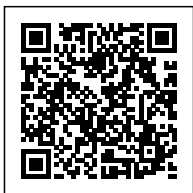


SCHEDA ALLENAMENTO ANDREA ZINGALE UOMO 19



SCHEDA DI ALLENAMENTO ANDREA ZINGALE

SCHEDA 1 - INIZIO 12 SETTEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

- LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 6 / MAX / MAX

REST: 90 SECONDI





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

ALZATE LATERALI

SERIE: 8 / MAX / MAX

REST: 90 SECONDI





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

APERTURE DA PRONO

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





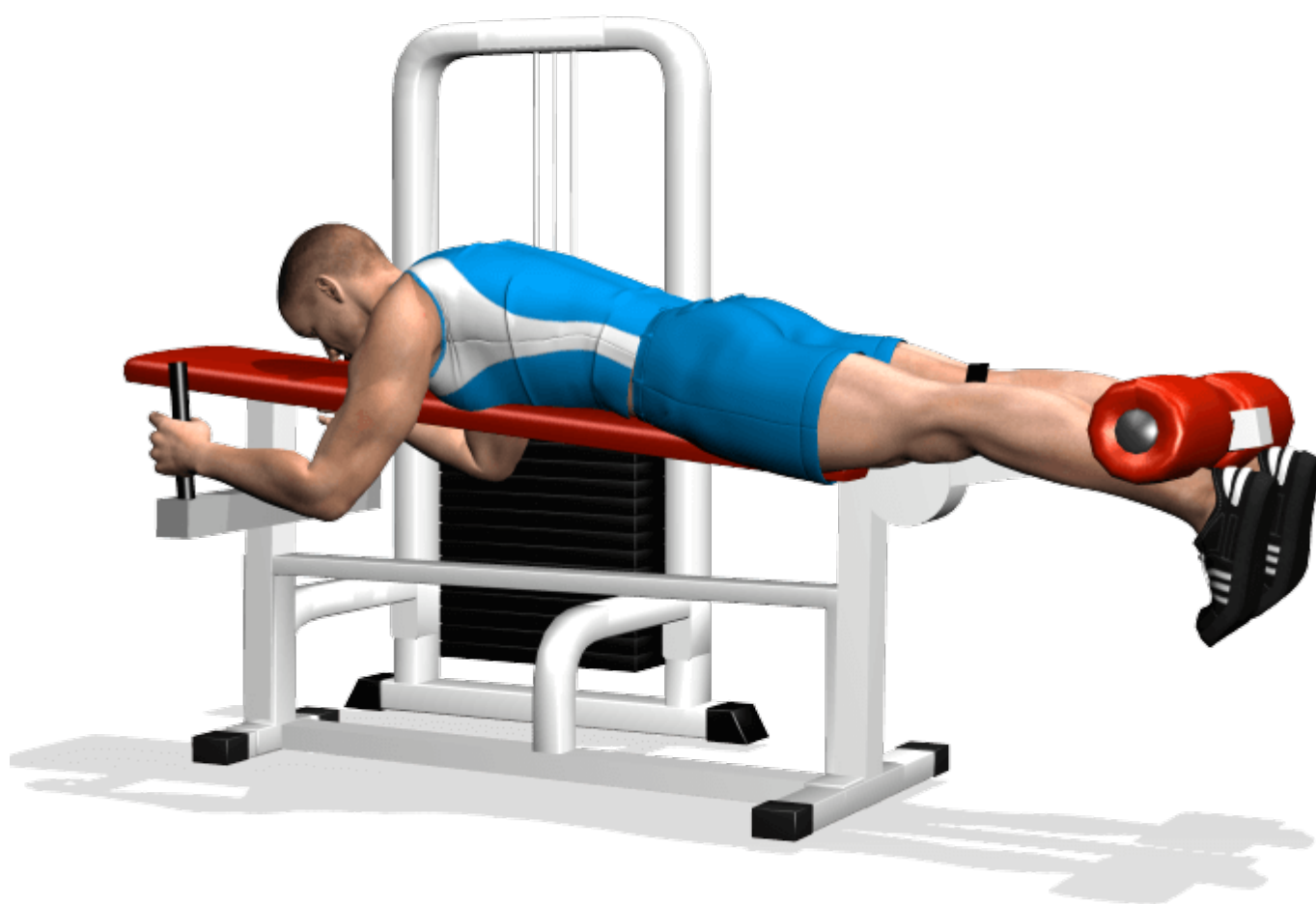
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GAMBE

LEG CURL

SERIE: 6 / MAX / MAX

REST: 90 SECONDI





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

LEG PRESS ORIZZONTALE

SERIE: 8 / MAX / MAX

REST: 90 SECONDI





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

LEG EXTENSION

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3 X 15

REST: 90 SECONDI





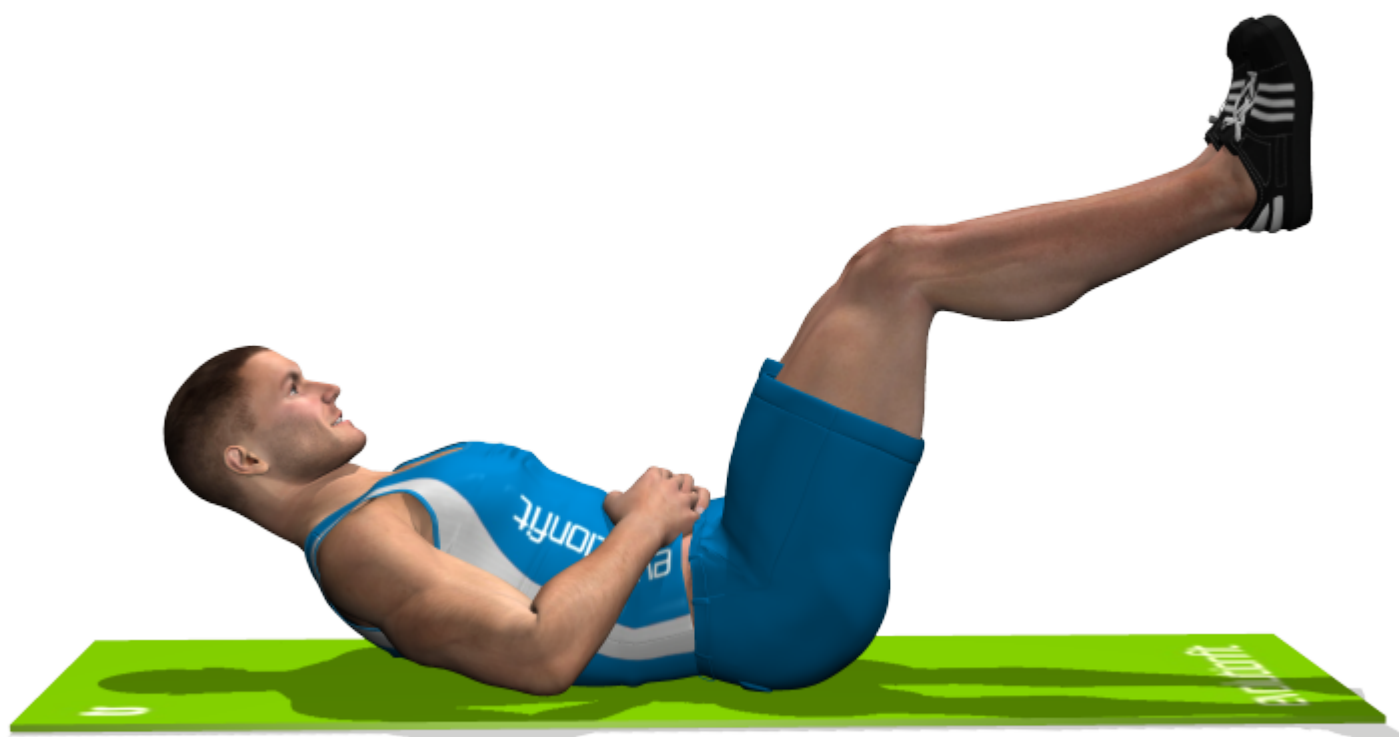
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ADDOMINALI

REVERSE CRUNCH

SERIE: 3x25 IN SUPERSERIE CON CRUNCH

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



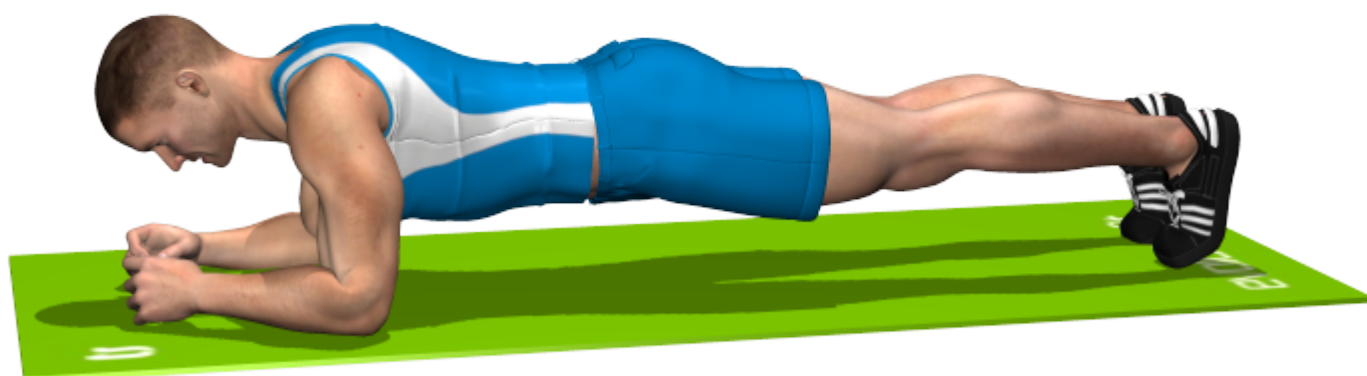


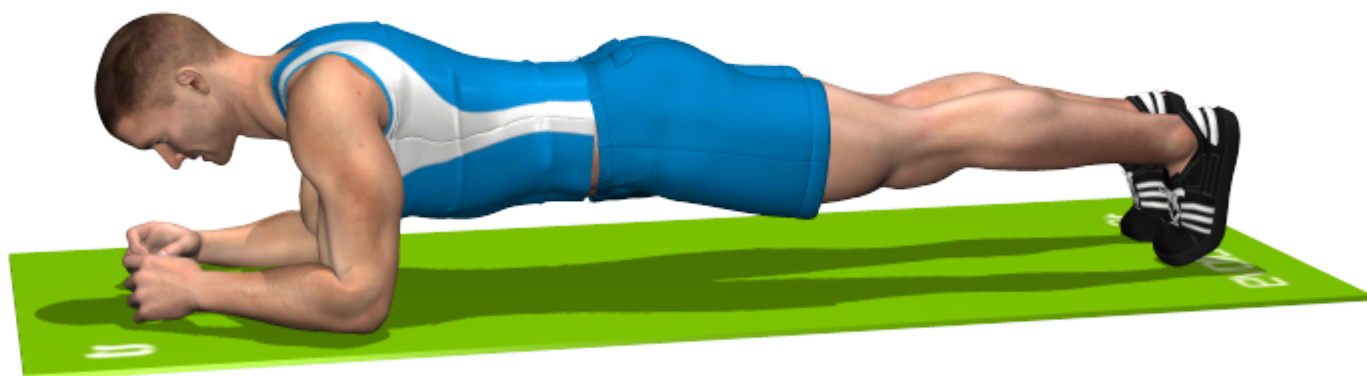
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PLANK

SERIE: 3x90 SECONDI

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



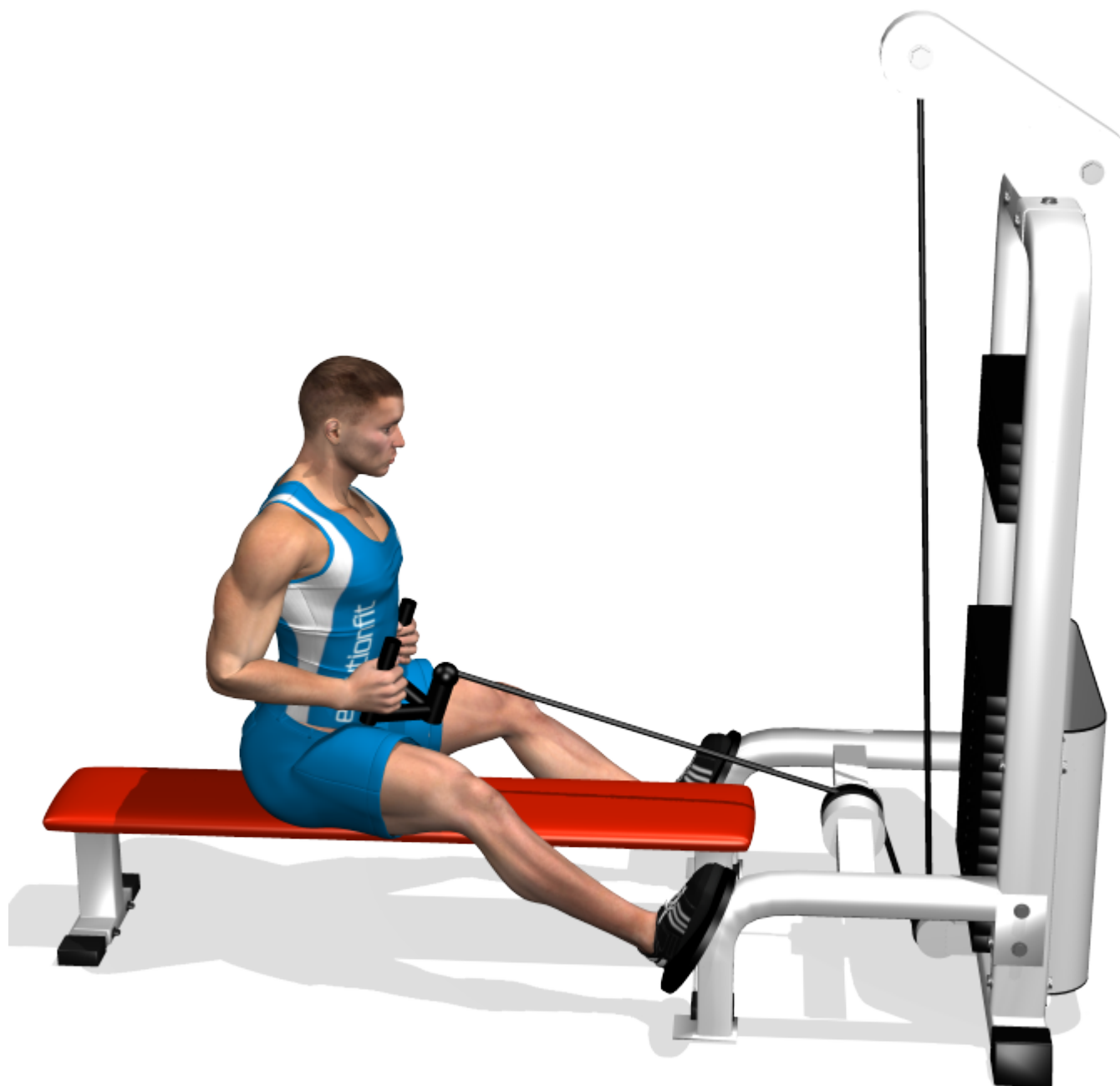
DORSALI

PULLEY BASSO

SERIE: 6 / MAX / MAX

REST: 90 SECONDI





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

LAT MACHINE AVANTI

SERIE: 8 / MAX / MAX

REST: 90 SECONDI





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

PULL DOWN

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





TRICIPITI

TRICIPITI CON MANUBRI

SERIE: 6 / MAX / MAX

REST: 90 SECONDI



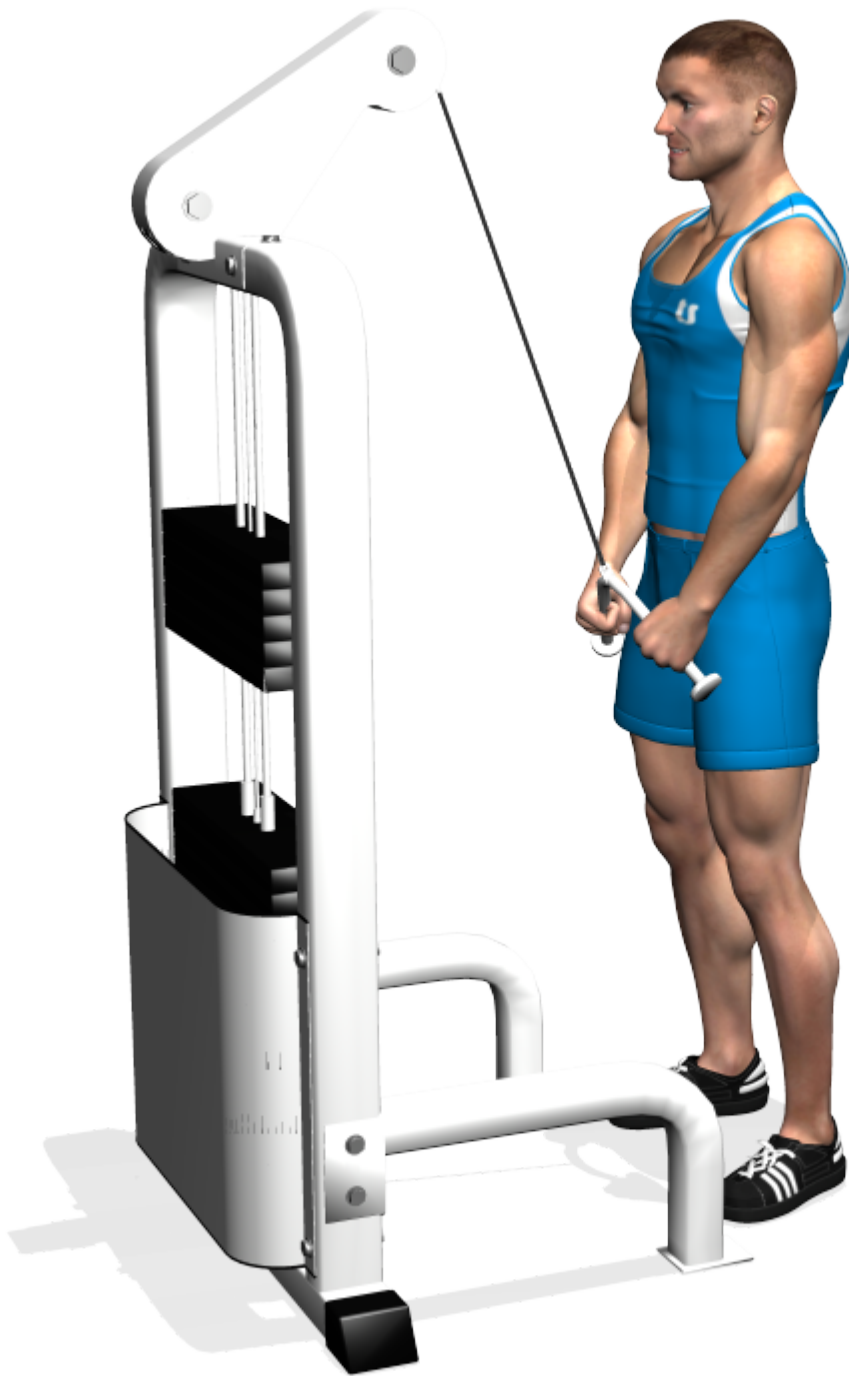


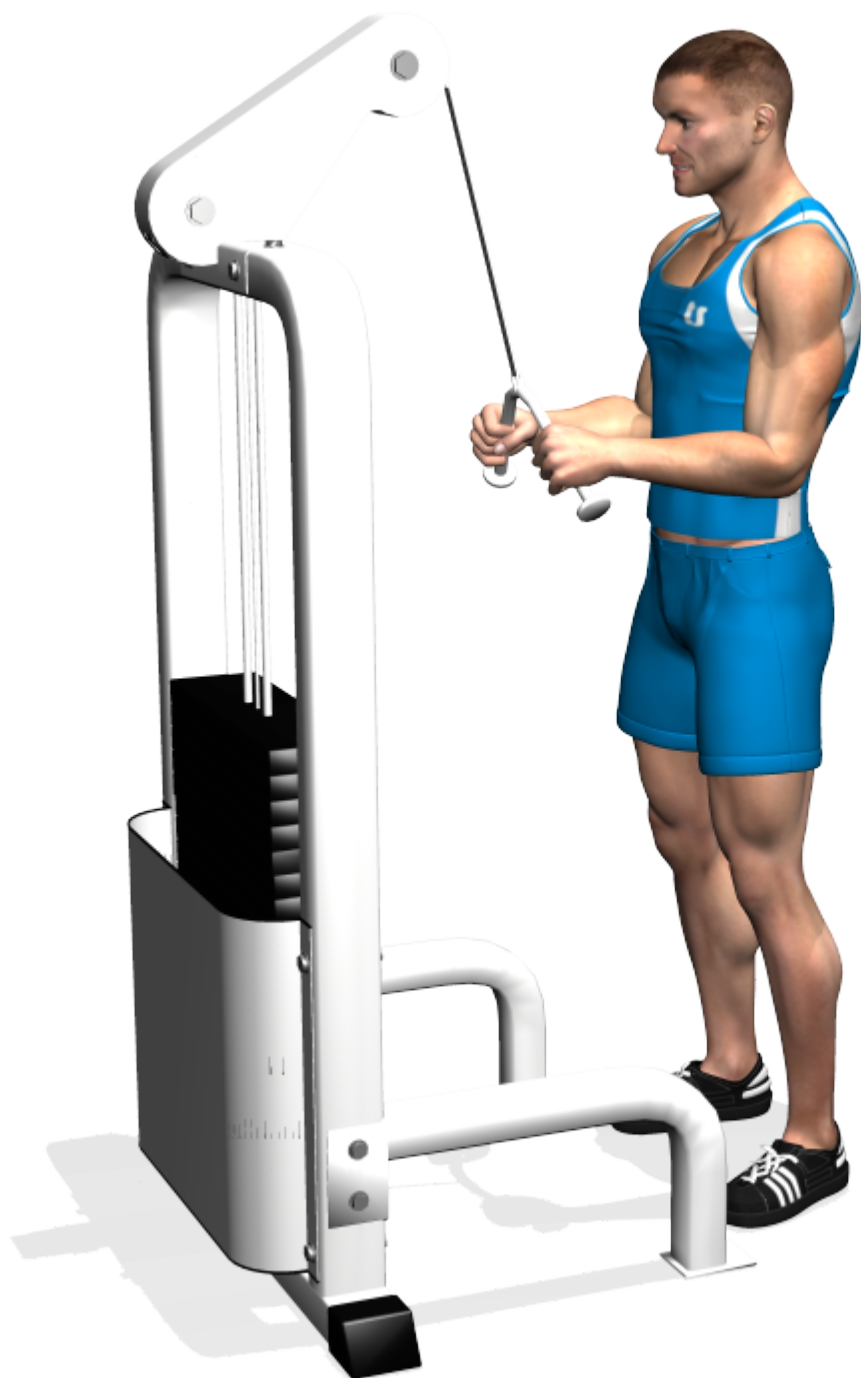
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PULLEY ALTO

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





DIPS

SERIE: 8 / MAX / MAX

REST: 90 SECONDI





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

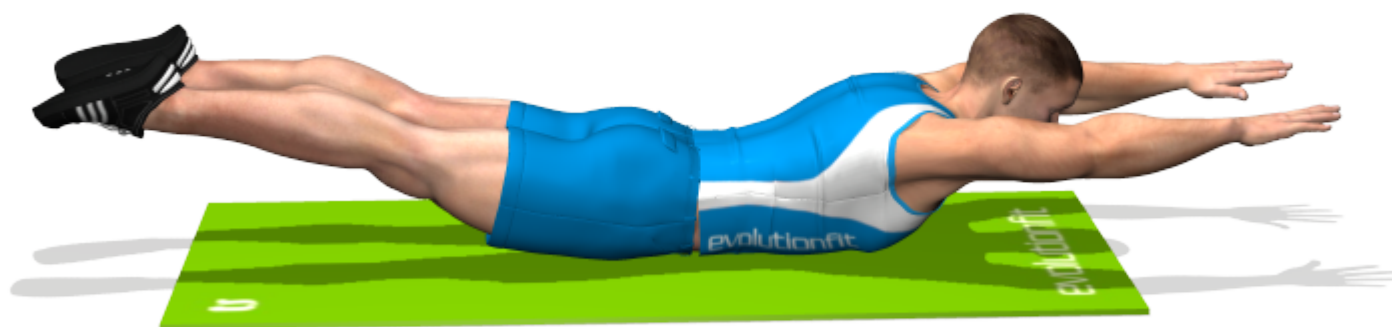
LOMBARI

LOMBARI

SERIE: 3x20

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



PETTORALI

SPINTE MANUBRI PANCA PIANA

SERIE: 6 / MAX / MAX

REST: 90 SECONDI





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

CHEST PRESS

SERIE: 8 / MAX / MAX

REST: 90 SECONDI



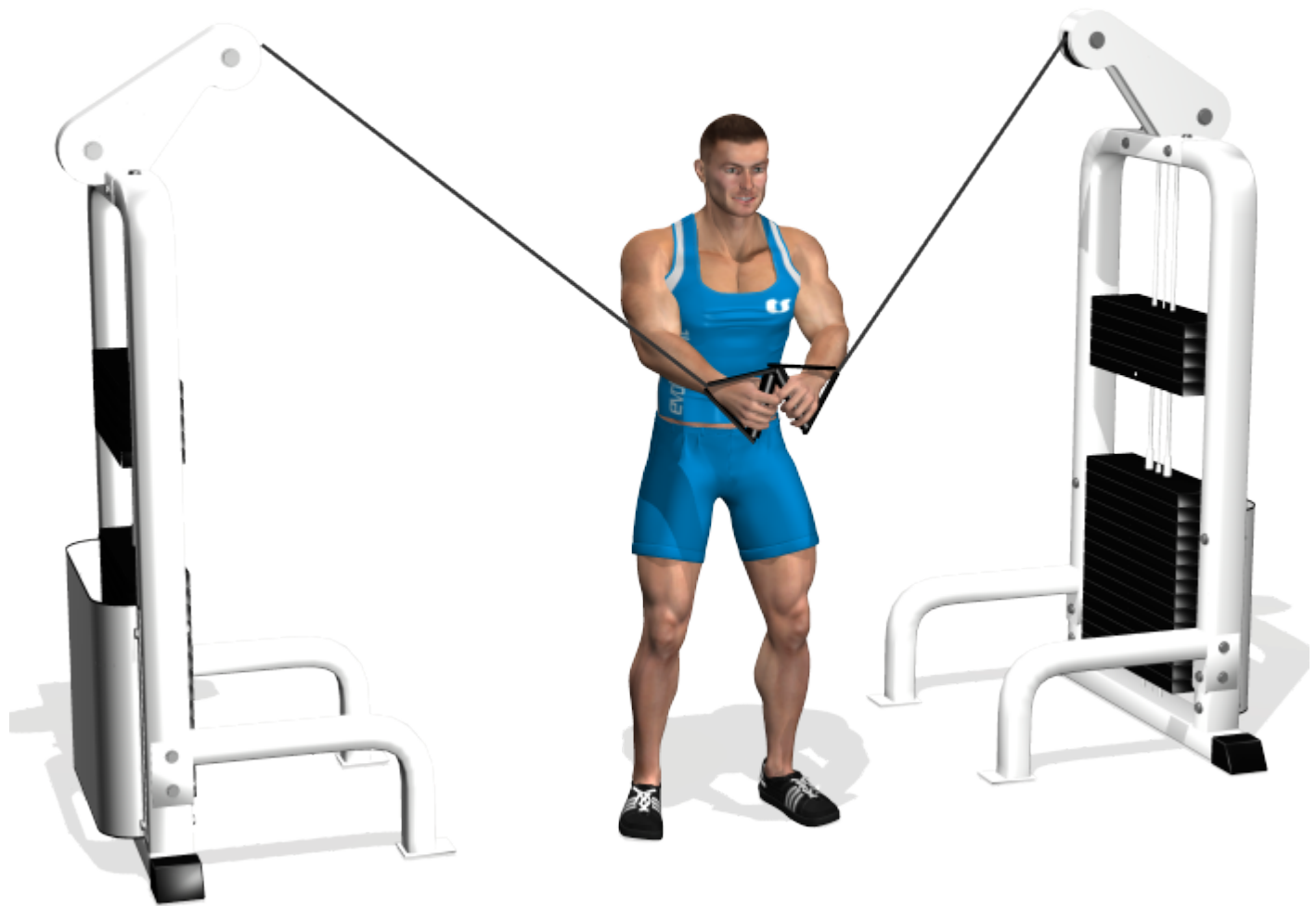


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CHEST-PRESS.mp4>

CHIUSURE AI CAVI

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI

SERIE: 6 / MAX / MAX

REST: 90 SECONDI





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

CURL PANCA SCOTT

SERIE: 8 / MAX / MAX

REST: 90 SECONDI





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

CURL PULLEY BASSO

SERIE: 10 / MAX / MAX

REST: 90 SECONDI





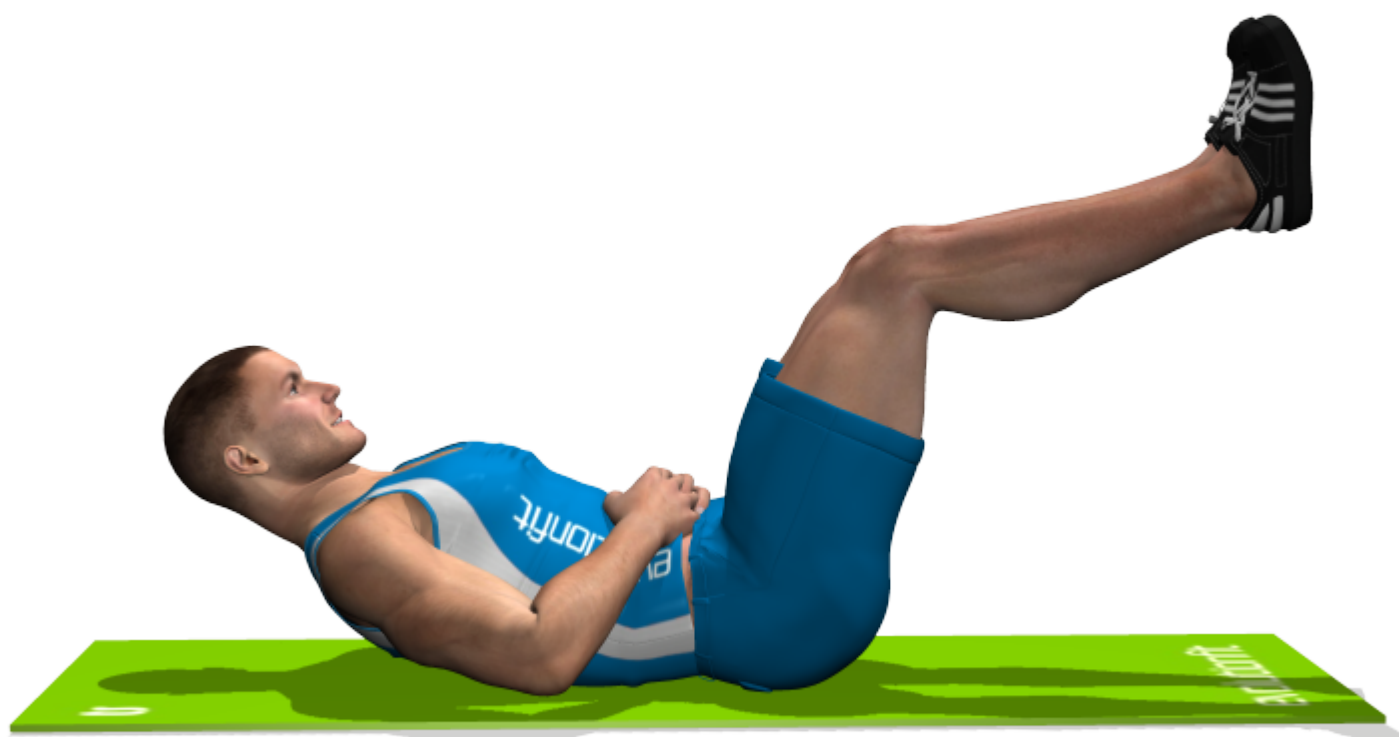
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CAVO-BASSO.mp4>

ADDOMINALI

REVERSE CRUNCH

SERIE: 3x25 IN SUPERSERIE CON CRUNCH

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



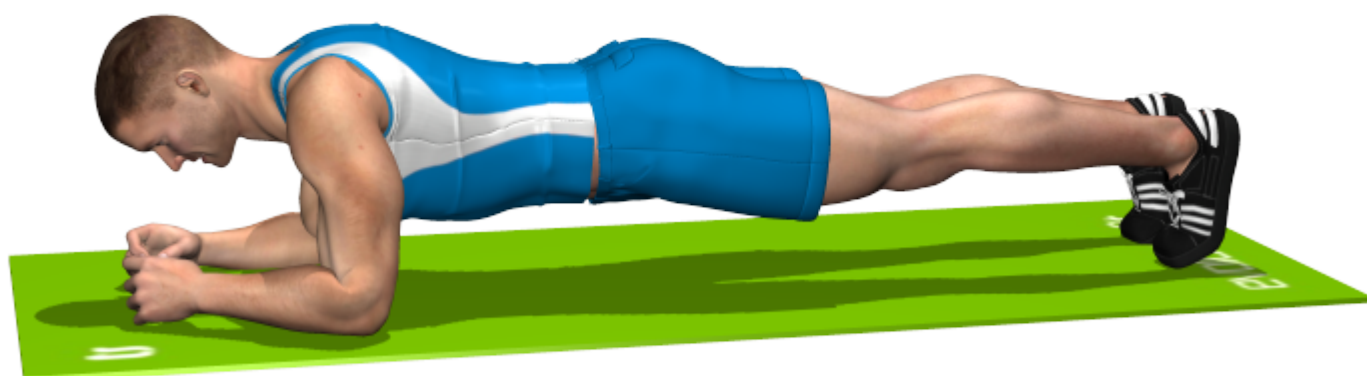


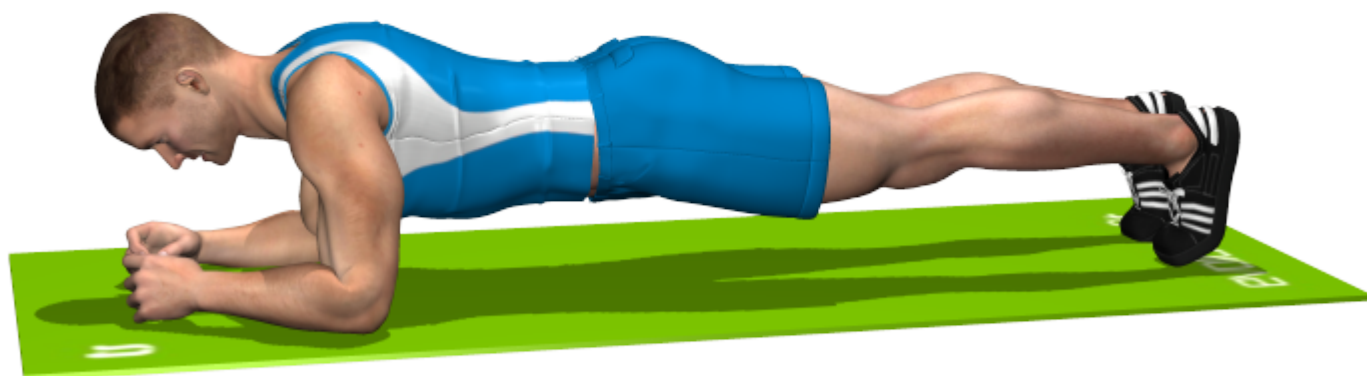
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

PLANK

SERIE: 3x90 SECONDI

REST: 90 SECONDI





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

