

# SCHEDA ALLENAMENTO ANGELO ALTERNO RAGAZZO 02



# SCHEDA DI ALLENAMENTO ANGELO ALTERNO

## SCHEDA 2 - INIZIO 10 GENNAIO

### 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](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

## GIORNO 1

# CARDIO - RISCALDAMENTO

## BICI

MINUTI: 15/20



## CAMMINATA

MINUTI: 15/20



# DORSALI

## VERTICAL TRACTION

SERIE: 3X12

REST: 90 SECONDI





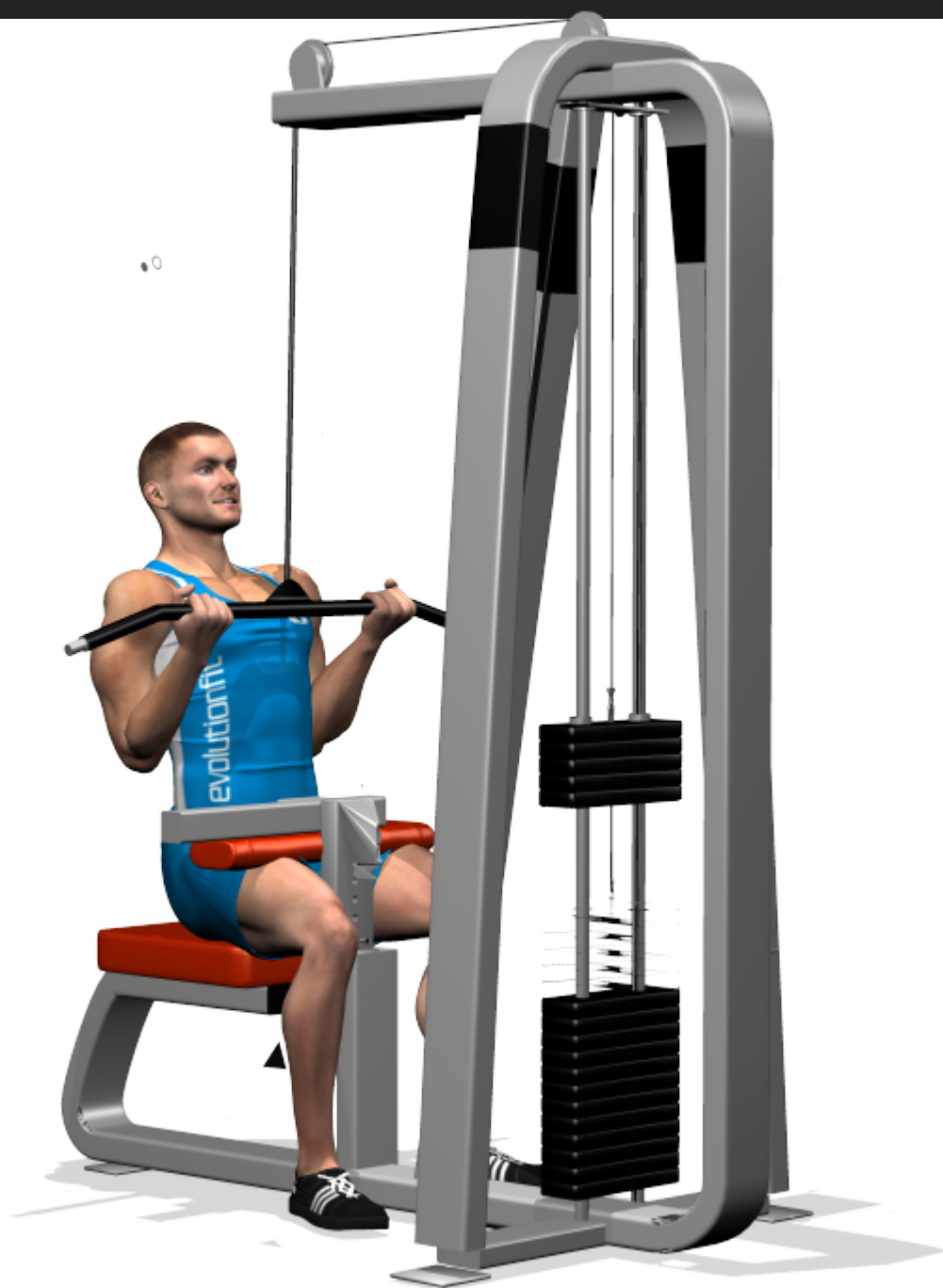
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

## **LAT MACHINE INVERSA**

SERIE: 3X12

REST: 90 SECONDI



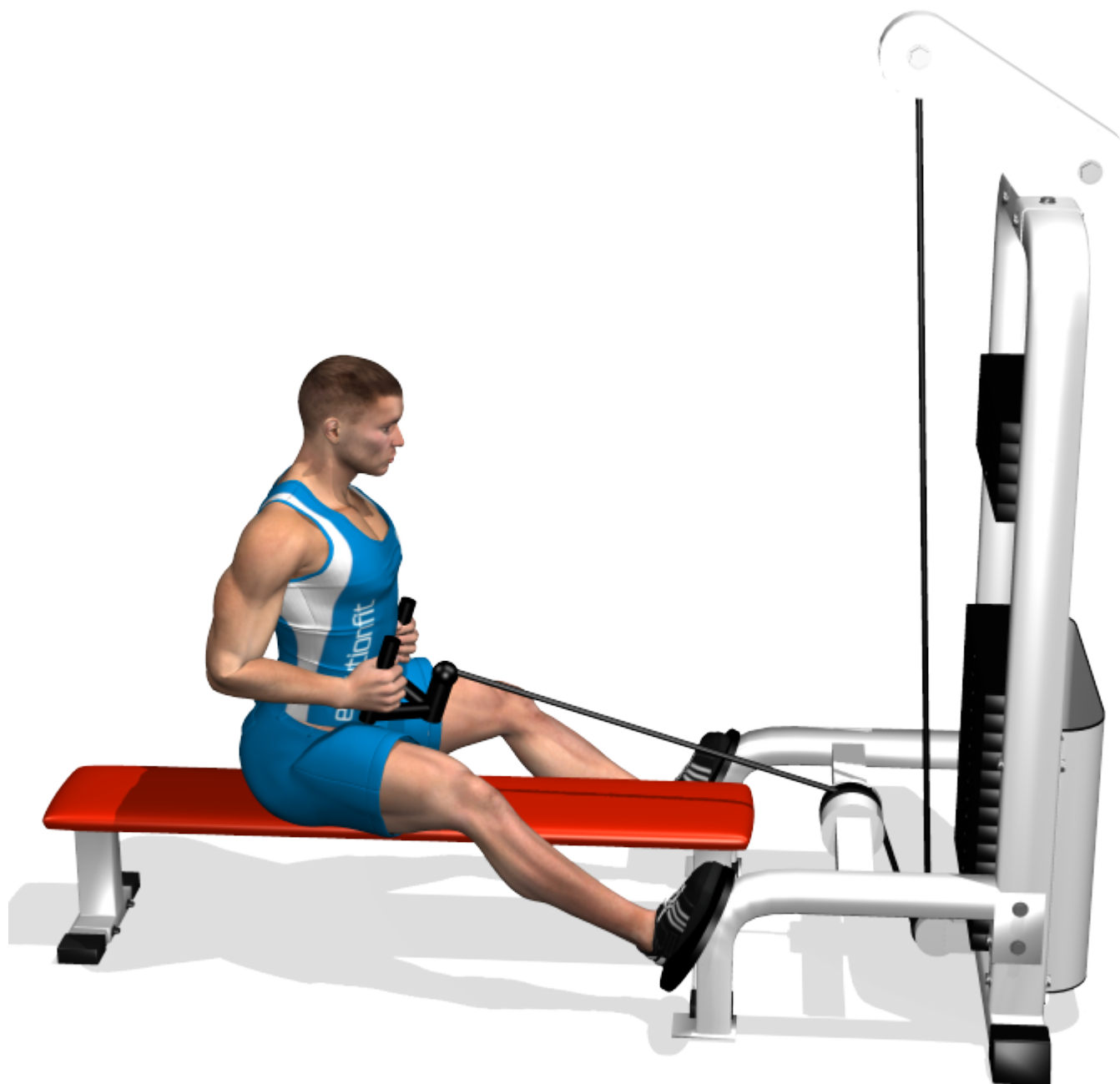




## PULLEY BASSO

SERIE: 3X12

REST: 90 SECONDI





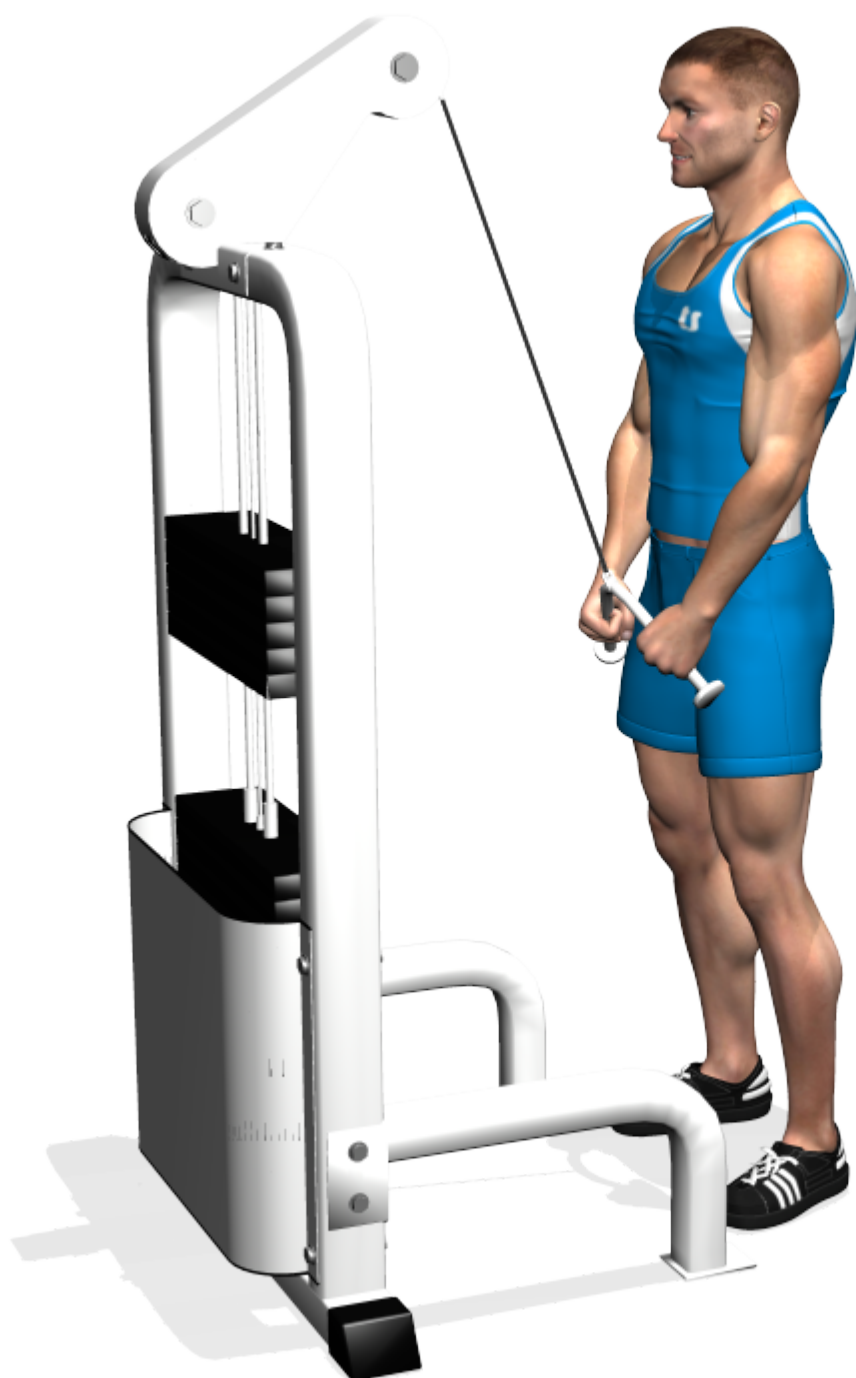
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

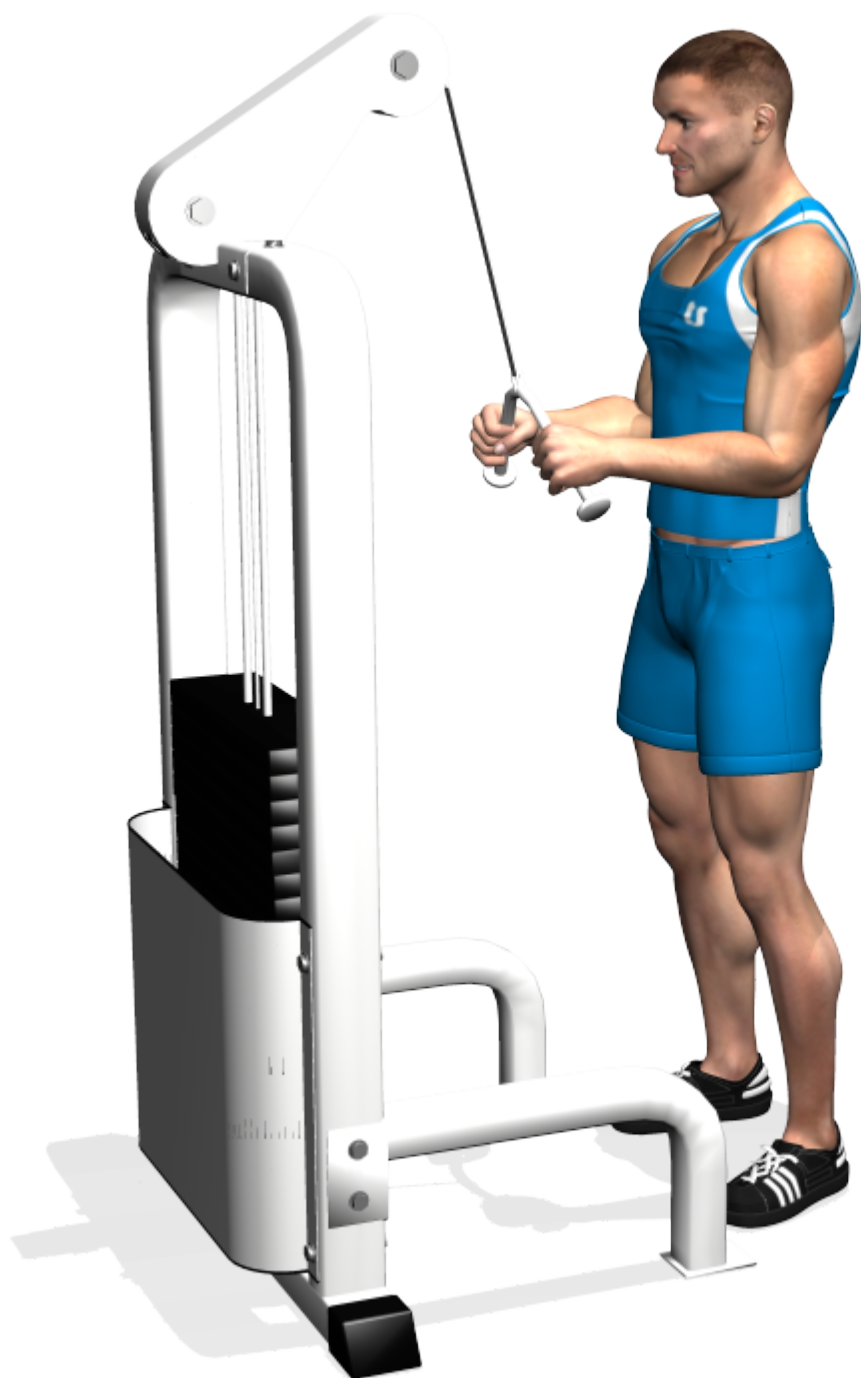
## TRICIPITI

## PULLEY ALTO CORDA

SERIE: 3X12

REST: 90 SECONDI





## **ESTENSIONI DIETRO LA NUCA**

SERIE: 3X12

REST: 90 SECONDI





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

## **KICK BACK SEDUTO 1 MANUBRIO**

SERIE: 3x12

REST: 90 SECONDI







<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/KICK-BACK-UN-MANUBRIO.mp4>

## **ADDOMINALI**

## CRUNCH

SERIE: 3x15

REST: 90 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

## BICI

MINUTI: 15/20



## CAMMINATA

MINUTI: 15/20



# SPALLE

## SPINTE VERTICALI

SERIE: 3X12

REST: 90 SECONDI







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

## ALZATE LATERALI

SERIE: 3X12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-LATERALI-SEDUTO.mp4>

**APERTURE 90°**

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ALZATE-BUSTO-90°.mp4>

**GAMBE**

## LEG CURL SEDUTO

SERIE: 3X15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2023/11/LEG-CURL-SEDUTO.mp4>

## LEG EXTENSION

SERIE: 3X15

REST: 90 SECONDI









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

## **SQUAT CON PALLA**

SERIE: 3X15

REST: 90 SECONDI





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

## **CALF MACHINE SEDUTO**

SERIE: 3x12

REST: 90 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

## BICI

MINUTI: 15/20



## CAMMINATA

MINUTI: 15/20



# PETTORALI

## CHEST PRESS

SERIE: 3X12

REST: 90 SECONDI







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

## CHEST INCLINATA

SERIE: 3X12

REST: 90 SECONDI





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

## PECTORAL MACHINE

SERIE: 3X12

REST: 90 SECONDI





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

## **BICIPITI - AVAMBRACCI**

## CURL AL CAVO CON CORDA

SERIE: 3x12

REST: 90 SECONDI





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

## **CURL MANUBRI**

SERIE: 3X12

REST: 90 SECONDI







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

## ARM CURL MACHINE

SERIE: 3X12

REST: 90 SECONDI





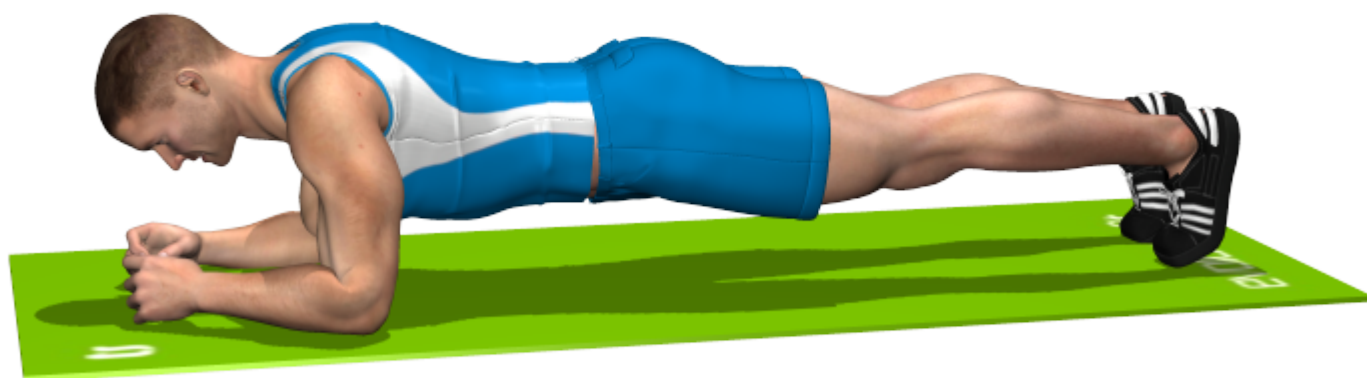
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ARM-CURL-MACHINE.mp4>

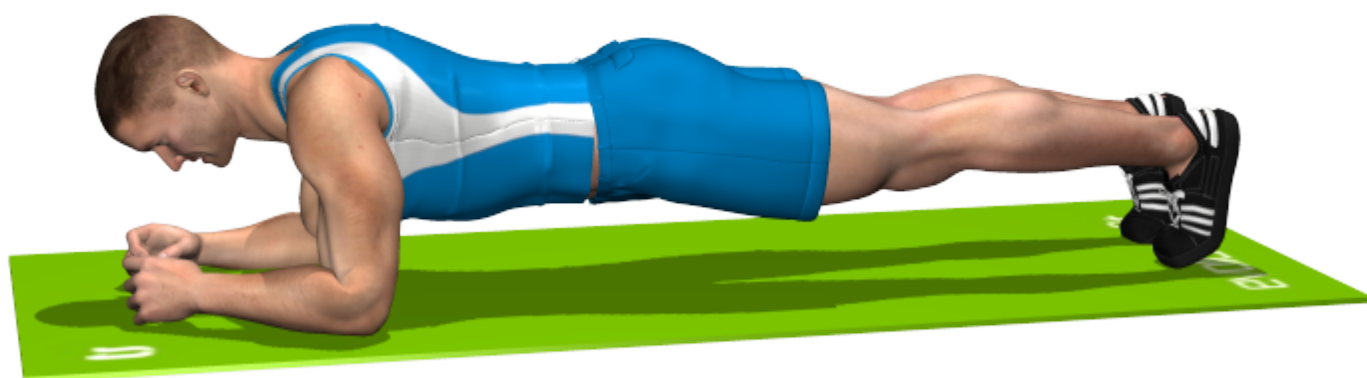
## ADDOMINALI

## PLANK

SERIE: 3x15 SECONDI

REST: 90 SECONDI





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

