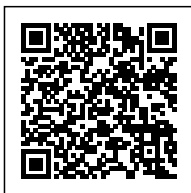


SCHEDA ALLENAMENTO ANDREA ORLANDO UOMO 11



SCHEDA DI ALLENAMENTO ANDREA ORLANDO

SCHEDA 2 - INIZIO 27 DICEMBRE - SCADENZA 8 SETTIMANE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

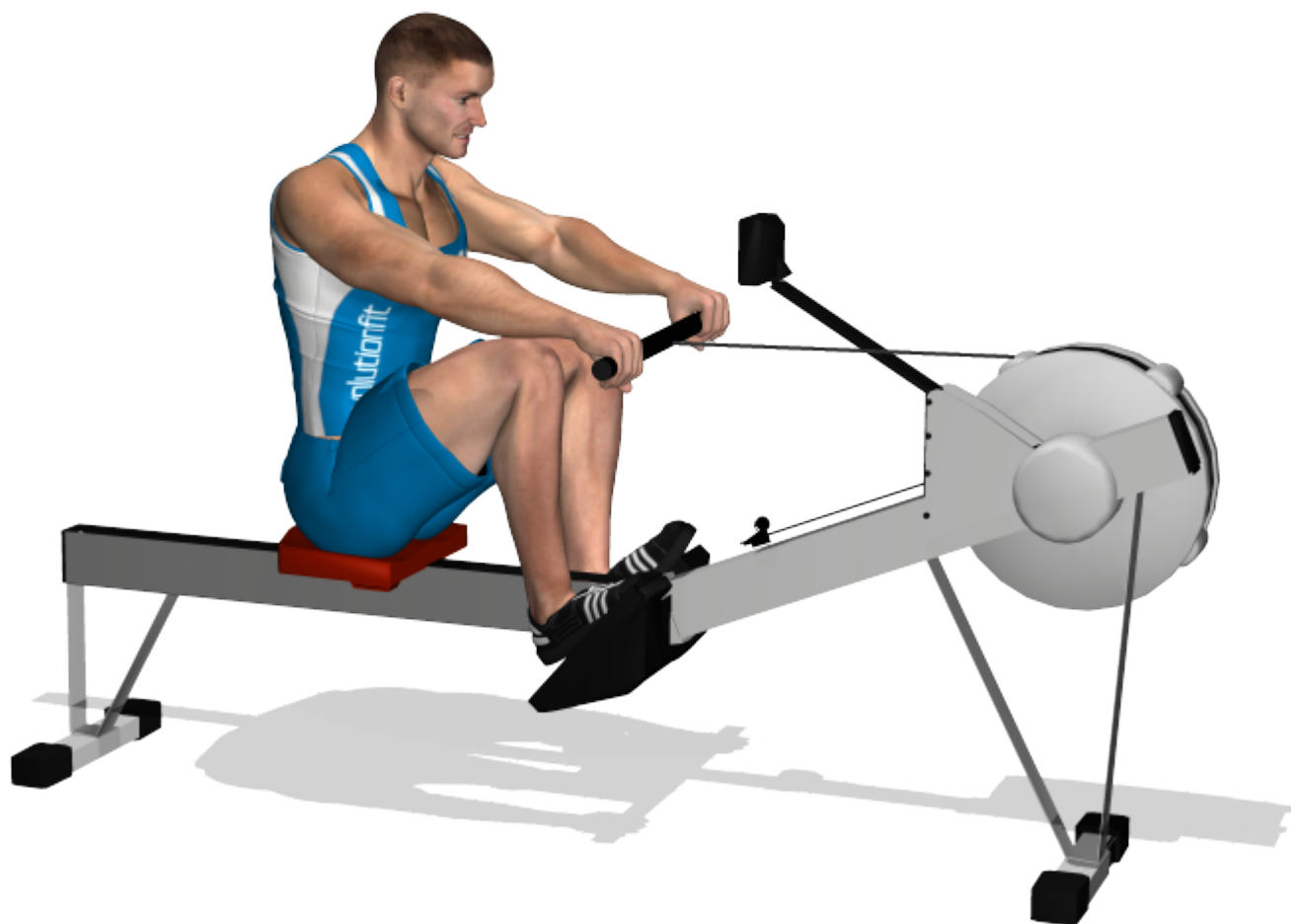
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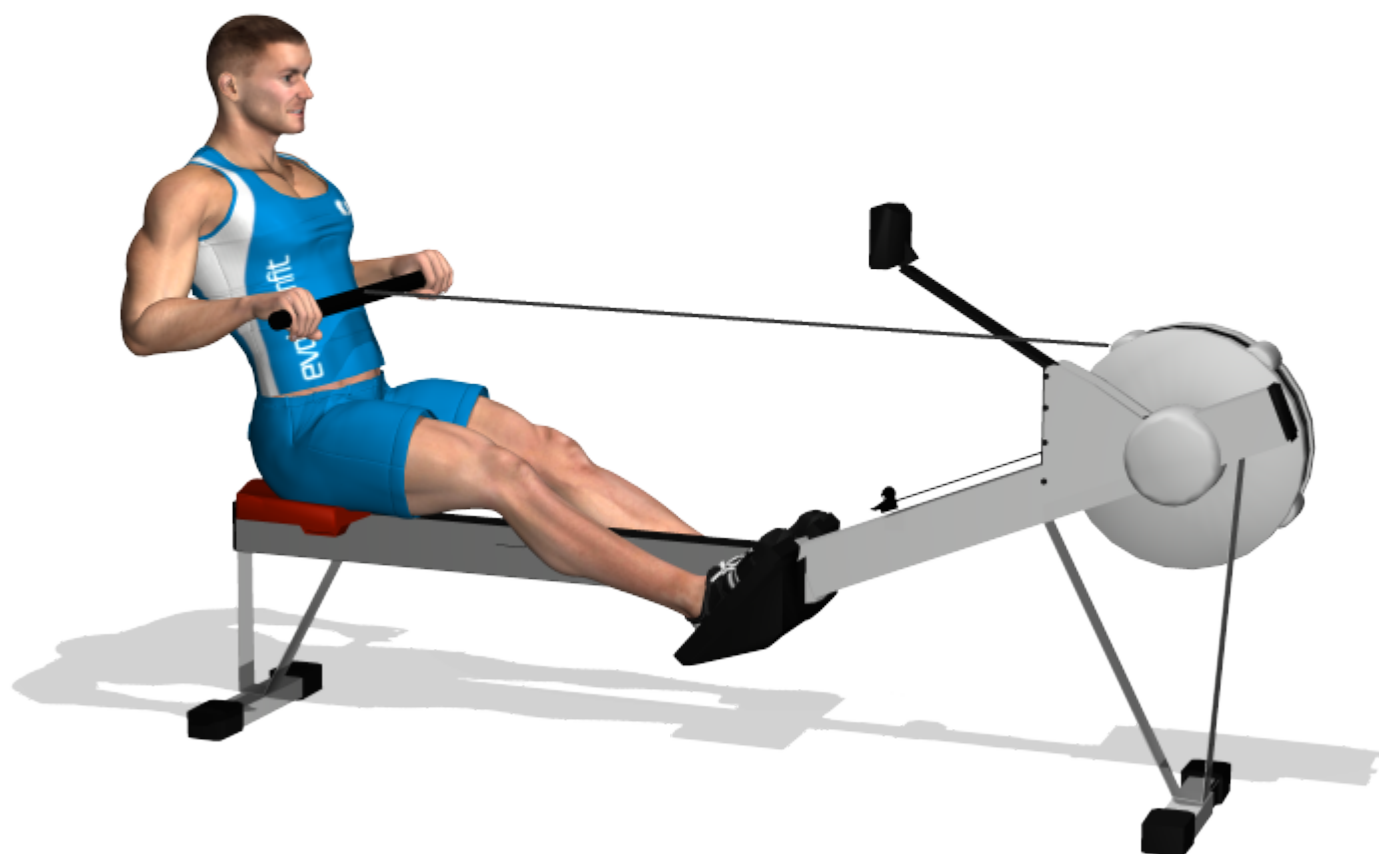
MINUTI: 15



VOGATORE

2 KM



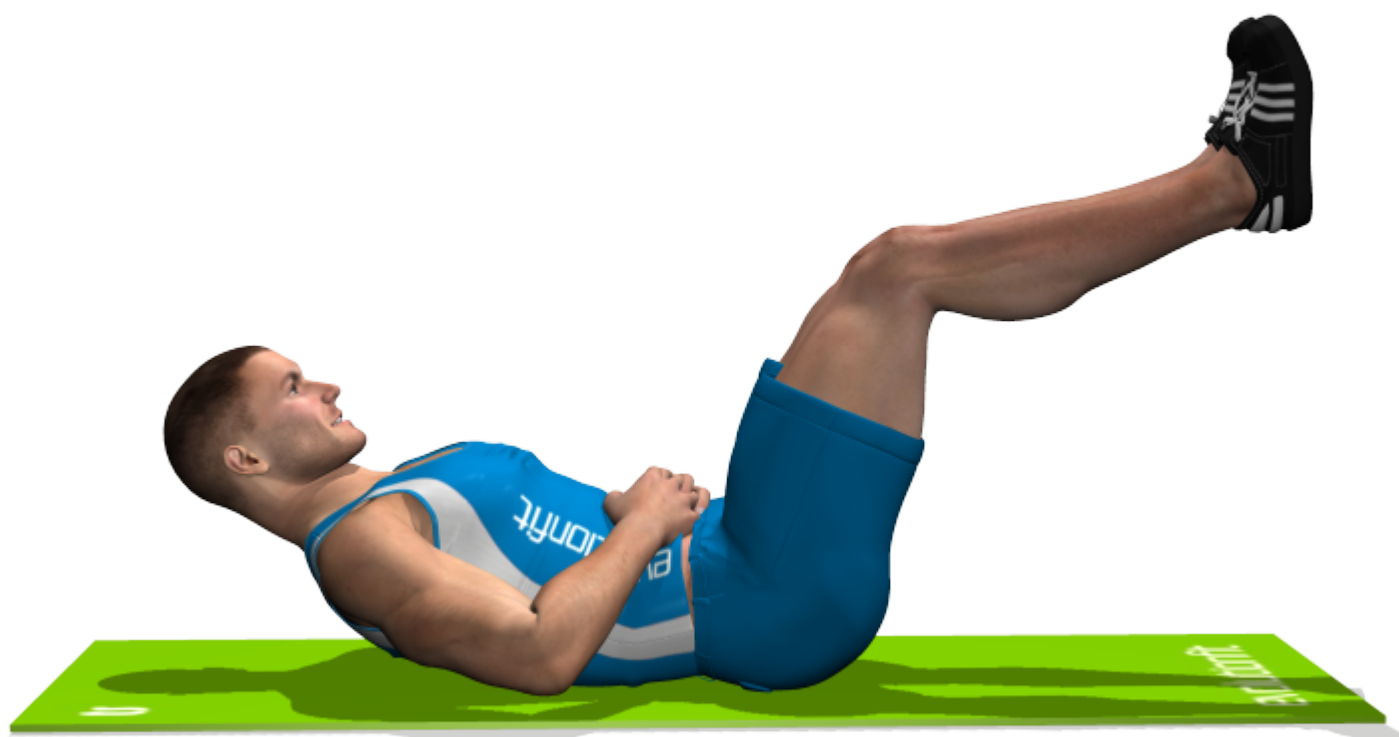


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

SIT UP

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





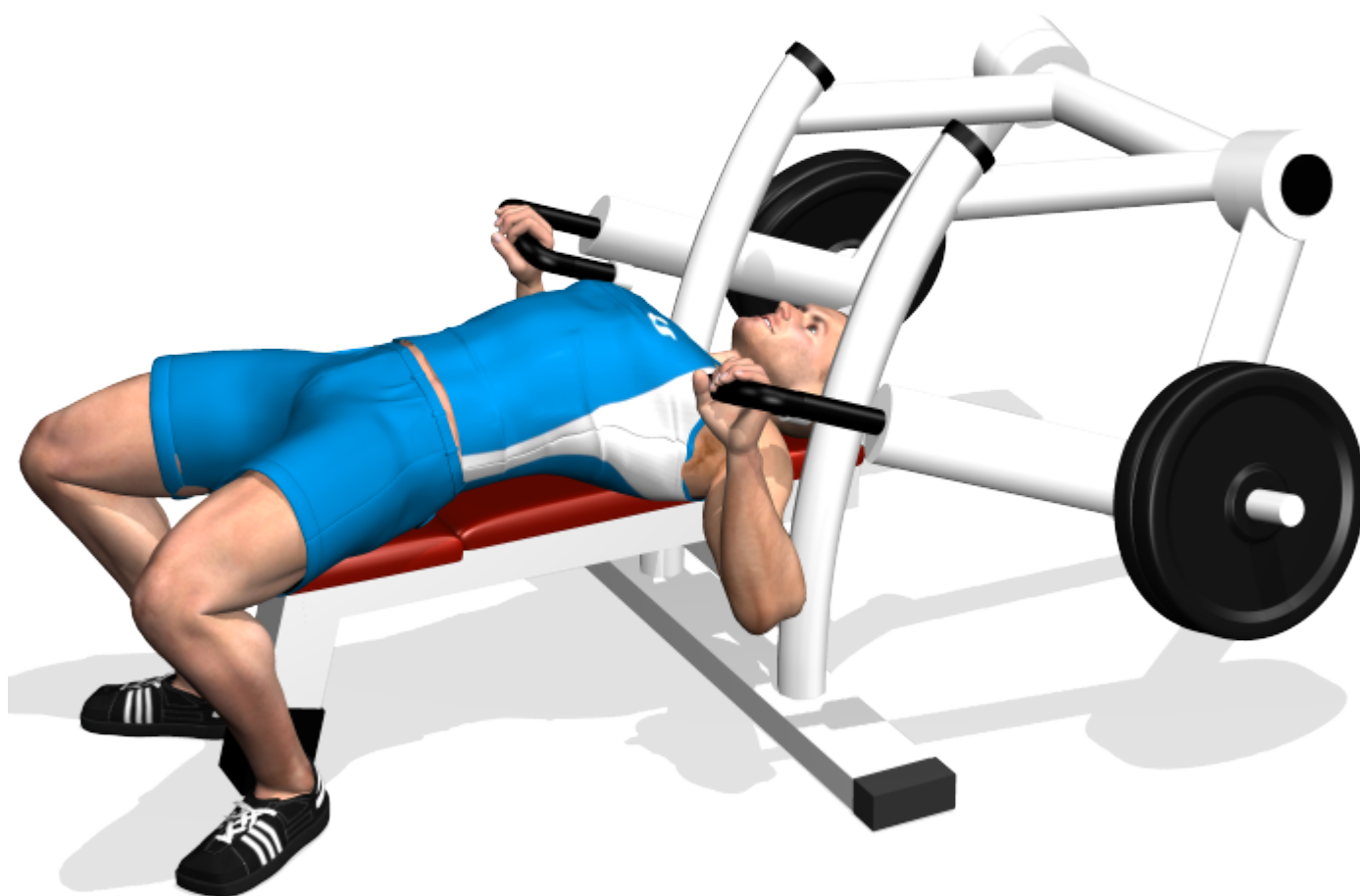
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p4

PETTORALI

CHEST PIANA

SERIE: 6-4-6-8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2022/09/PEK-DEK.mp4>

PANCA INCLINATA BILANCIERE

SERIE: 6-4-6-8

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4)

CROCI MANUBRI PANCA INCLINATA

SERIE: 4x12

REST: 60 SECONDI





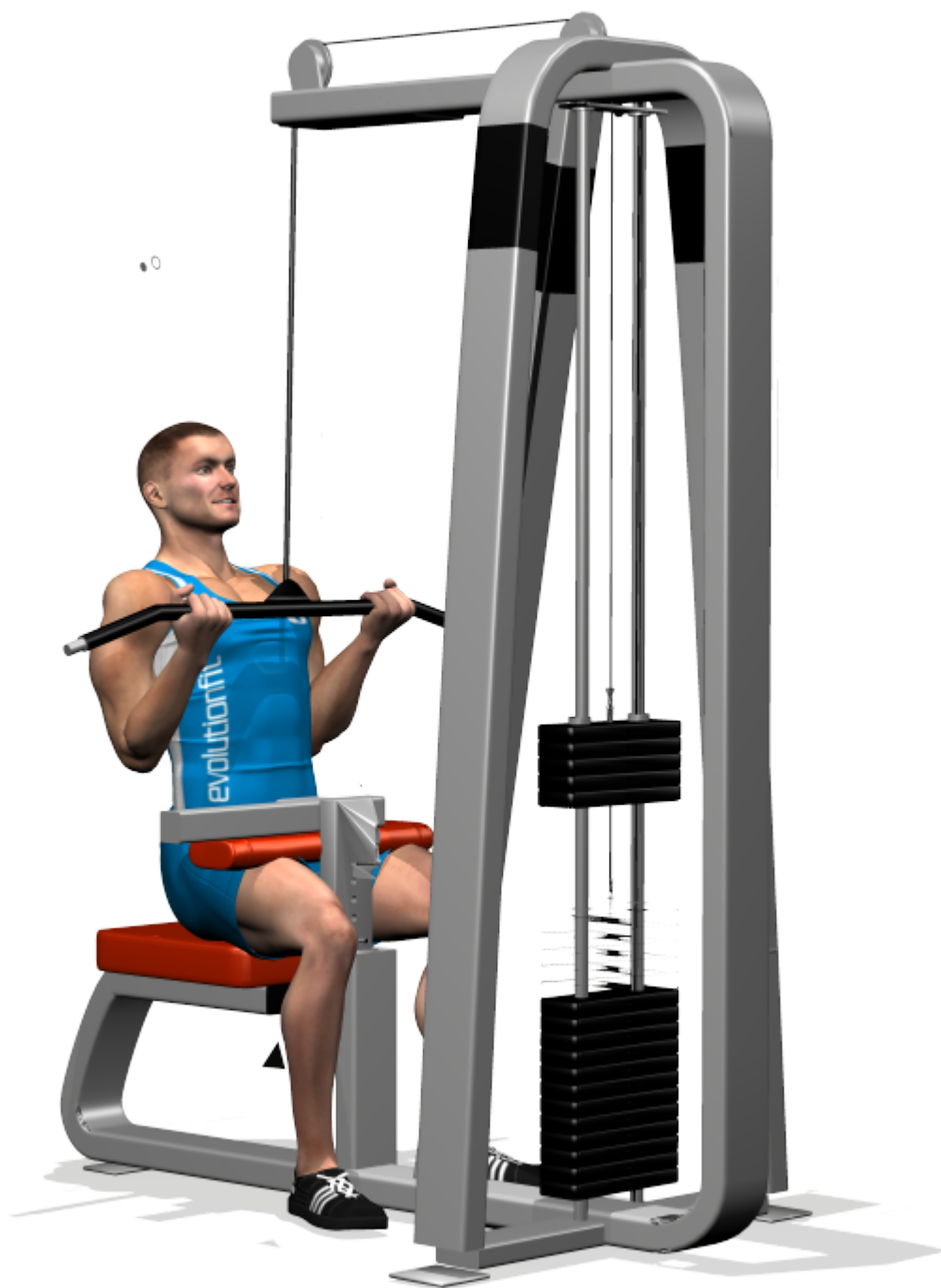
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-INCLINATA.mp4>

DORSALI

LAT MACHINE INVERSA

SERIE: 6-4-6-8

REST: 60 SECONDI





VERTICAL TRACTION

SERIE: 6-4-6-8

REST: 60 SECONDI





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

REMATORE MANUBRIO SU PANCA

SERIE: 4X12

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

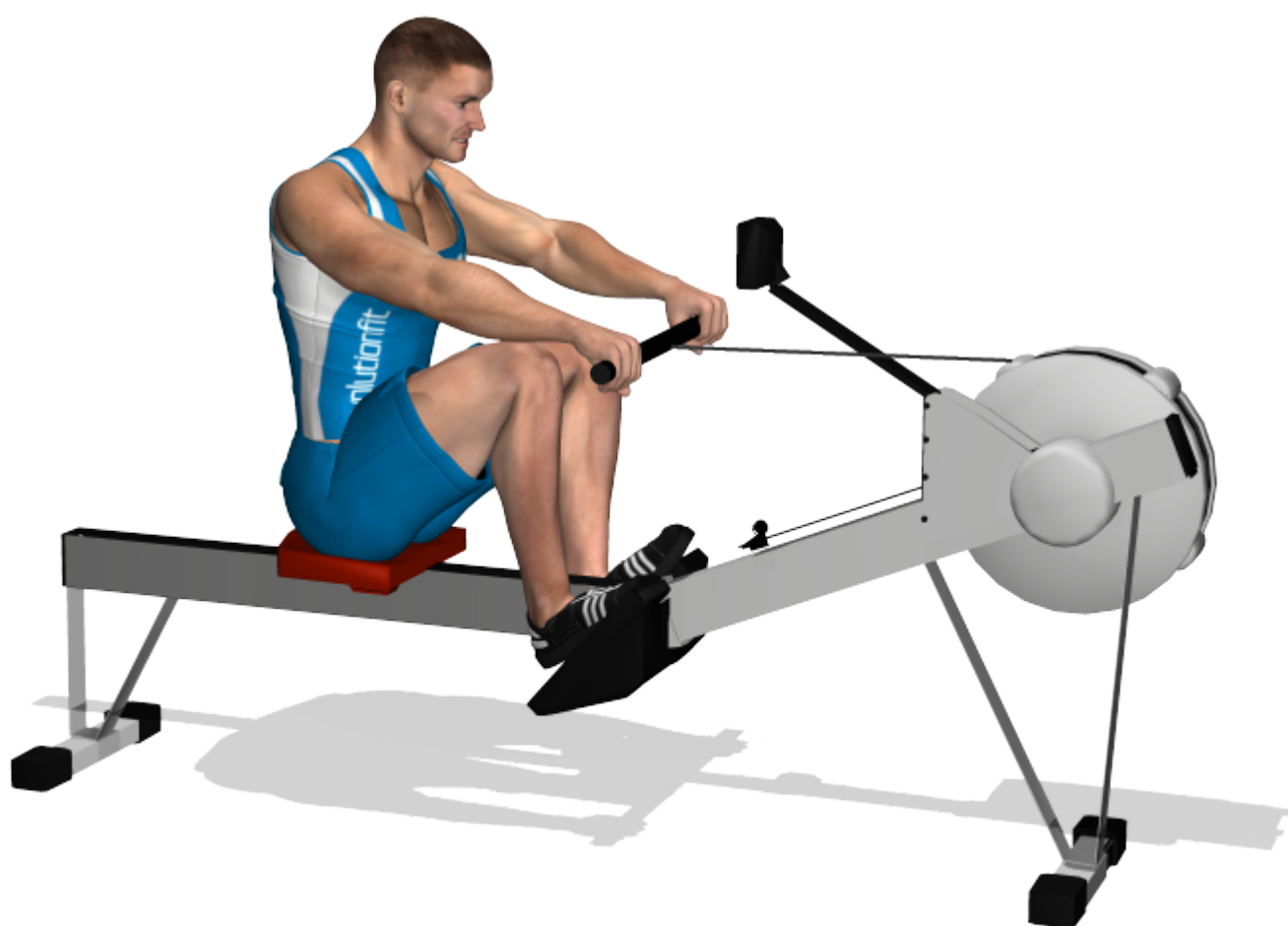
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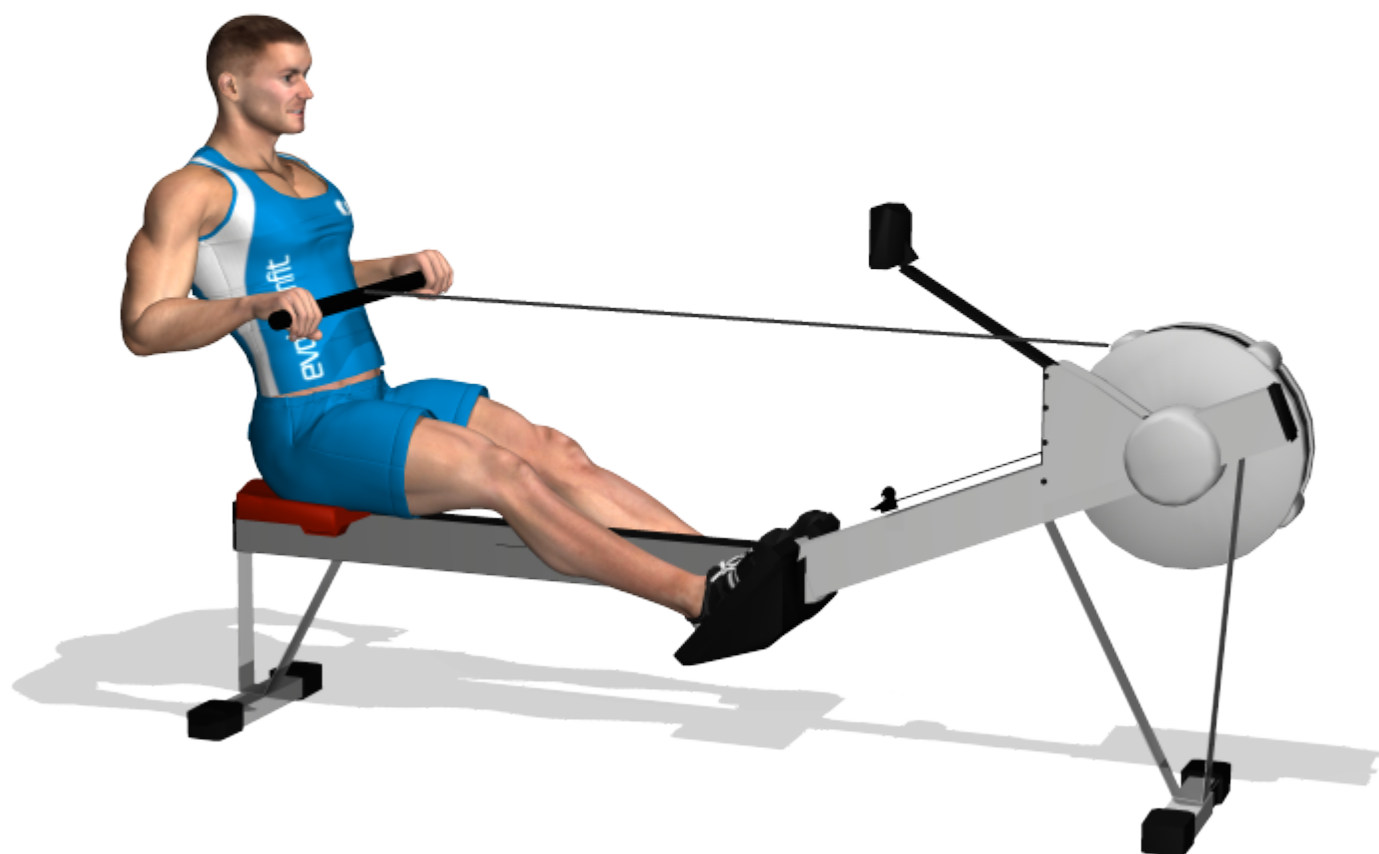
MINUTI: 15



VOGATORE

2 KM



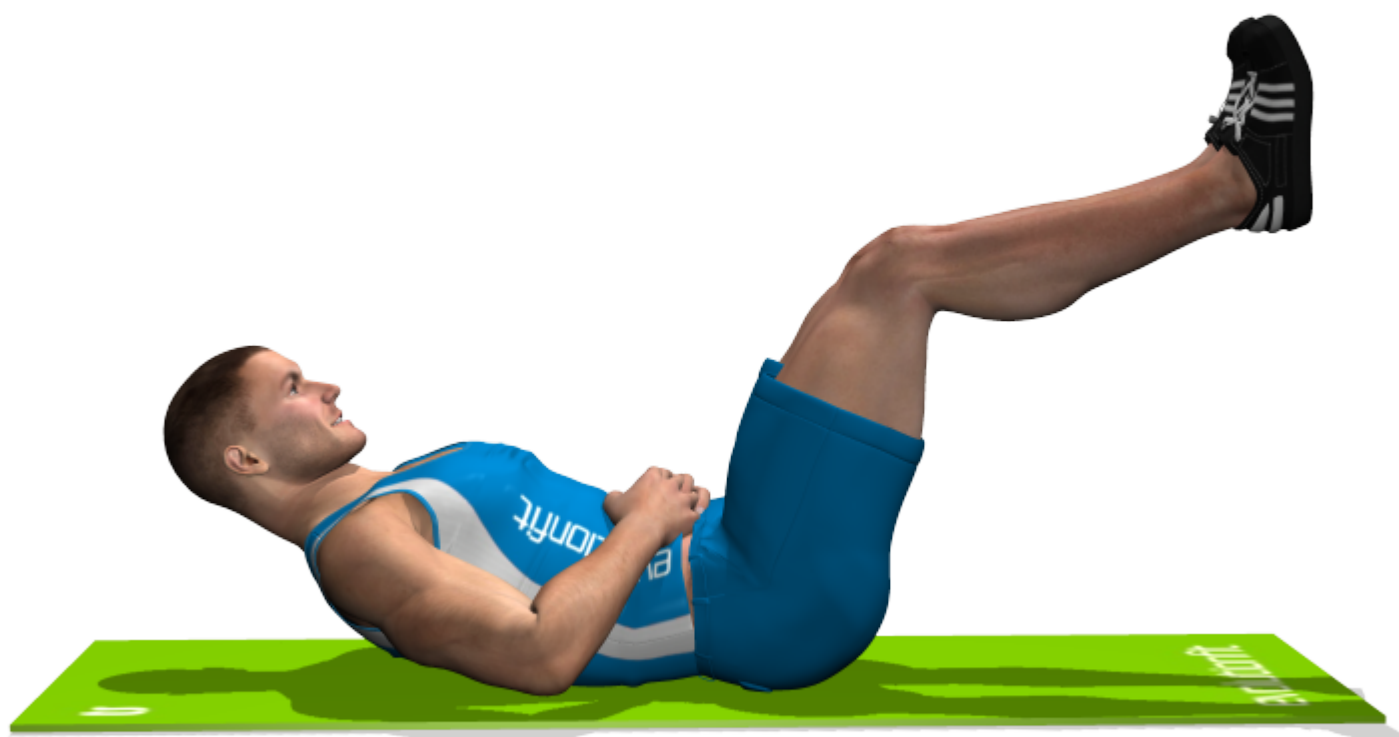


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

SIT UP

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

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

SPALLE

SHOULDER PRESS MACHINE

SERIE: 6-4-6-8

REST: 60 SECONDI





ALZATE FRONTALI PANCA INCLINATA

SERIE: 4X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-FRONTALI-PANCA-INCLINATA-2-MANUBRI-.mp4>

ROWING TORSO

SERIE: 6-4-6-8

REST: 60 SECONDI





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

TIRATE AL MENTO

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TIRATE-AL-MENTO.mp4>

BICIPITI - AVAMBRACCI

CURL BILANCIERE RETTO

SERIE: 6-4-6-8

REST: 60 SECONDI





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

CURL MANUBRI ALTERNATO

SERIE: 6-4-6-8

REST: 60 SECONDI





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

CURL SCOTT MANUBRIO SINGOLO

SERIE: 4x12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-SCOTT-MANUBRIO-SINGOLO.mp4>

GIORNO 3

CARDIO - RISCALDAMENTO

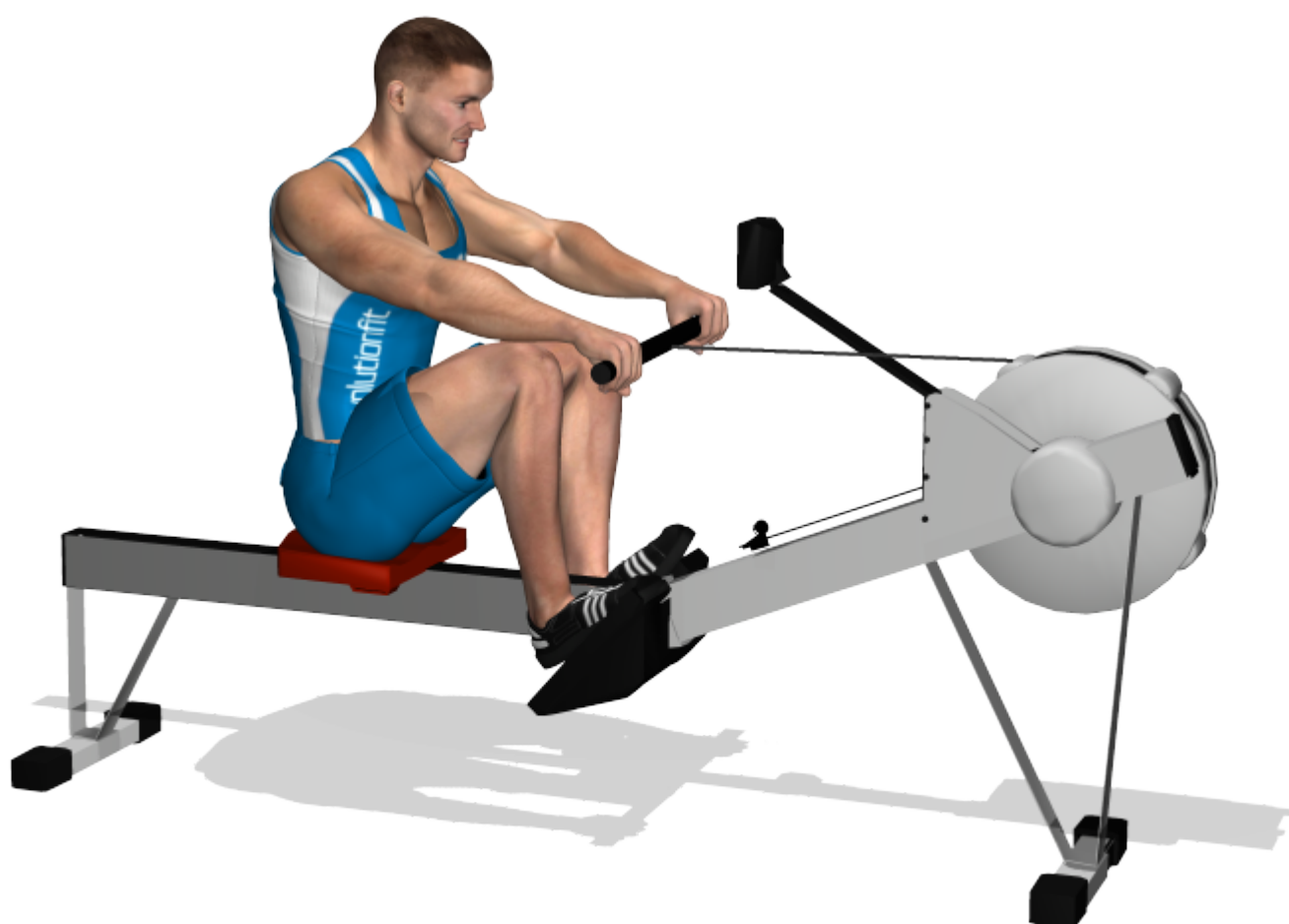
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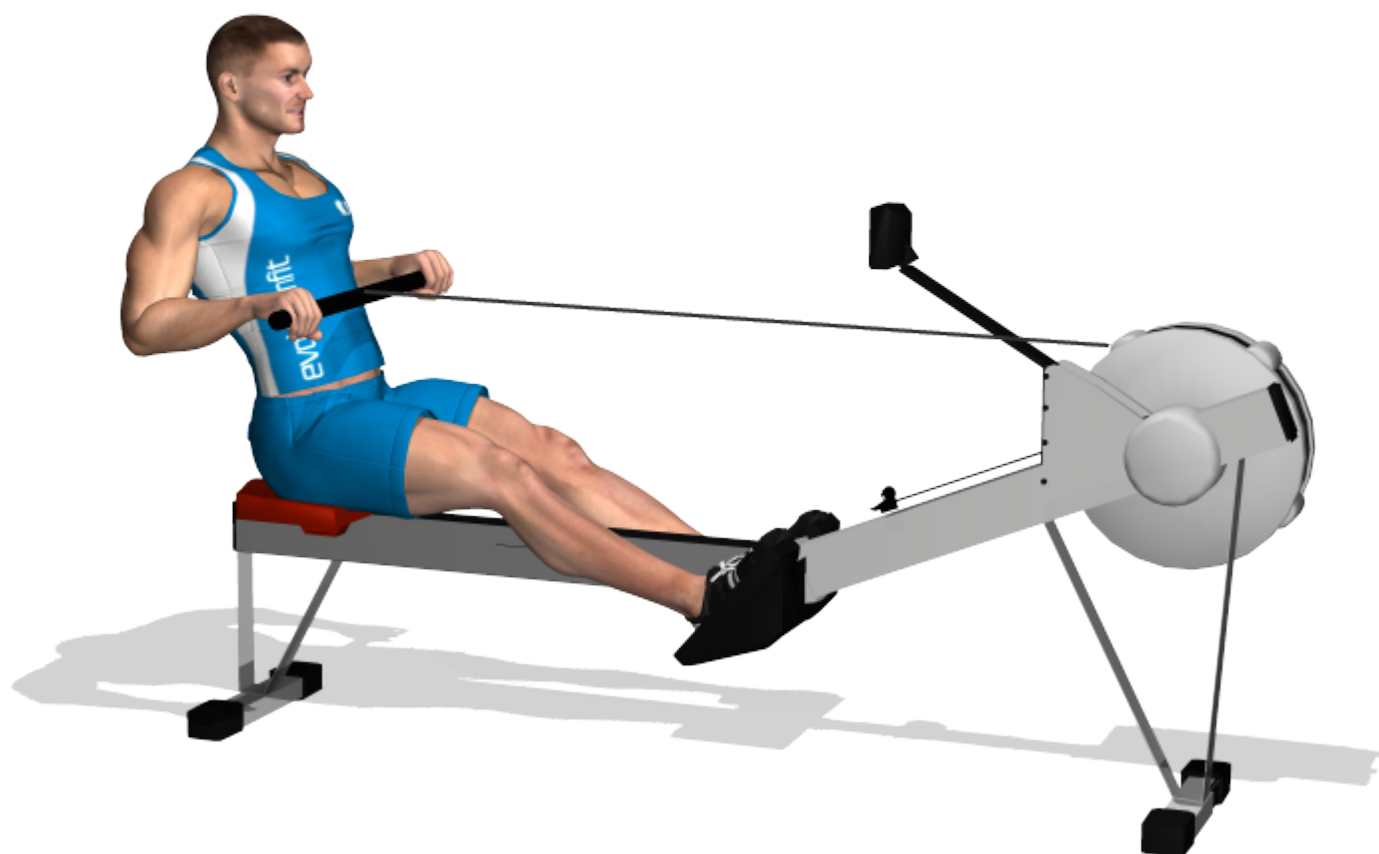
MINUTI: 15



VOGATORE

2 KM



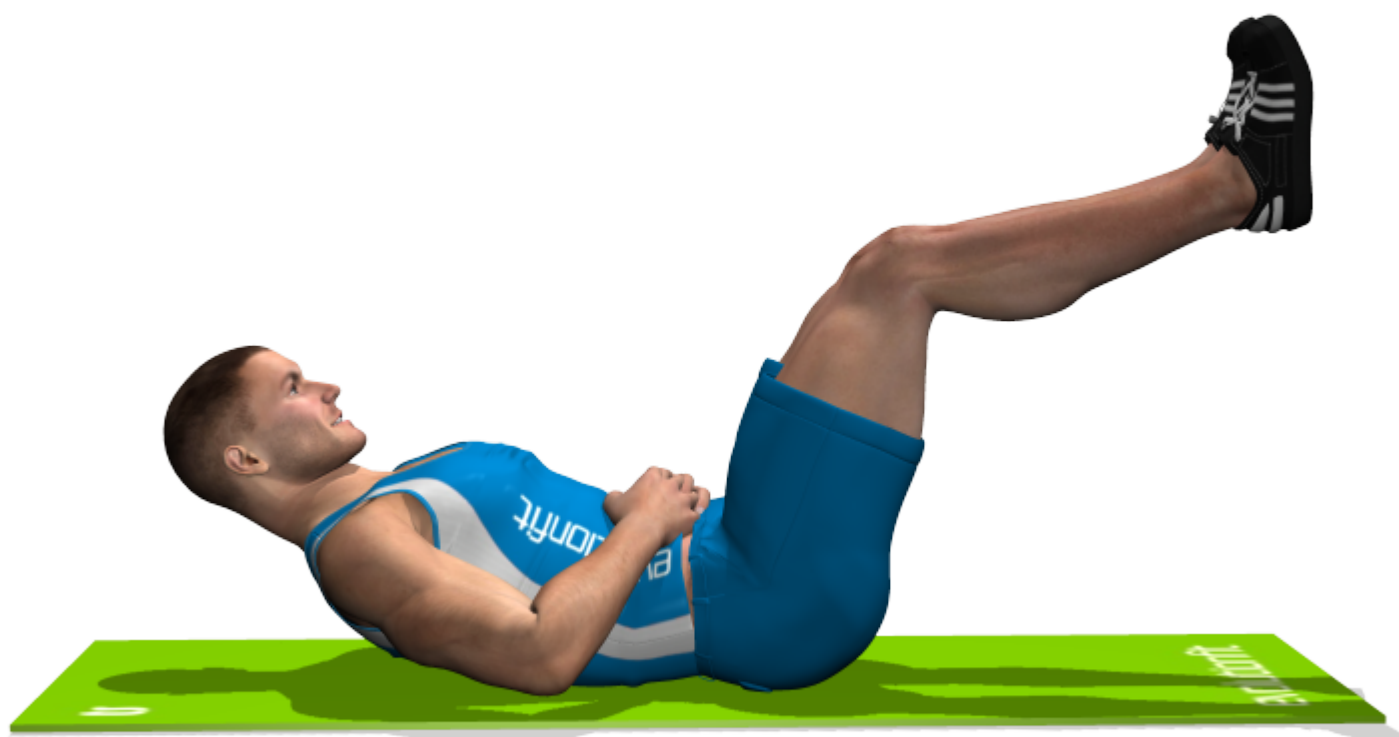


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

SIT UP

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





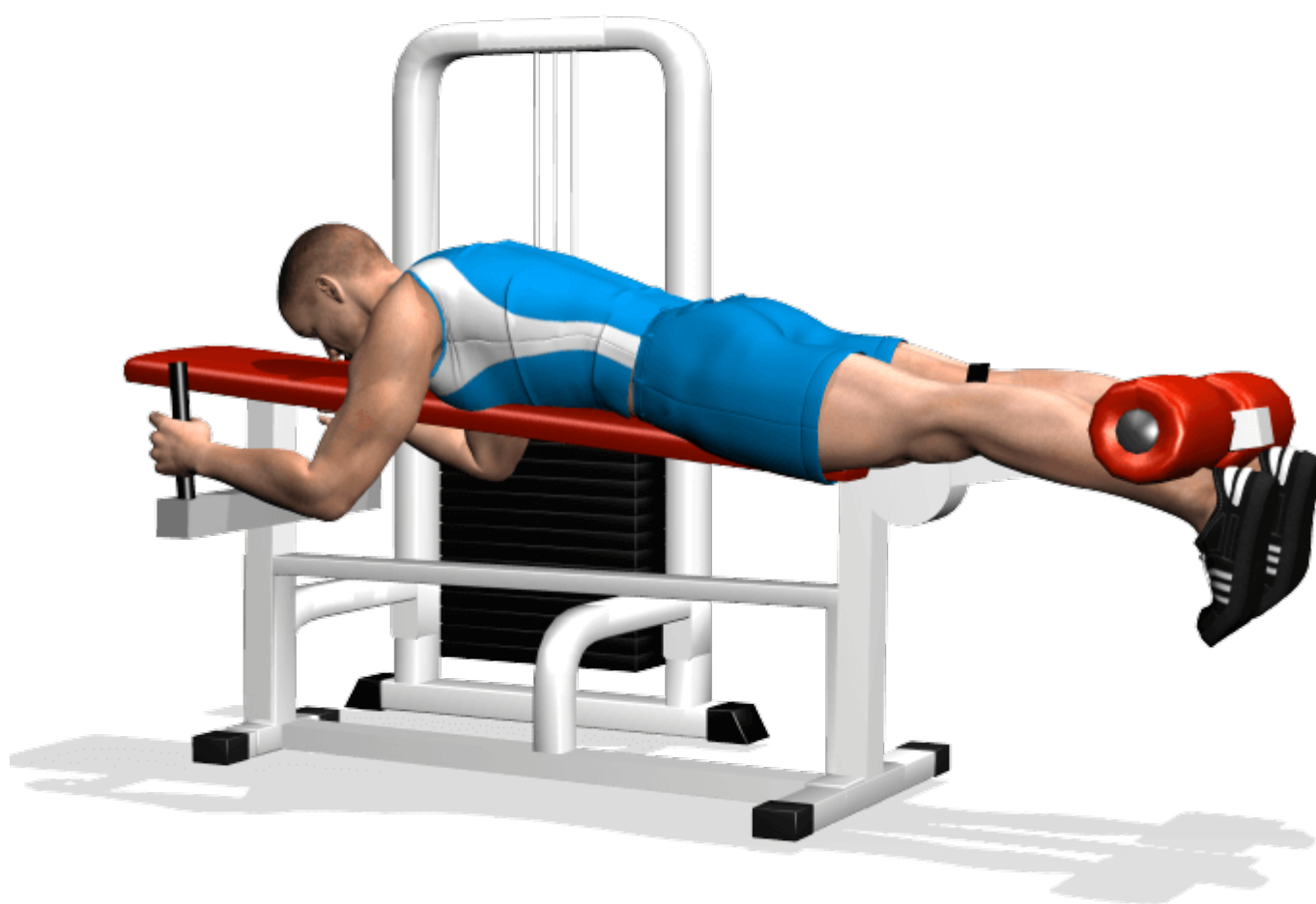
[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)
p4

GAMBE

LEG CURL

SERIE: 6-4-6-8

REST: 60 SECONDI





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

AFFONDI INVERSI MANUBRI

SERIE: 3x10

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

SERIE: 6-4-6-8

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3X12

REST: 60 SECONDI





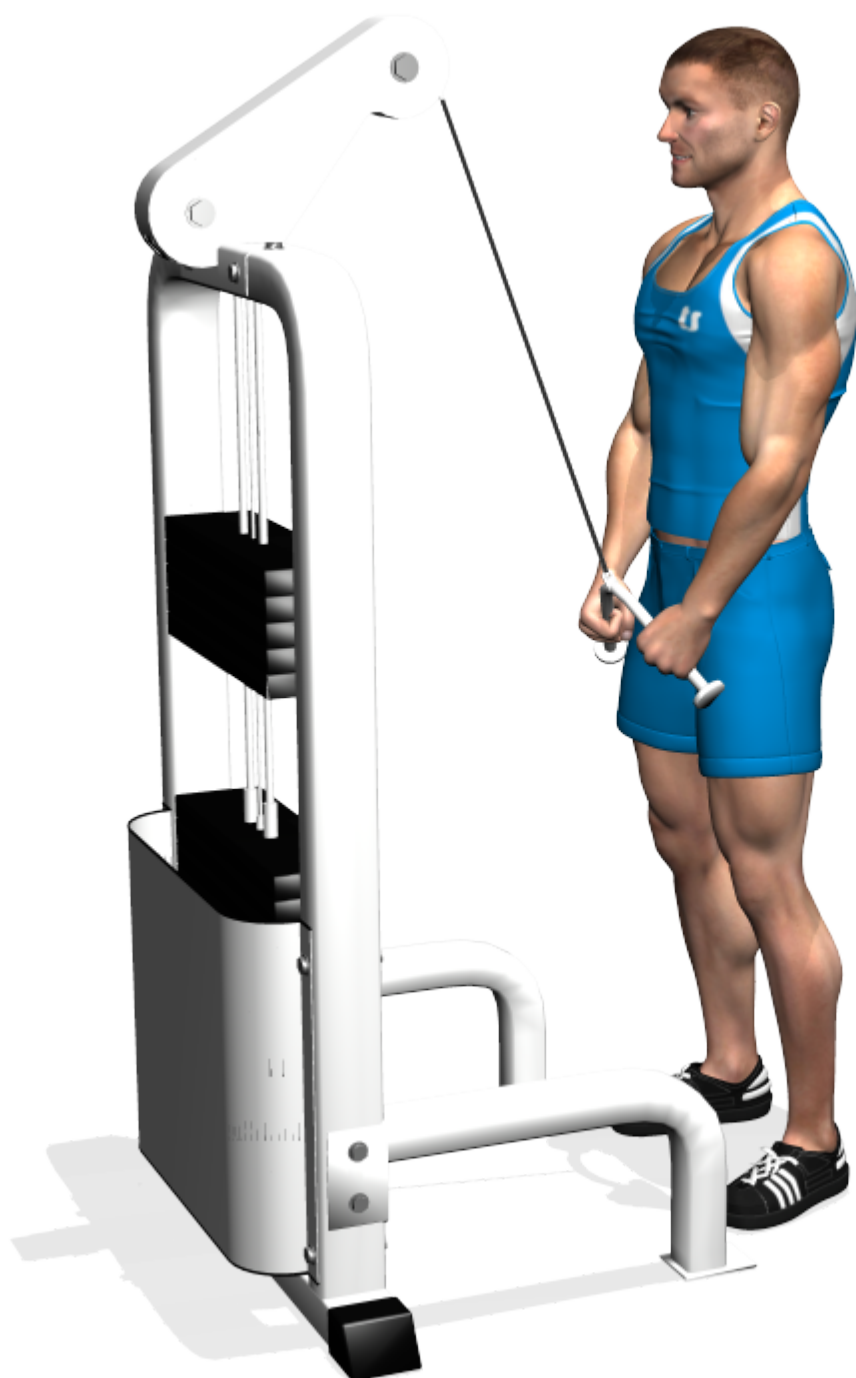
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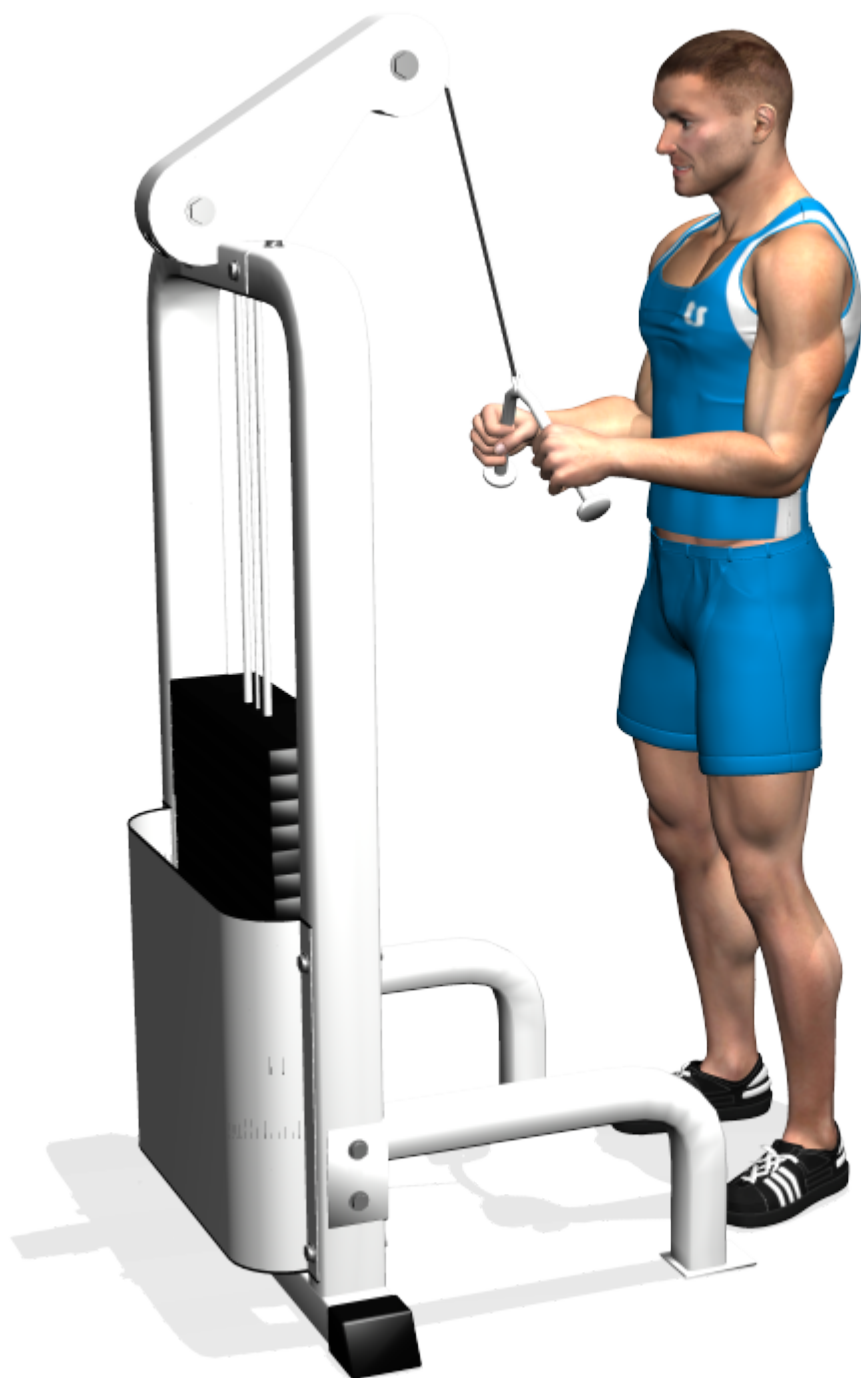
TRICIPITI

PULLEY ALTO

SERIE: 6-4-6-8

REST: 60 SECONDI





SPINTE PANCA PIANA PRESA STRETTA MANUBRI

SERIE: 6-4-6-8

REST: 60 SECONDI





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

FRENCH PRESS SEDUTO

SERIE: 4x12

REST: 60 SECONDI





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

