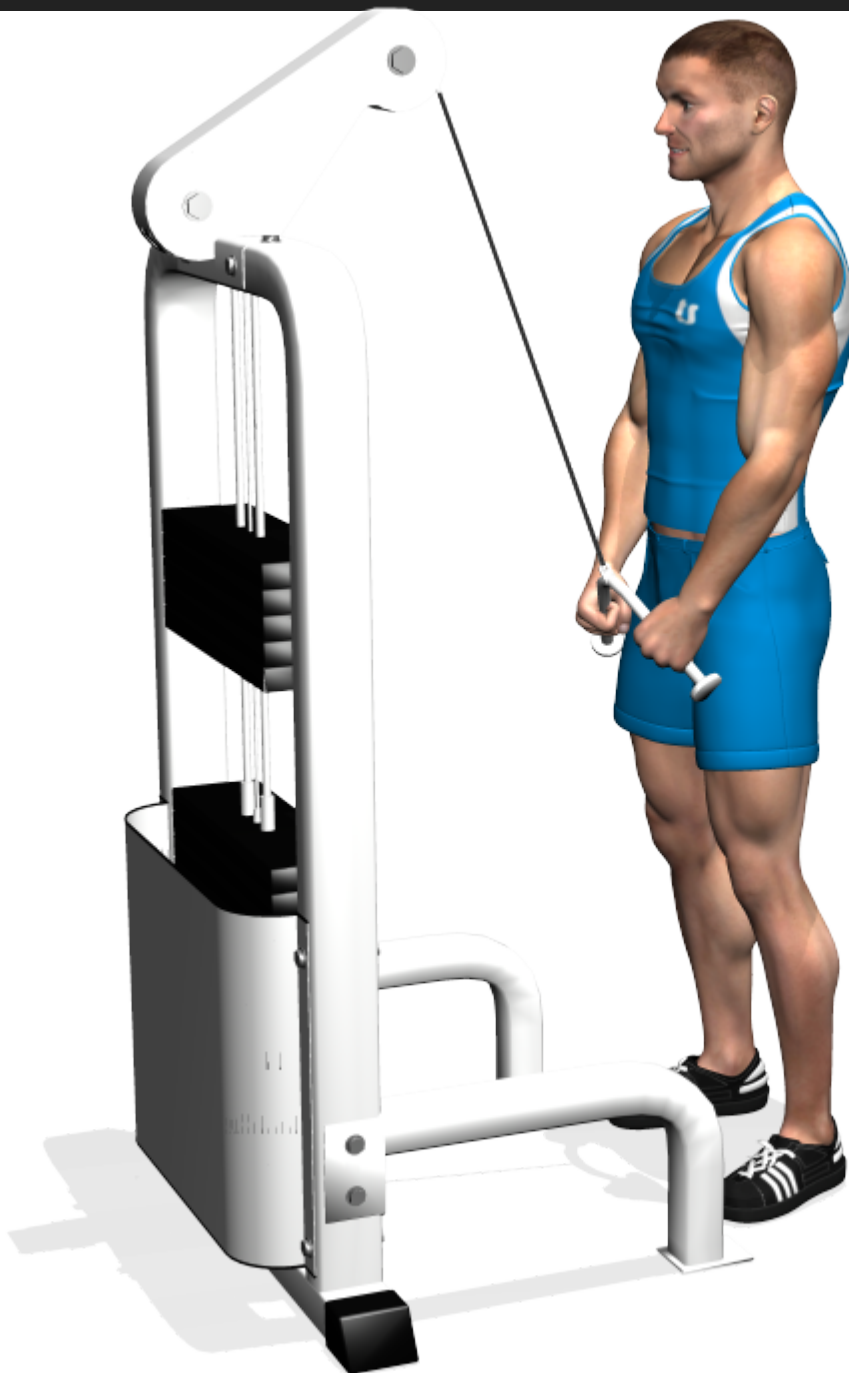


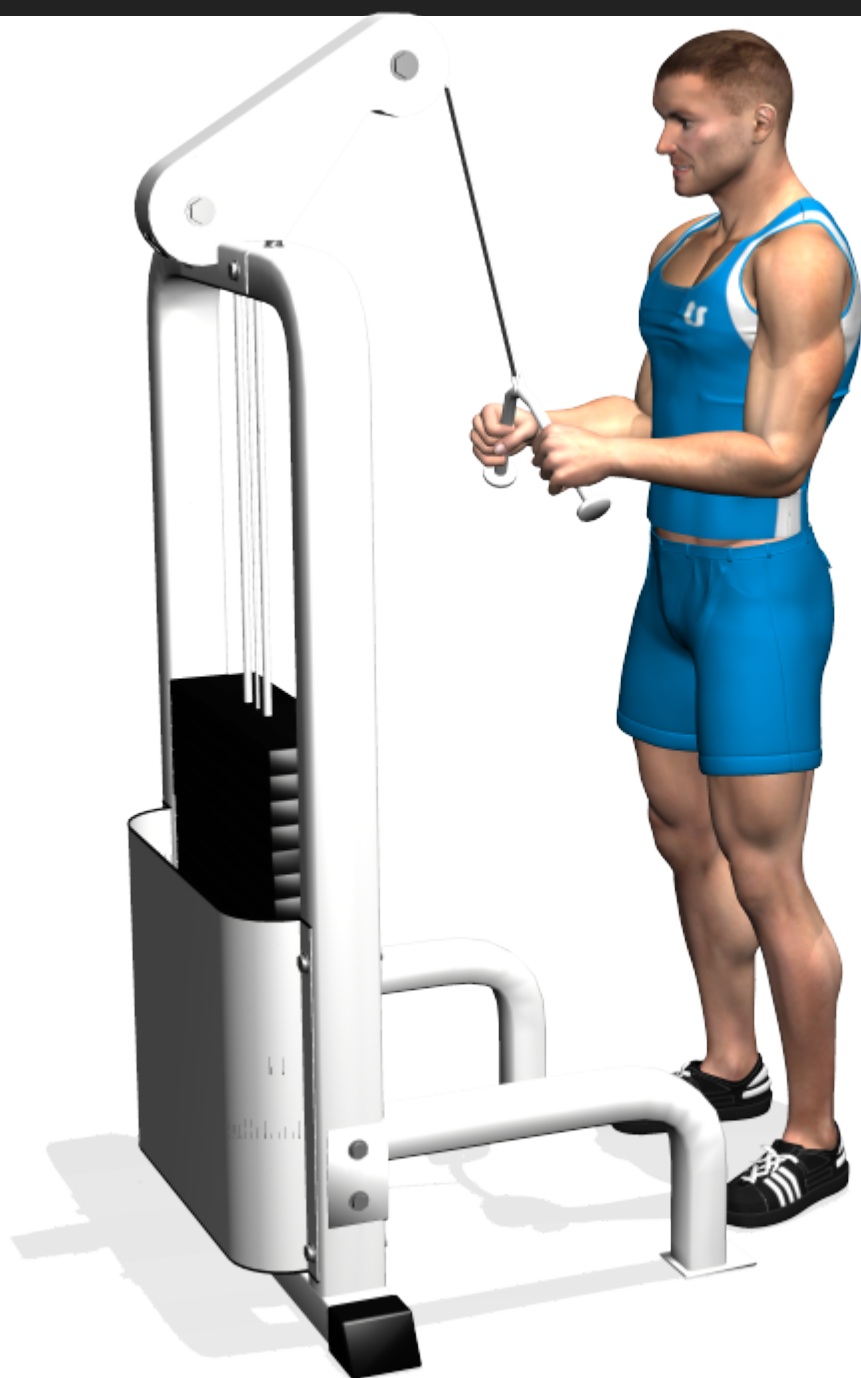
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-OVER-BILANCIERE.mp4>

PULLEY ALTO

REPS: 8-10-12-15

REST: 60 SECONDI





FRENCH PRESS MANUBRI

REPS: 8-10-12-15

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 8-10-12-15

REST: 60 SECONDI





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

ALZATE LATERALI

REPS: 8-10-12-15

REST: 60 SECONDI





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

