SCHEDA ALLENAMENTO CHIARA CENTINEO DONNA 05

SCHEDA DI ALLENAMENTO CHIARA CENTINEO

SCHEDA 1 - INIZIO 19 OTTOBRE 2022

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 3

GIORNO 1

- CARDIO
RISCALDAMENTO
Clicca qui

- GAMBE
Clicca qui

- PETTORALI
Clicca qui

- TRICIPITI
Clicca qui

- ADDOMINALI

Clicca qui

GIORNO 2

- CARDIO
RISCALDAMENTO
Clicca qui

- GAMBE
Clicca qui

- SPALLE
Clicca qui

- ADDOMINALI
Clicca qui

GIORNO 3

- CARDIO
RISCALDAMENTO
Clicca qui

- GAMBE
Clicca qui

- DORSALI
Clicca qui

- BICIPITI
- AVAMBRACCI

Clicca qui

- ADDOMINALI
Clicca qui

GIORNO 1

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10

CORSA SU TAPPETO

MINUTI: 10

GAMBE GIORNO 1

MEZZI STACCHI SEMITESI CON MANUBRI

SERIE: 3X12

REST: 60 SECONDI

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

ADDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI

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https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4

ABDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4

SLANCI GLUTEI CON PESETTO ALLA CAVIGLIA

SERIE: 3X15

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4

CALF MACHINE SEDUTO

SERIE: 3X20

REST: 60 SECONDI

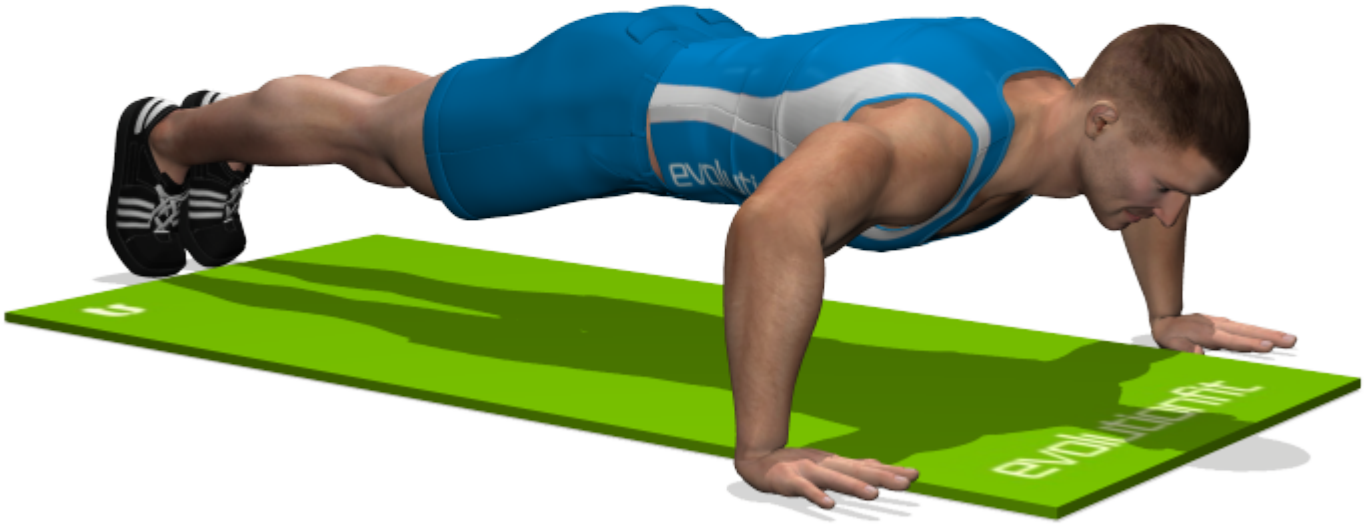
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CALF-MACHINE-SEDUTO.mp4

PETTORALI

PIEGAMENTI

SERIE: 3x10

REST: 60 SECONDI



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PECTORAL MACHINE

SERIE: 3x12

REST: 60 SECONDI

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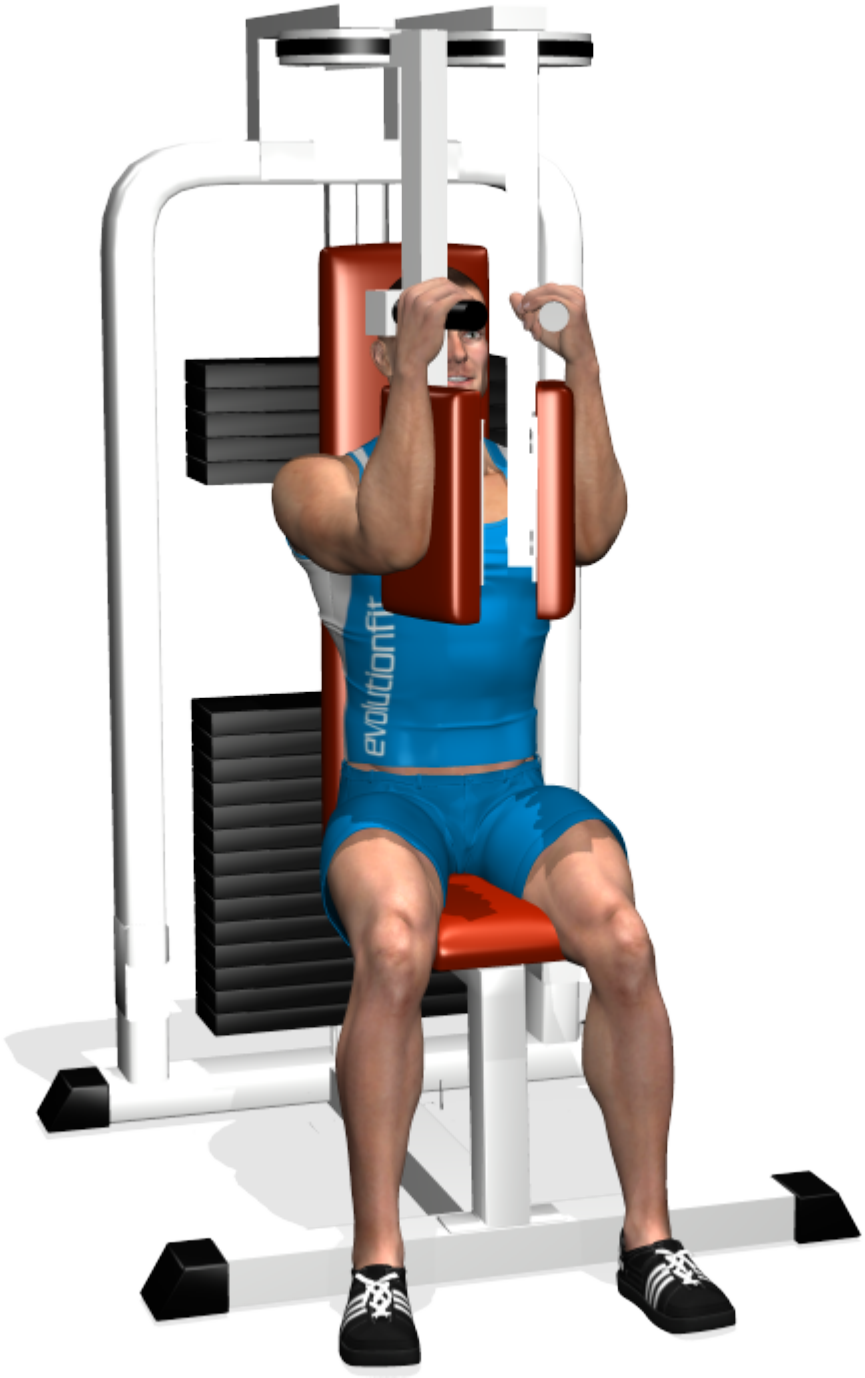

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TRICIPITI

FRENCH PRESS SEDUTO

SERIE: 3x15

REST: 60 SECONDI

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

ADDOMINALI GIORNO 1

CRUNCH GAMBE IN ALTO

SERIE: 3X15

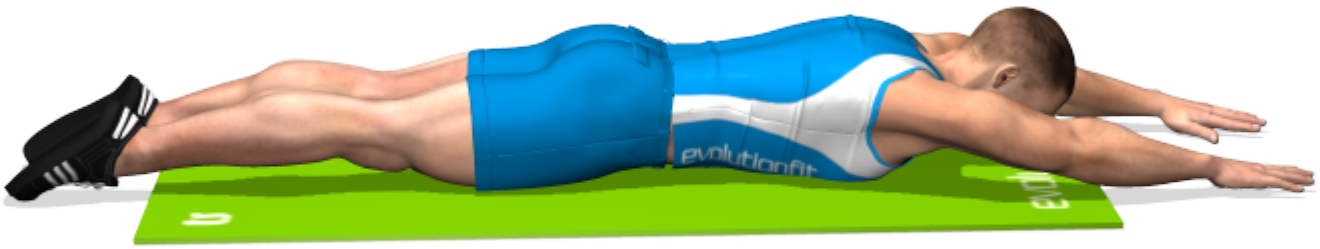
REST: 60 SECONDI

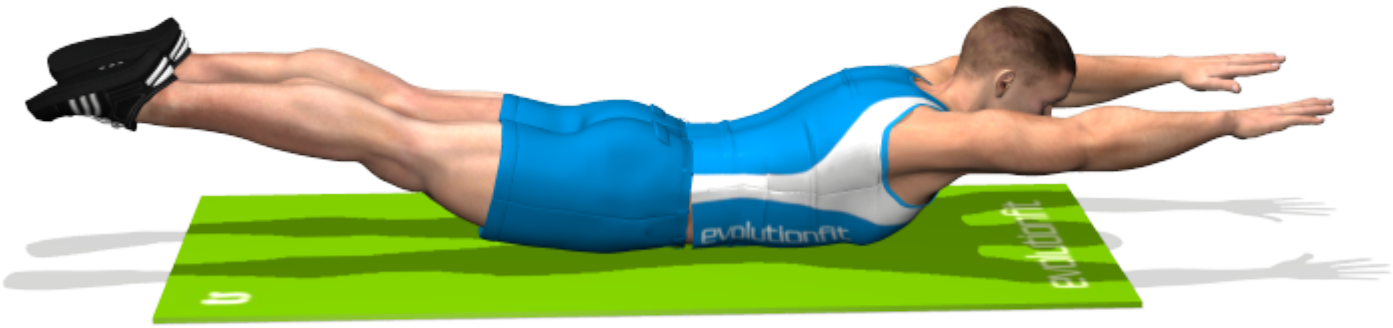
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

LOMBARI

SERIE: 3x10

REST: 60 SECONDI





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

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI

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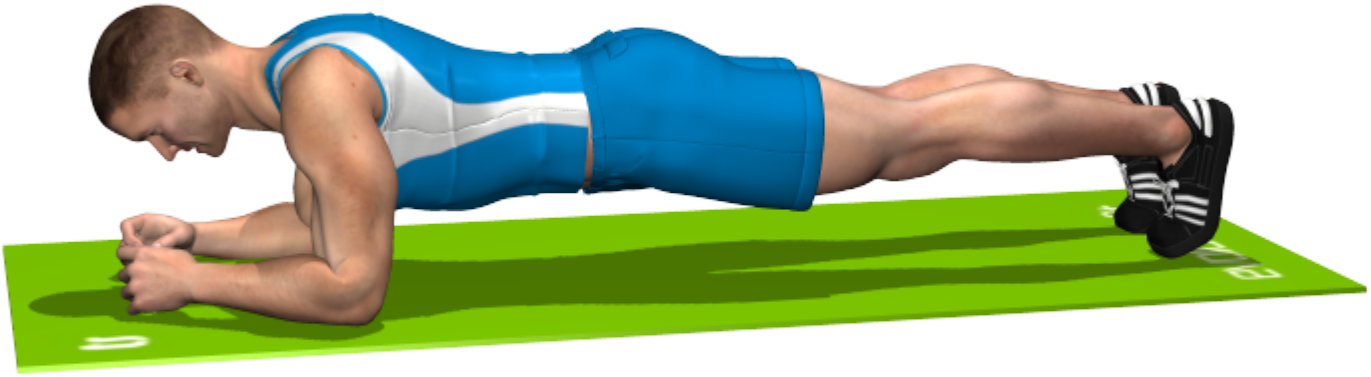
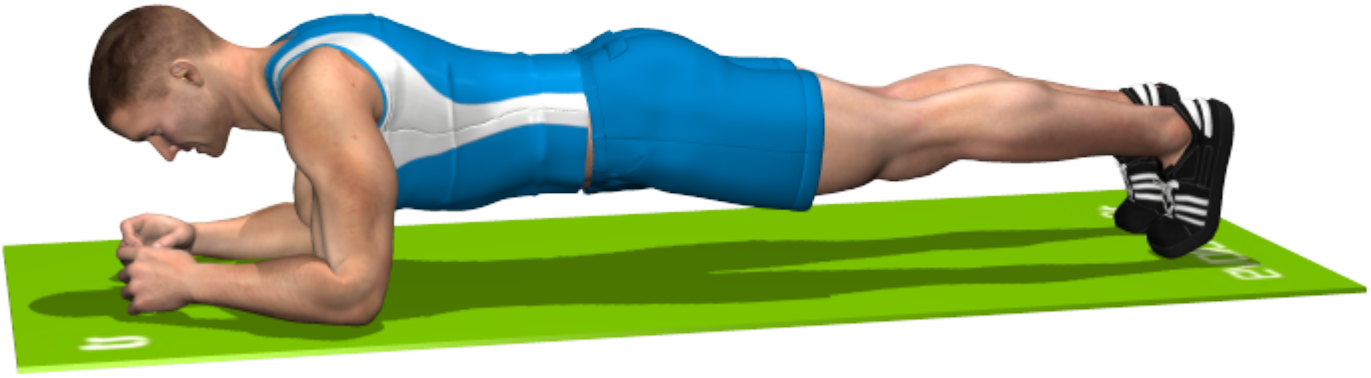
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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GIORNO 2

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10

CORSA SU TAPPETO

MINUTI: 10

GAMBE GIORNO 2

AFFONDI SAGITTALI MANUBRI

SERIE: 3X15

REST: 60 SECONDI

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

LEG EXTENSION

SERIE: 4X10

REST: 60 SECONDI

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

GLUTEI AI CAVI

SERIE: 3X12

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 3x12

REST: 60 SECONDI

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

ROWING TORSO

SERIE: 3x12

REST: 60 SECONDI

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

ADDOMINALI GIORNO 2

CRUNCH GAMBE IN ALTO

SERIE: 3X15

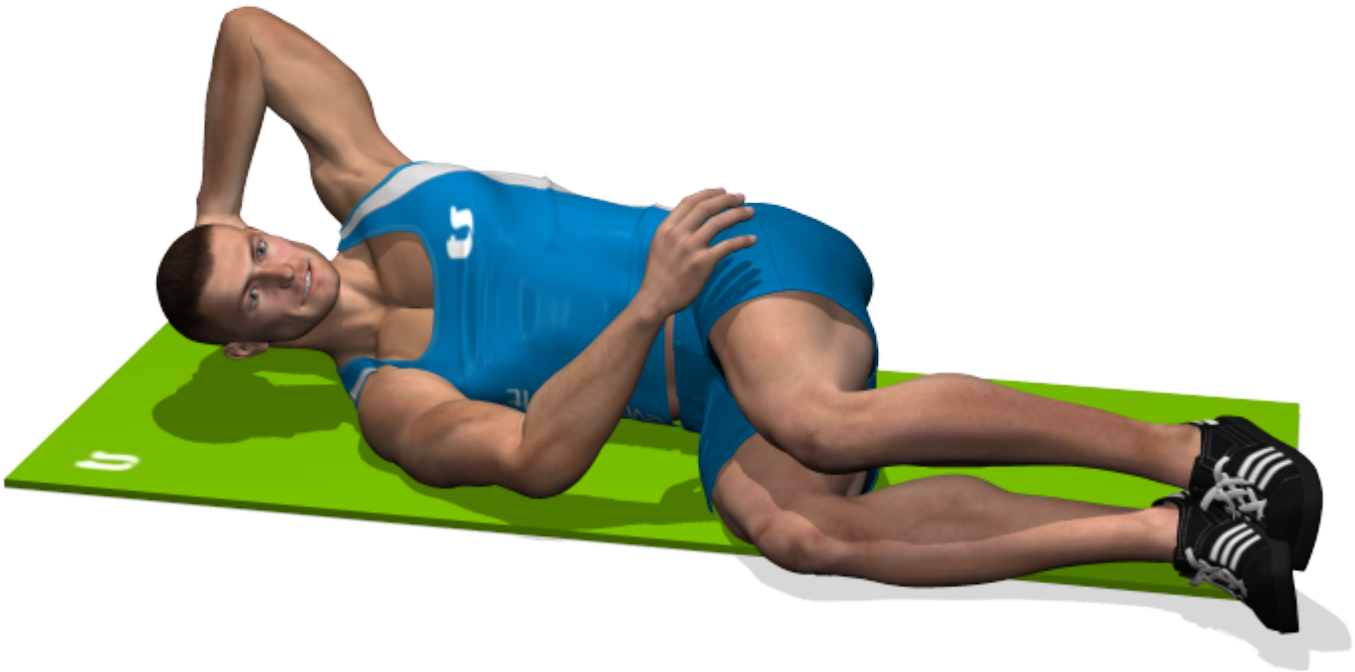
REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

CRUNCH GAMBE DI LATO

SERIE: 3x15

REST: 60 SECONDI



CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI

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https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

GIORNO 3

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10

CORSA SU TAPPETO

MINUTI: 10

GAMBE GIORNO 3

SUMO SQUAT

SERIE: 3x15

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/SUMO-SQUAT1.mp4

LEG PRESS ORIZZONTALE

SERIE: 3x12

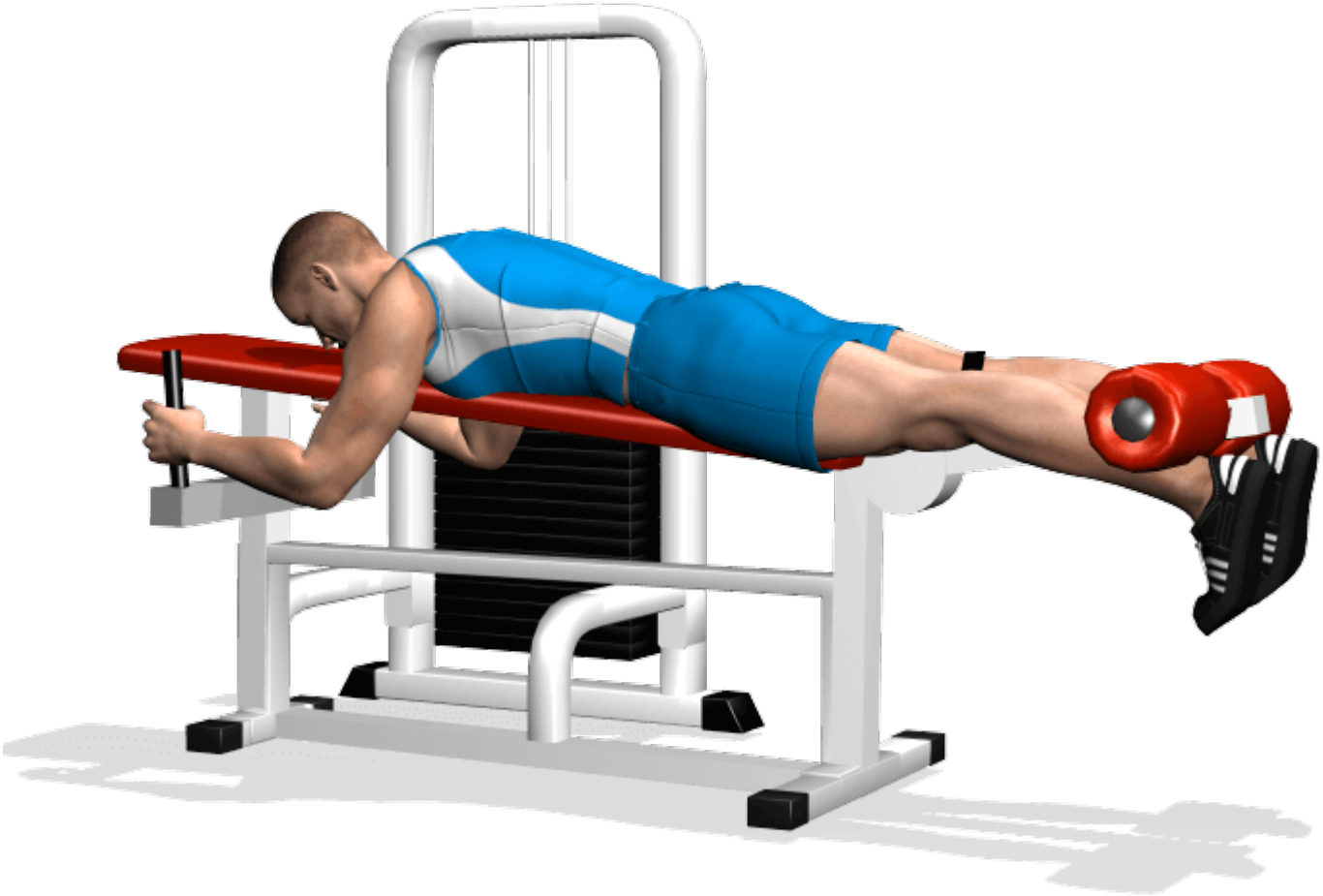
REST: 60 SECONDI

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

LEG CURL SEDUTA

SERIE: 4X10

REST: 60 SECONDI



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

CALF MACHINE SEDUTO

SERIE: 3X20

REST: 60 SECONDI

FITNESS

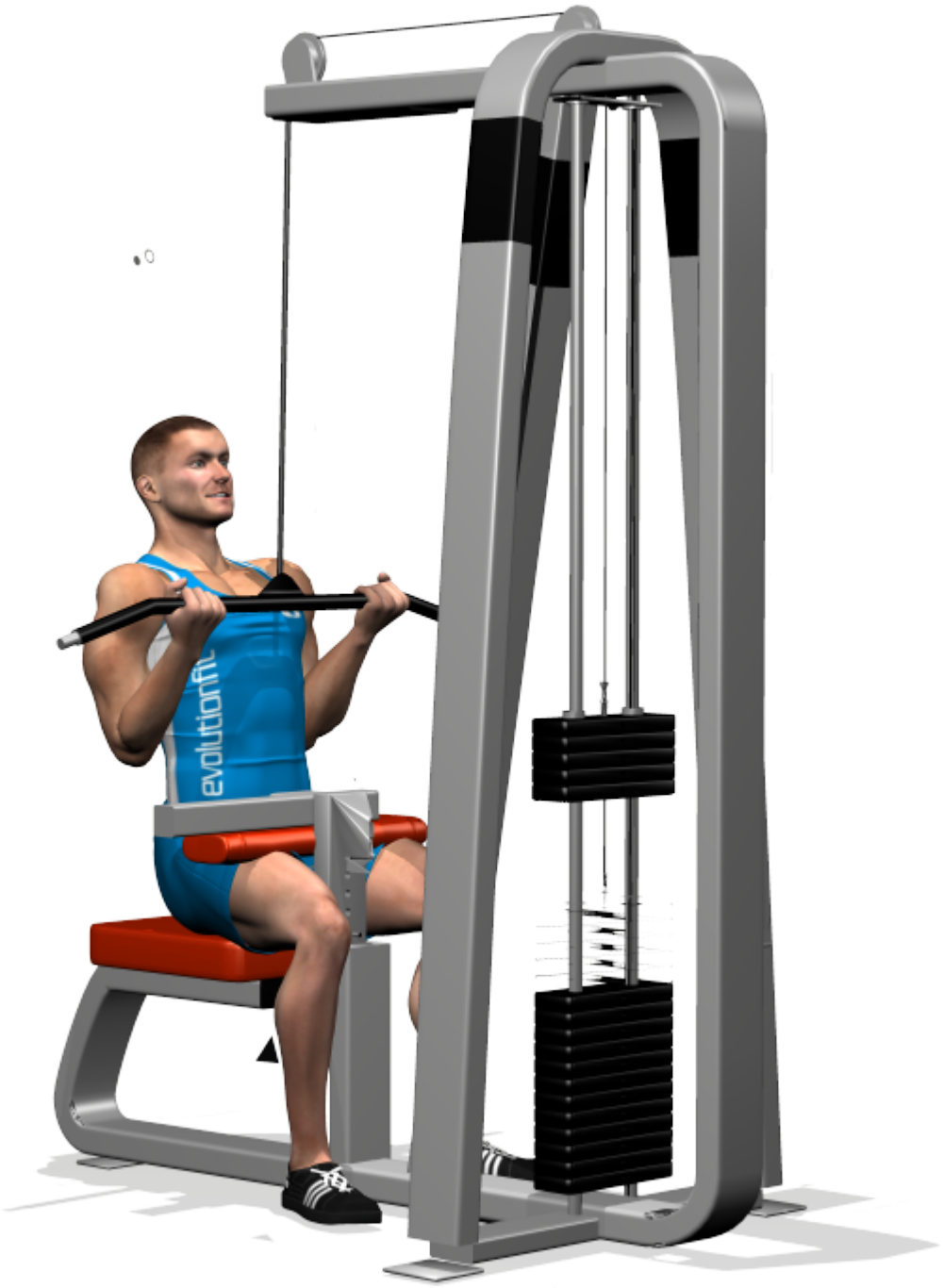
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CALF-MACHINE-SEDUTO.mp4

DORSALI

LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI



BICIPITI - AVAMBRACCI

CURL CAVO BASSO

SERIE: 3x15

REST: 60 SECONDI

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

ADDOMINALI GIORNO 3

CRUNCH GAMBE IN ALTO

SERIE: 3X15

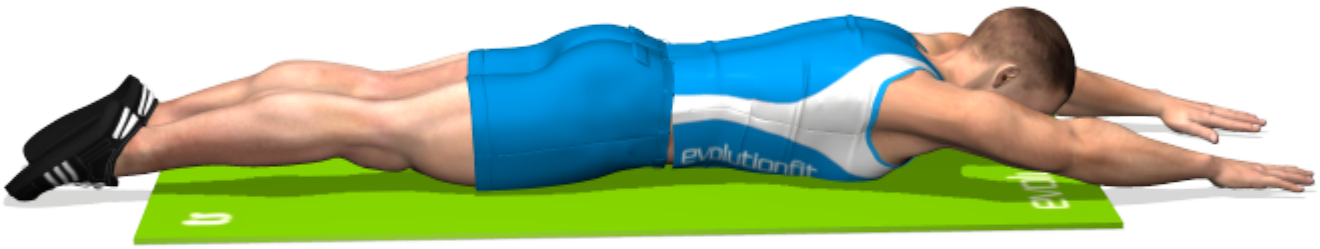
REST: 60 SECONDI

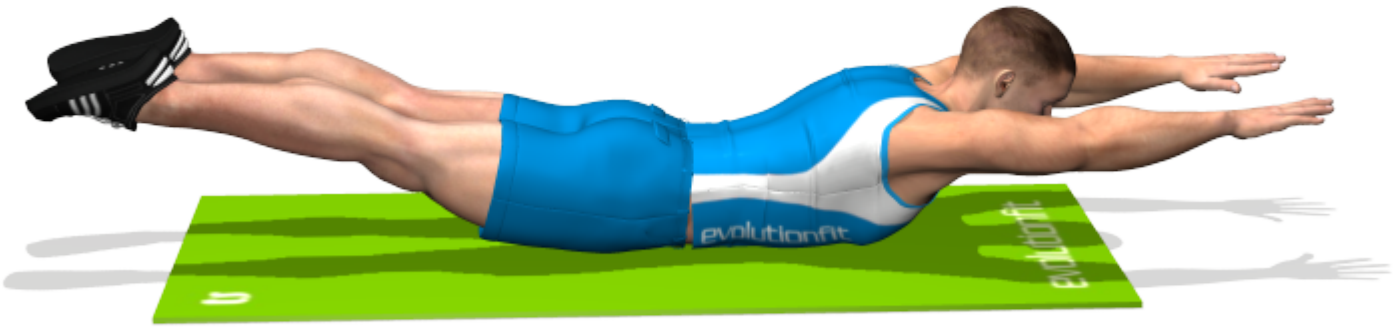
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

LOMBARI

SERIE: 3x10

REST: 60 SECONDI





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CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI

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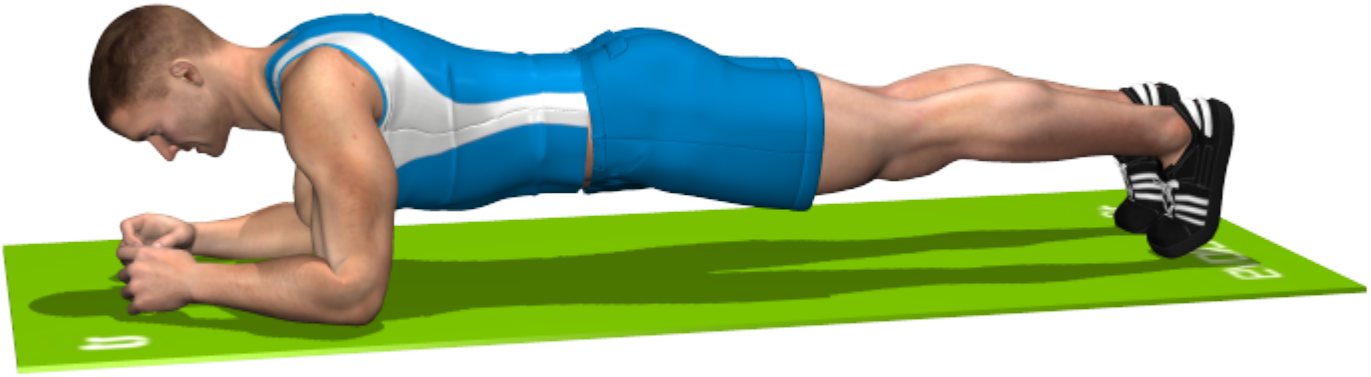
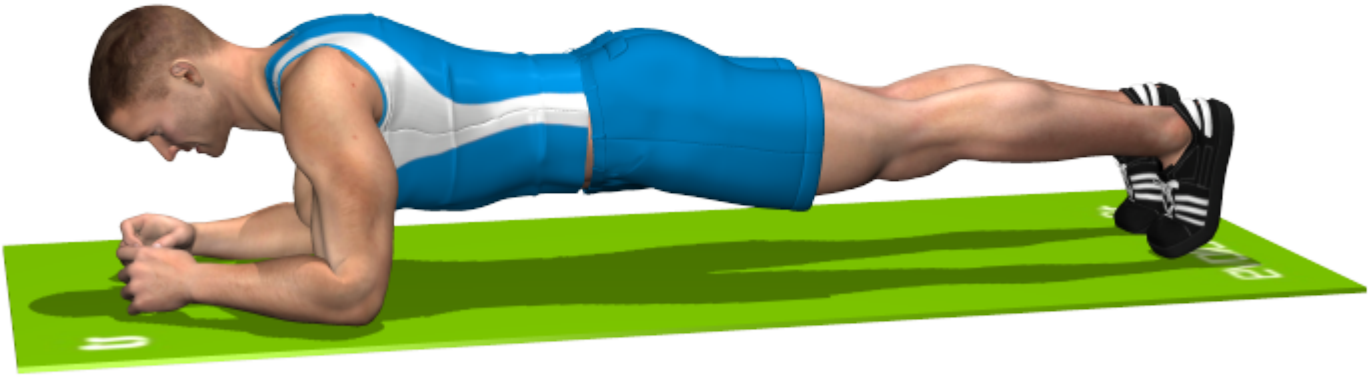
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4

PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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