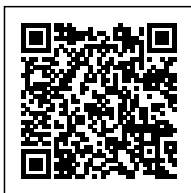


# SCHEDA ALLENAMENTO ANDREA ZINGALE BASE 4



# **SCHEDA DI ALLENAMENTO ANDREA ZINGALE**

## **SCHEDA 2 - INIZIO 11 LUGLIO 2022**

### **GIORNI DI ALLENAMENTO**

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

### **GIORNO 1**

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

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

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

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

## GIORNO 2

- CARDIO

- RISCALDAMENTO

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

ADDOMINALI

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

- LOMBARI

[Clicca qui](#)

# GIORNO 1

## CARDIO - RISCALDAMENTO

### ELLITTICA

MINUTI: 10/15

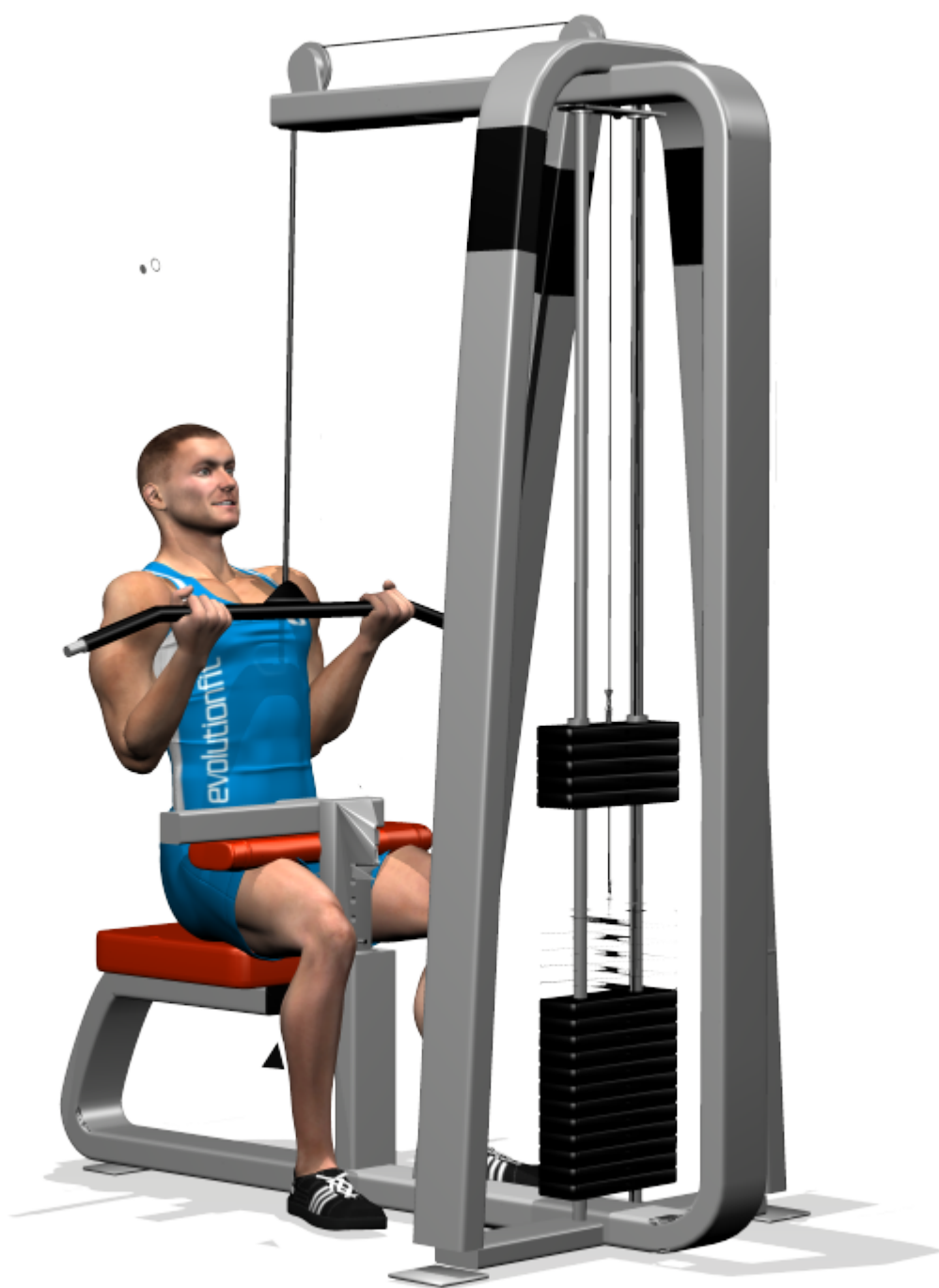


**DORSALI**

## LAT MACHINE INVERSA

REPS: 6/6/8/8

REST: 60 SECONDI





## REMATORE MANUBRIO SU PANCA

REPS: 6/6/8/8

REST: 60 SECONDI





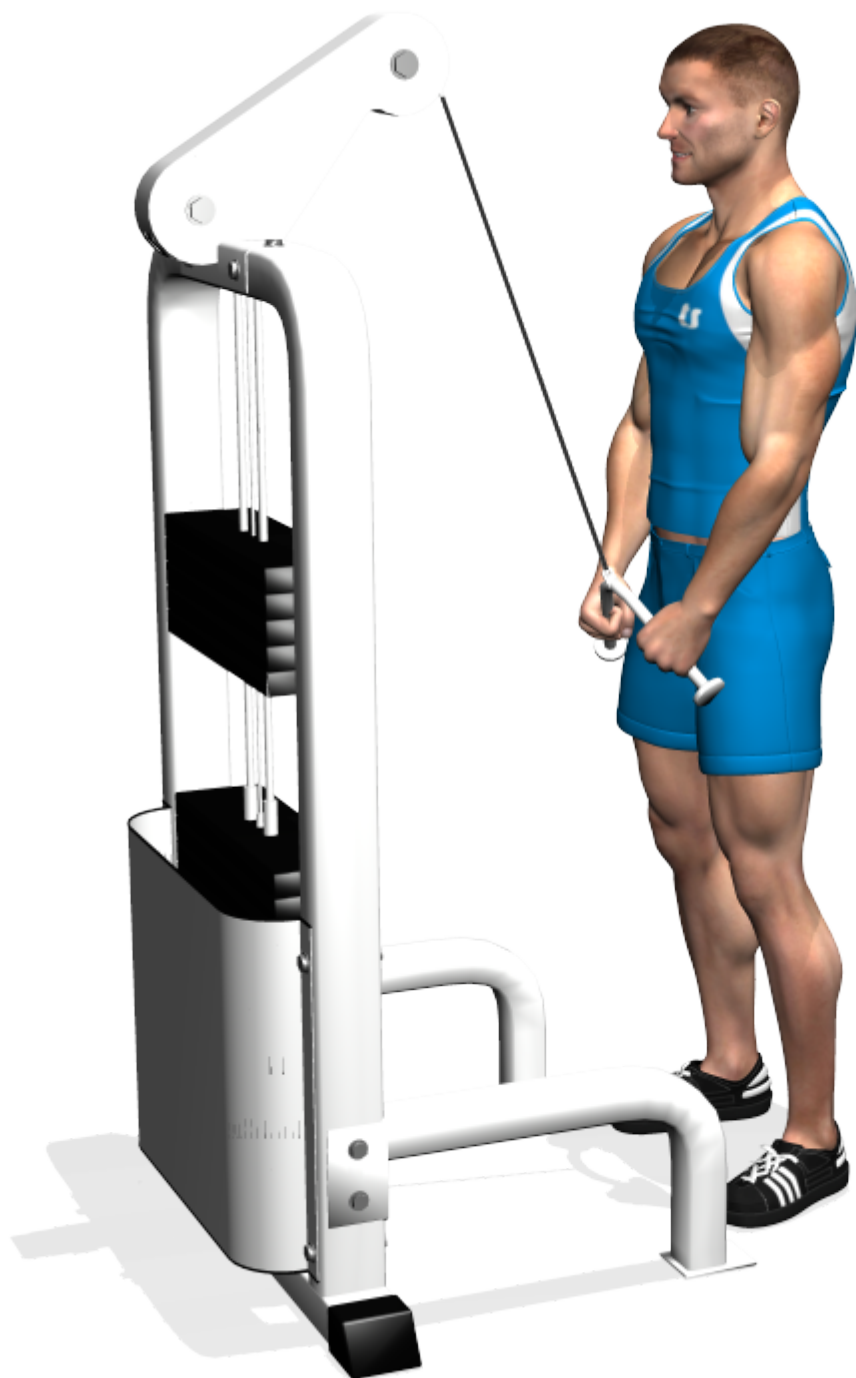


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>  
A.mp4

## **PULL DOWN**

SERIE: 4x8

REST: 60 SECONDI

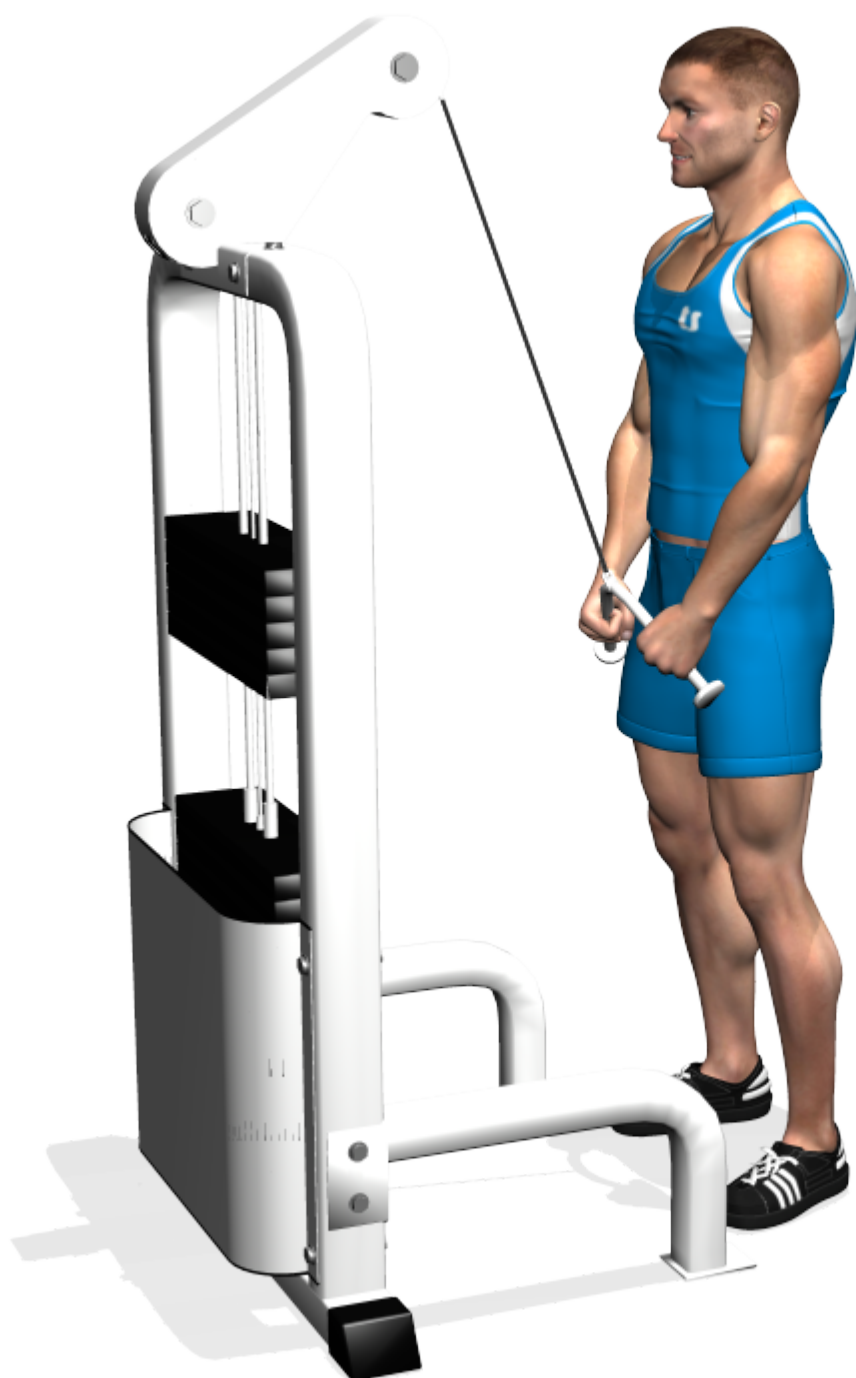


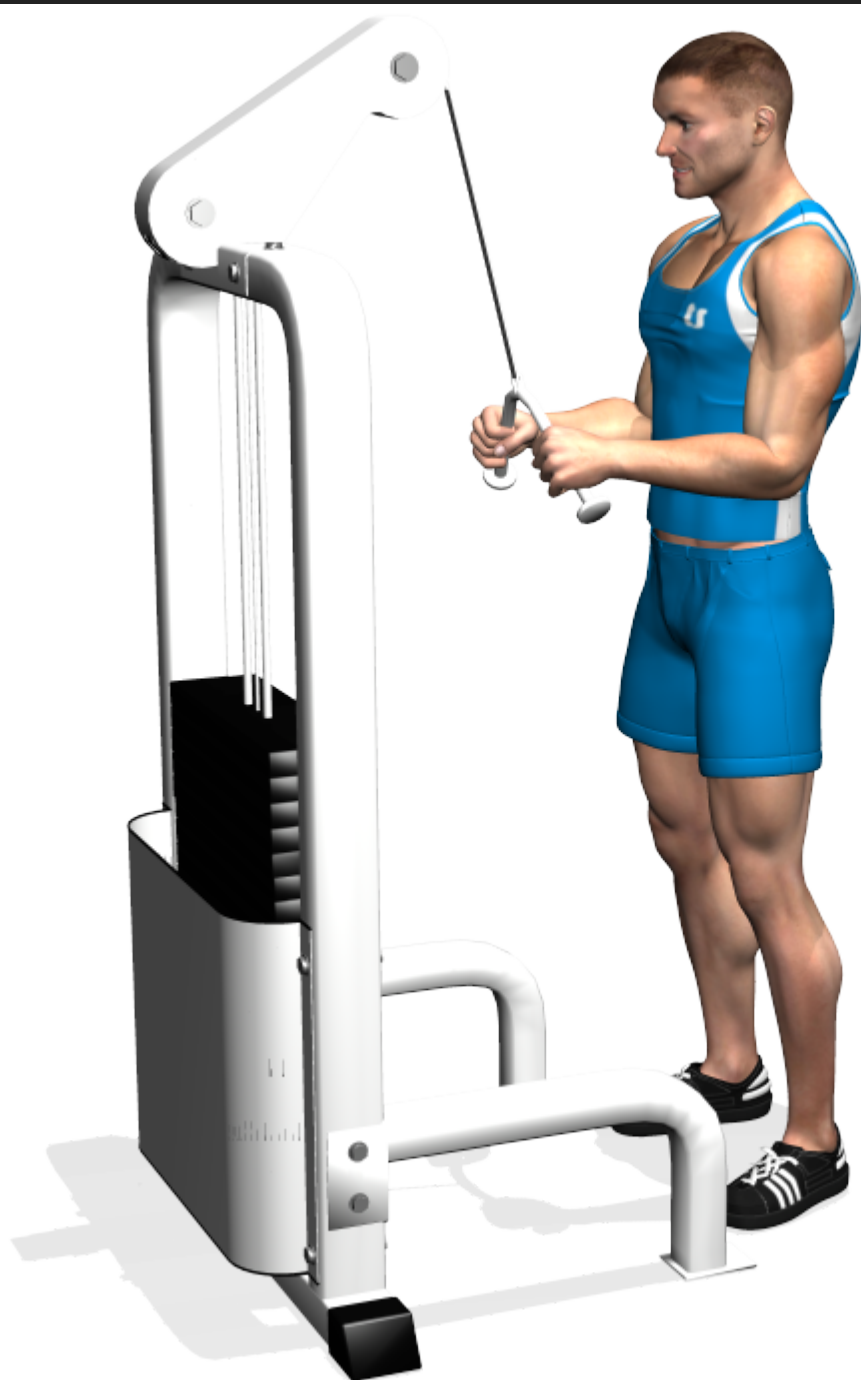
**TRICIPITI**

## PUSH DOWN

SERIE: 6/6/8/8

REST:60 SECONDI





## **SPINTE PANCA PIANA PRESA STRETTA**

SERIE: 6/6/8/8

REST:60 SECONDI





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

## DIPS

SERIE: 4 MAX

REST:60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

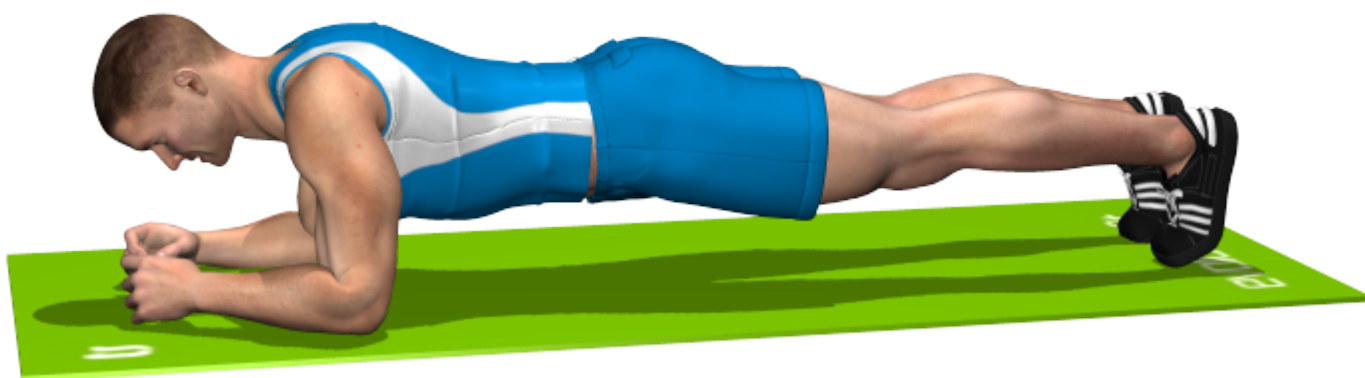
## **ADDOMINALI GIORNO 1**

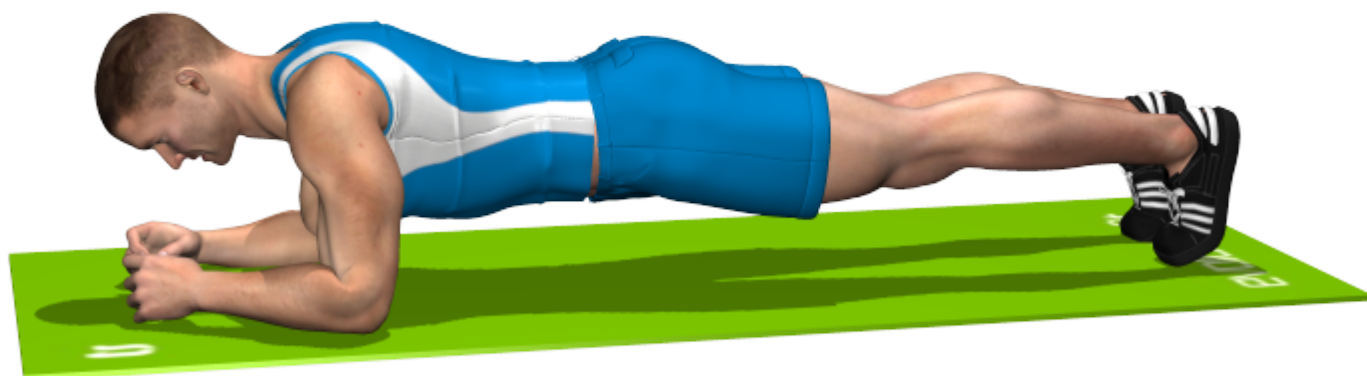


## PLANK

SERIE: 3x60 SECONDI - GIORNO 1

REST: 60 SECONDI



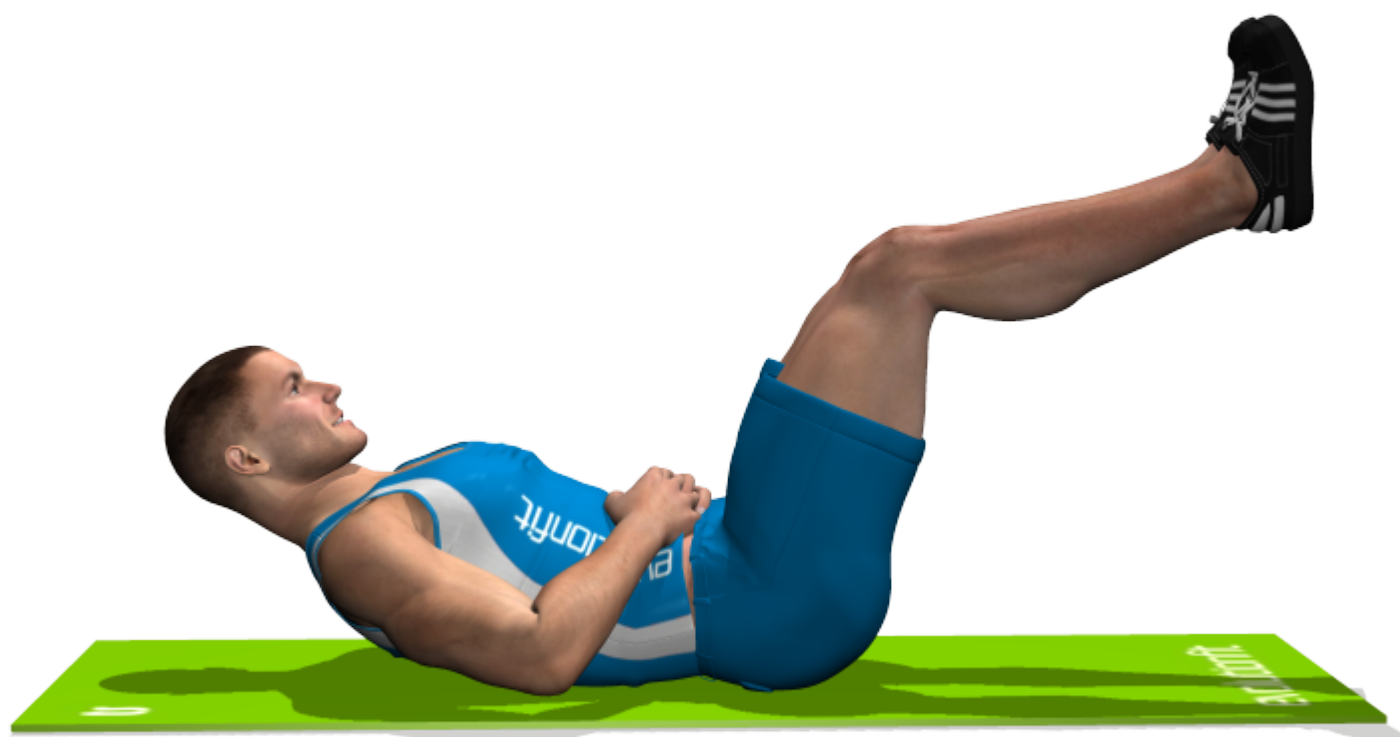


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PLANK.mp4>

## REVERSE CRUNCH

SERIE: 4x20 - GIORNO 1

REST: 60 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

## ELLITTICA

MINUTI: 10/15



# DELTOIDI

## SPINTE SEDUTO MANUBRI

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## ALZATE FRONTALI

SERIE: 6/6/8/8

REST: 60 SECONDI







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

## ROWING TORSO

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## **GAMBE**

## LEG PRESS ORIZZONTALE

SERIE: 6/6/8/8

REST: 60 SECONDI



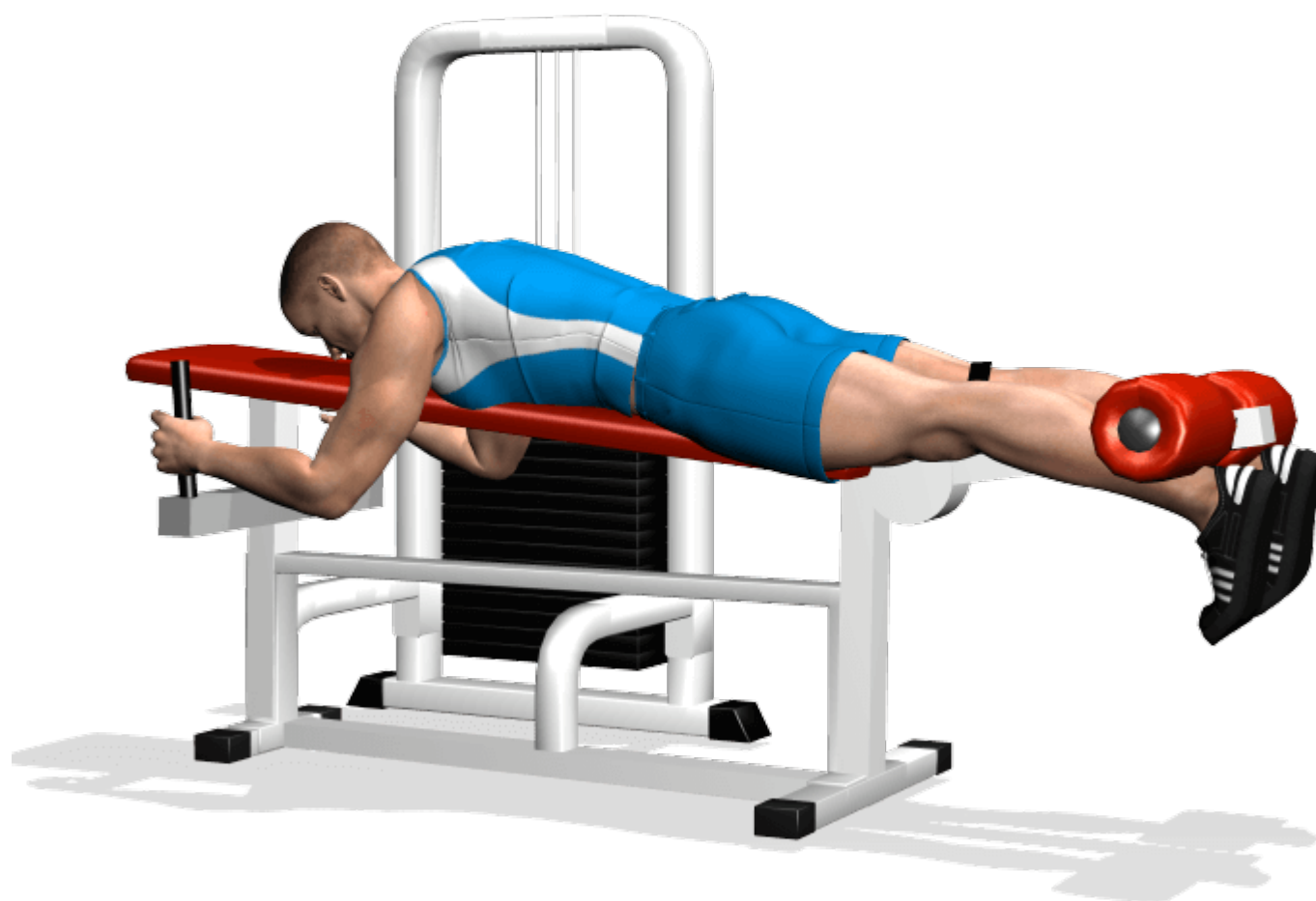


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

## LEG CURL SDRAIATO

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## **AFFONDI SAGITTALI MANUBRI**

SERIE: 4x8

REST: 60 SECONDI







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

## CALF MACHINE SEDUTO

SERIE: 3x12

REST: 60 SECONDI





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

## **ADDOMINALI GIORNO 2**

## CRUNCH A TERRA

SERIE: 4x20 - GIORNO 2

REST: 60 SECONDI





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

## **RUSSIAN TWIST**

SERIE: 3x15 - GIORNO 2

KG: KETTLEBELL OPZIONALE

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/RUSSIAN-TWIST-KETTLEBELL.mp4>

## GIORNO 3



# CARDIO - RISCALDAMENTO

## ELLITTICA

MINUTI: 10/15



# PETTORALI

## PANCA PIANA BILANCIERE

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## **CROCI MANUBRI PANCA INCLINATA**

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## CHIUSURE AI CAVI

SERIE: 4X8

REST: 60 SECONDI





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

## **BICIPITI - AVAMBRACCI**



## CURL BILANCIERE EZ

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## **CURL CAVI ALTI**

SERIE: 6/6/8/8

REST: 60 SECONDI





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

## **CURL MANUBRI MARTELLO**

SERIE: 4x8

REST: 60 SECONDI





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

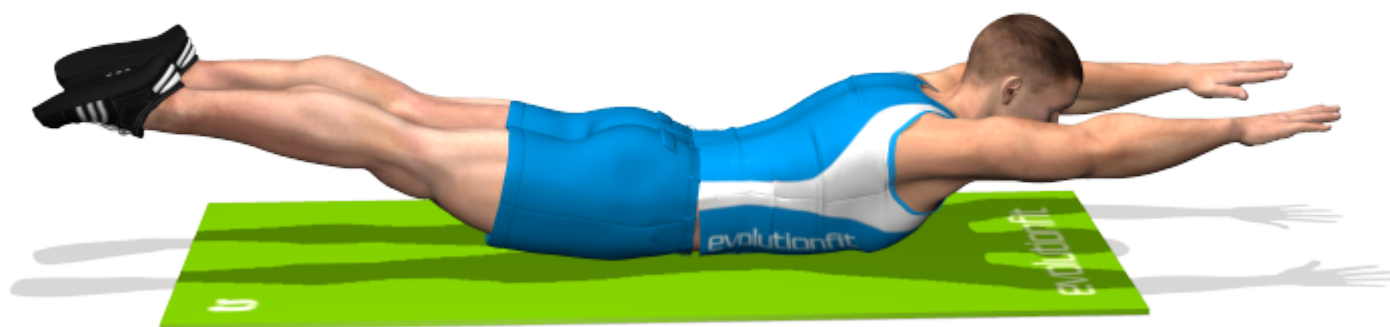
## **ADDOMINALI - LOMBARI GIORNO 3**

## LOMBARI

SERIE: 4x15 - GIORNO 3

REST: 60 SECONDI





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

## SIT UP

SERIE: 3x10 - GIORNO 3

REST: 60 SECONDI







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

