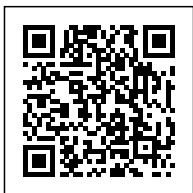


SCHEDA ALLENAMENTO ANDREA 3



SCHEDA DI ALLENAMENTO ANDREA 3

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

TAPIS ROULANT

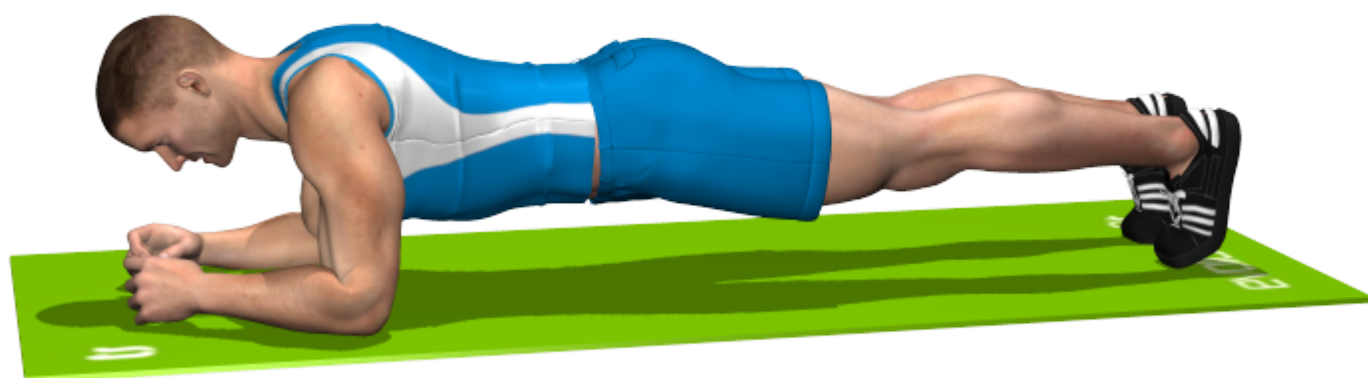
MINUTI: 5

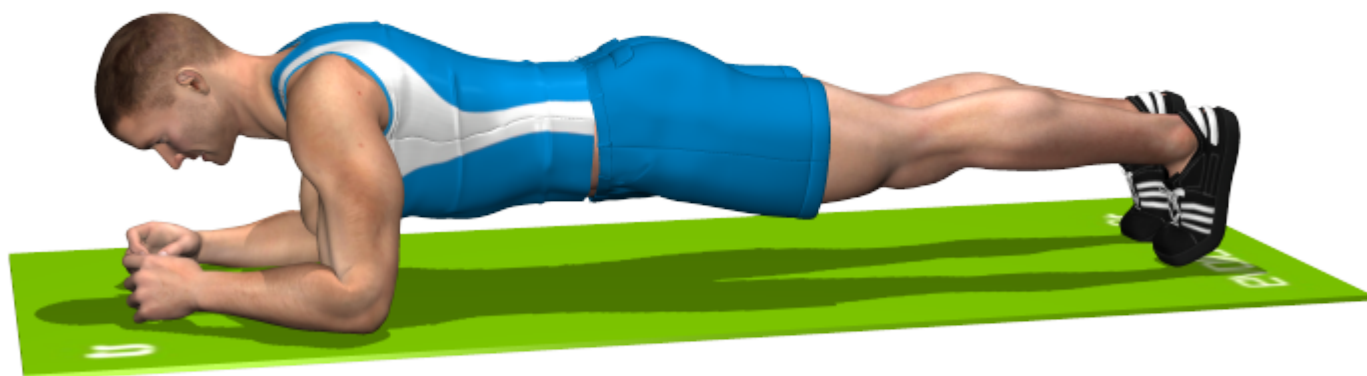


PLANK

SERIE: 4x60 SECONDI

REST: 60 SECONDI





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

CHEST PRESS

REPS: 8-8-10-10

REST: 60 SECONDI





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

PECTORAL MACHINE

REPS: 10-10-12-12

REST: 60 SECONDI





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

SHOULDER PRESS MACHINE

REPS: 8-8-10-10

REST: 60 SECONDI





ALZATE LATERALI

REPS: 10-10-12-12

REST: 60 SECONDI





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

CURL MANUBRI ALTERNATO

REPS: 8-8-10-10

REST: 60 SECONDI





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

CURL CAVI ALTI

REPS: 10-10-12-12

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3x10

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 8-8-10-10

REST: 60 SECONDI





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

GIORNO 2

TAPIS ROULANT

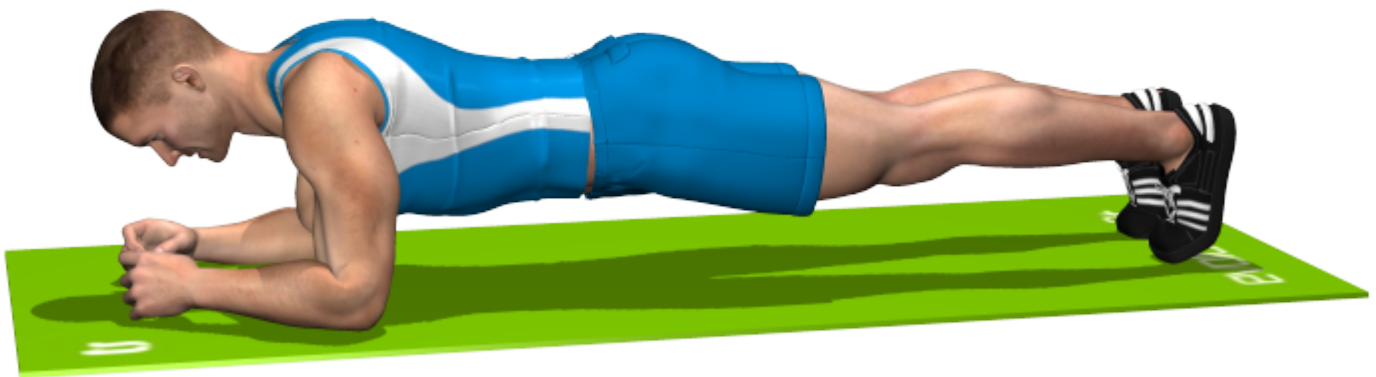
MINUTI: 5

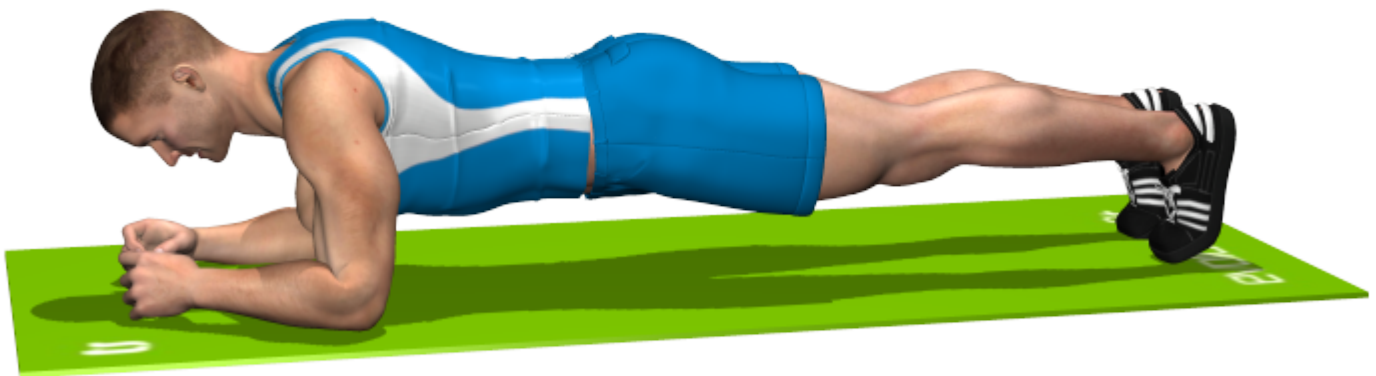


PLANK

SERIE: 4x60 SECONDI

REST: 60 SECONDI





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

LAT MACHINE TRIANGOLO

REPS: 8-8-10-10

REST: 60 SECONDI





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

PULLEY ALTO CON BARRA

REPS: 10-10-12-12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2022/09/PULLEY-ALTO-CON-BARRA.mp4>

APERTURE DA PRONO

REPS: 8-8-10-10

REST: 60 SECONDI





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

PULL FACE

REPS: 10-10-12-12



SPINTE PANCA PIANA PRESA STRETTA CON MANUBRI

REPS: 8-8-10-10

REST: 60 SECONDI

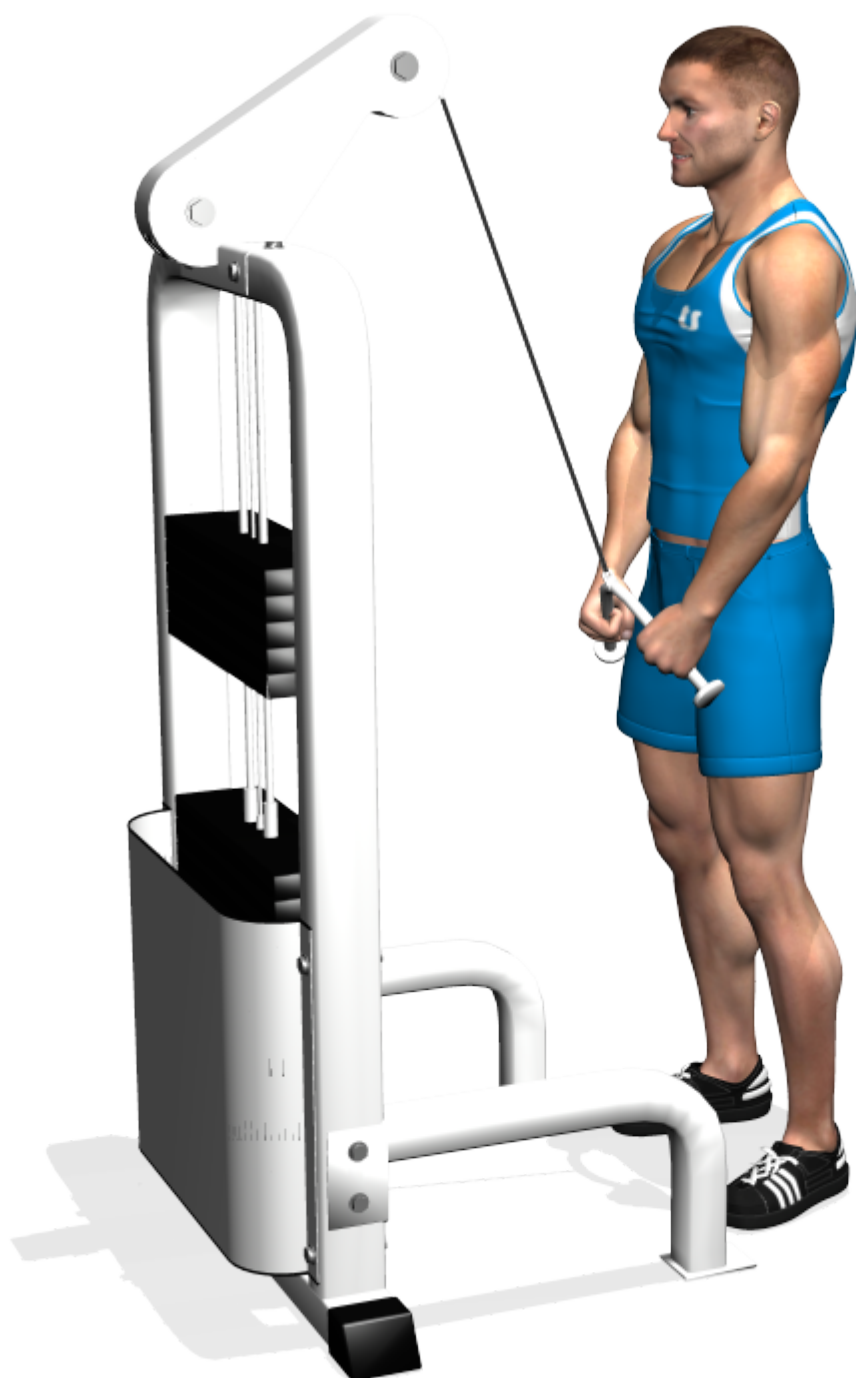


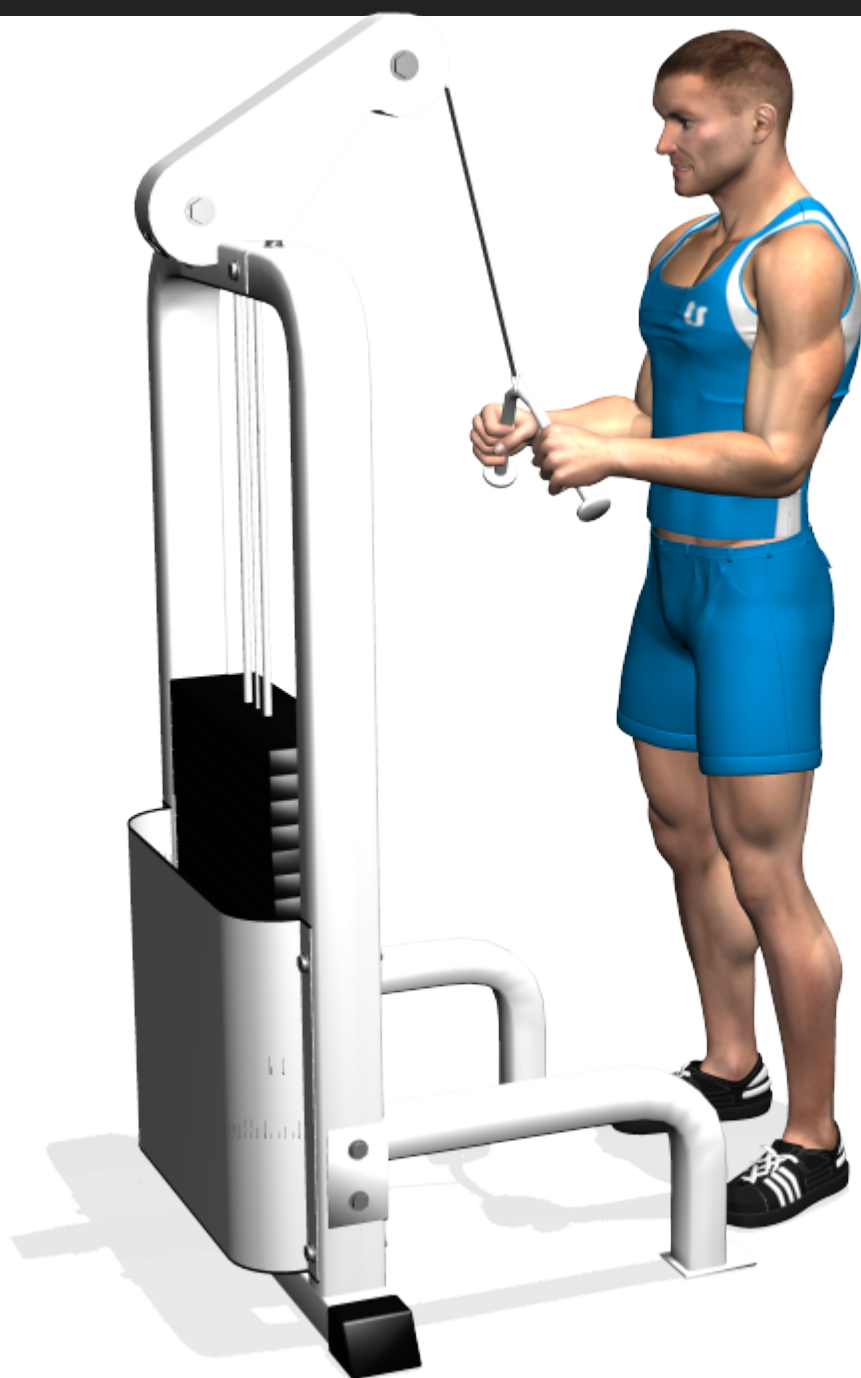


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

PULLEY ALTO

REPS: 10-10-12-12





MEZZI STACCHI

SERIE: 3X12

REST: 60 SECONDI



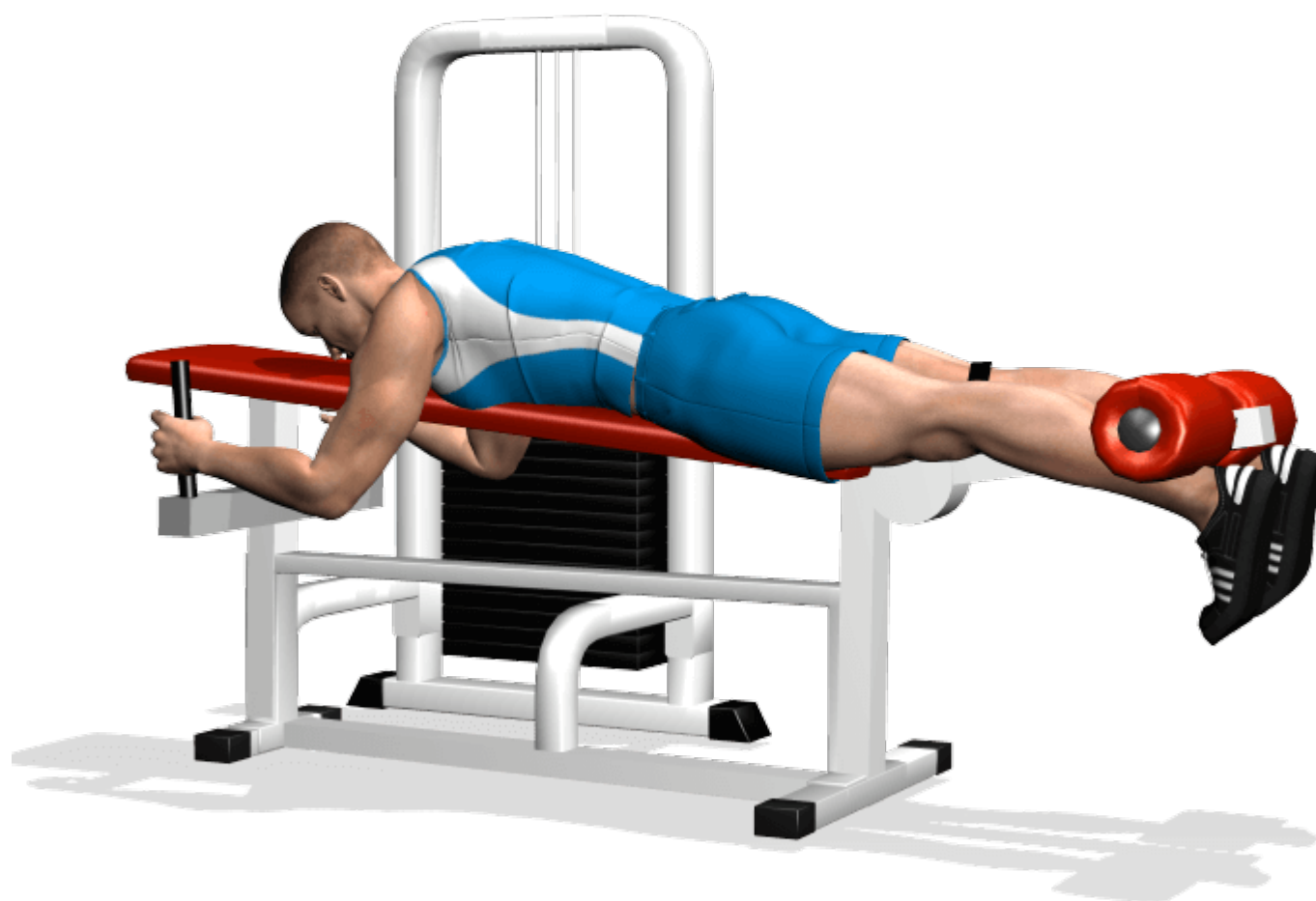


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4>

LEG CURL

REPS: 8-8-10-10

REST: 60 SECONDI





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

