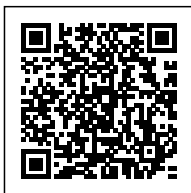


SCHEDA ALLENAMENTO CHIARA CENTINEO FRA DONNA 3



SCHEDA DI ALLENAMENTO CHIARA CENTINEO

SCHEDA 2 - INIZIO 5 FEBBRAIO 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

[- POLPACCI](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CYCLE

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10



ADDOMINALI GIORNO 1

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





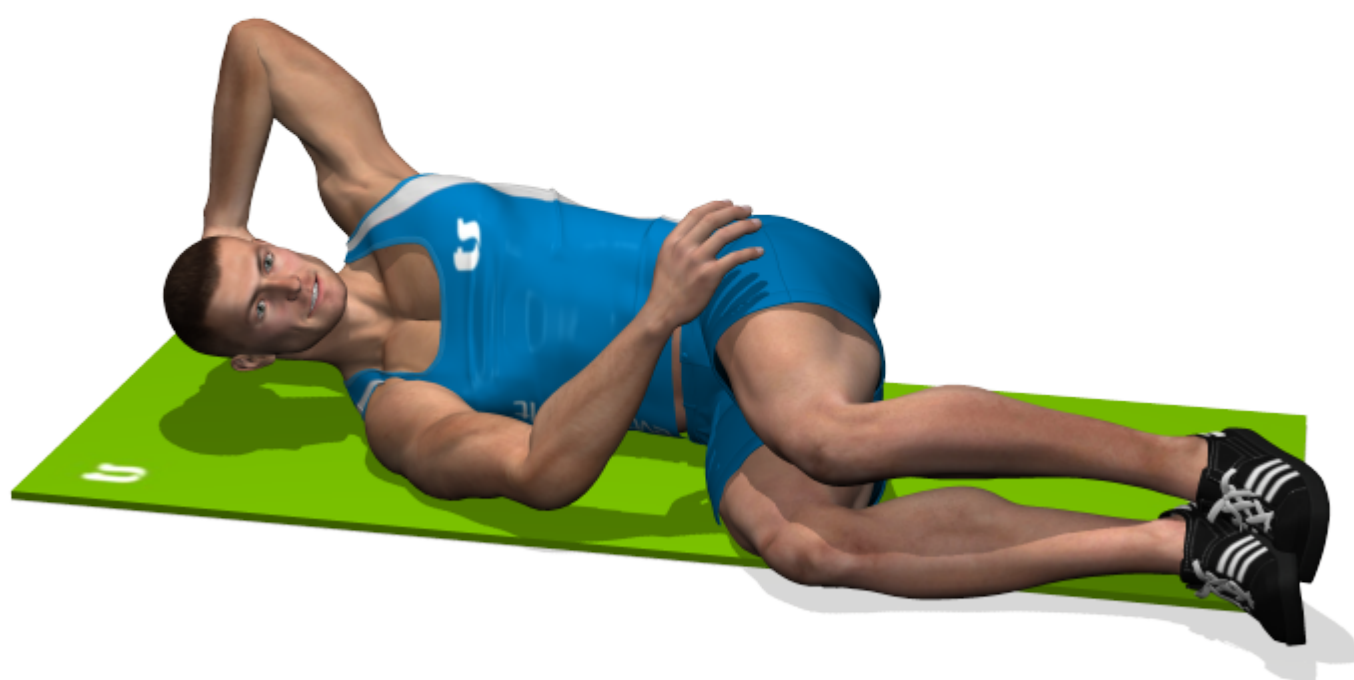
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

CRUNCH GAMBE DI LATO

SERIE: 3X10 PER LATO

REST: 60 SECONDI





GAMBE GIORNO 1

SQUAT CON MANUBRIO

SERIE: 4X10

REST: 60 SECONDI



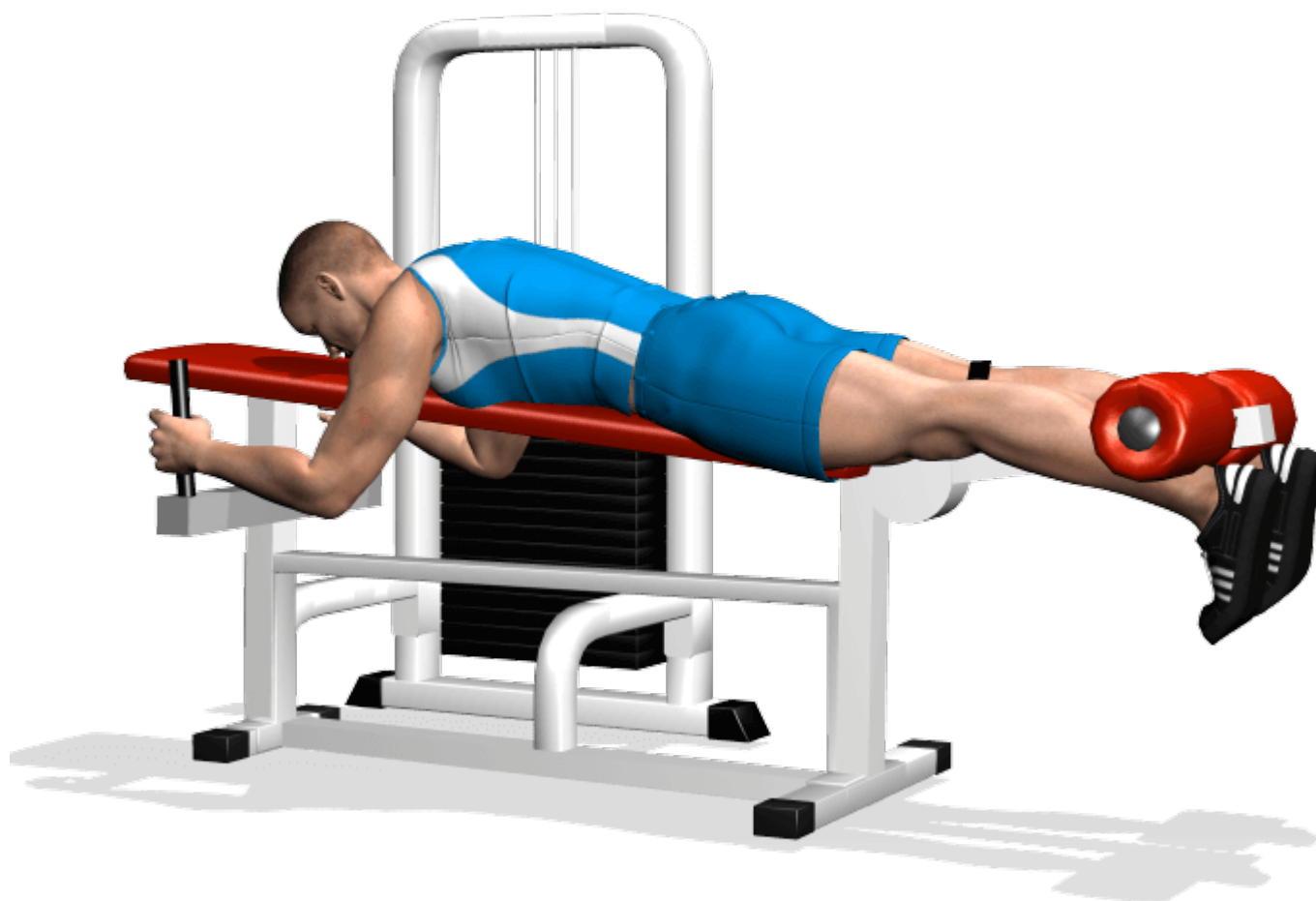


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

LEG CURL SEDUTA

SERIE: 3X15

REST: 60 SECONDI





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

GLUTEI AI CAVI LATERALE

SERIE: 4X10

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>

ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI





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

TRICIPITI

KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x12

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10

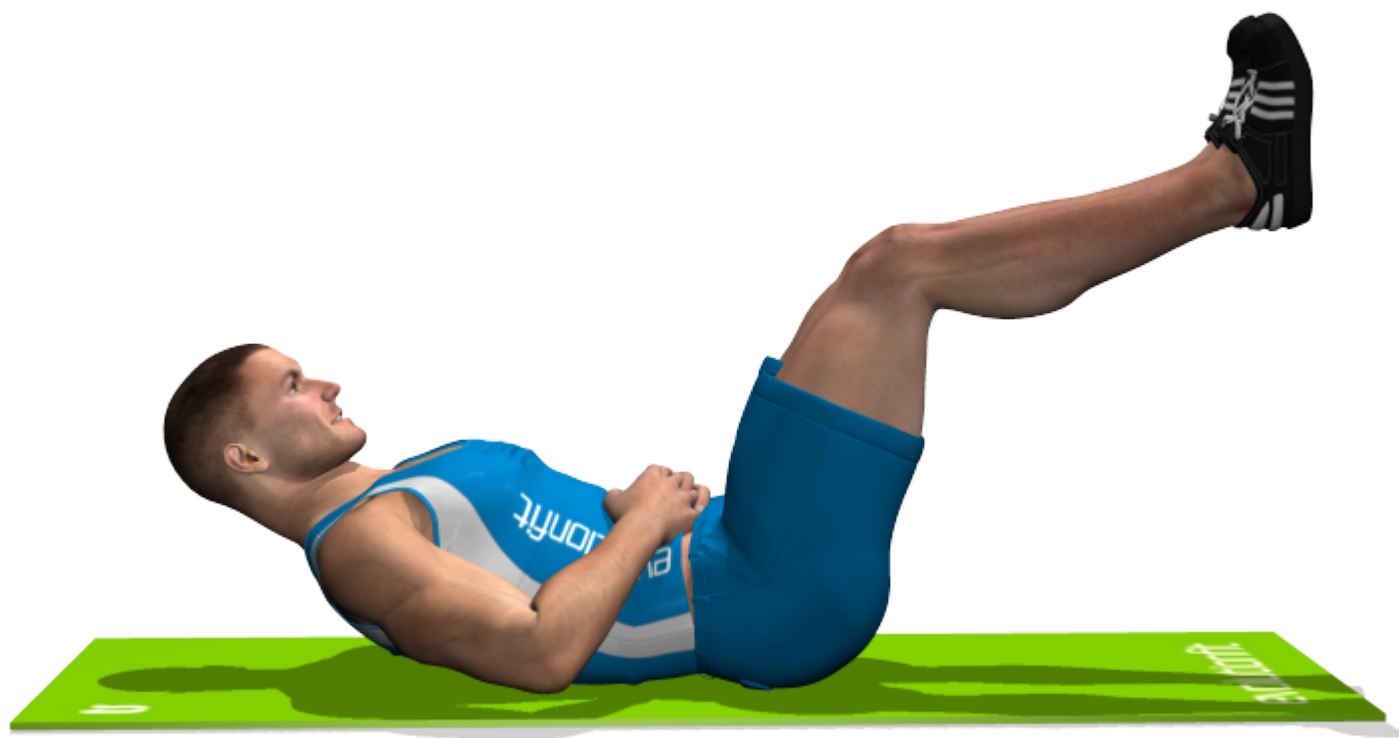


ADDOMINALI GIORNO 2

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI



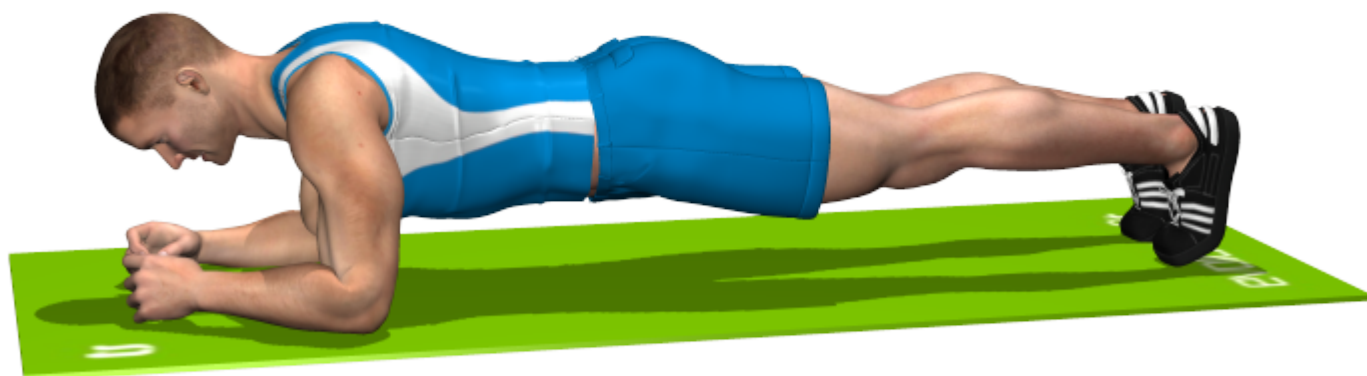


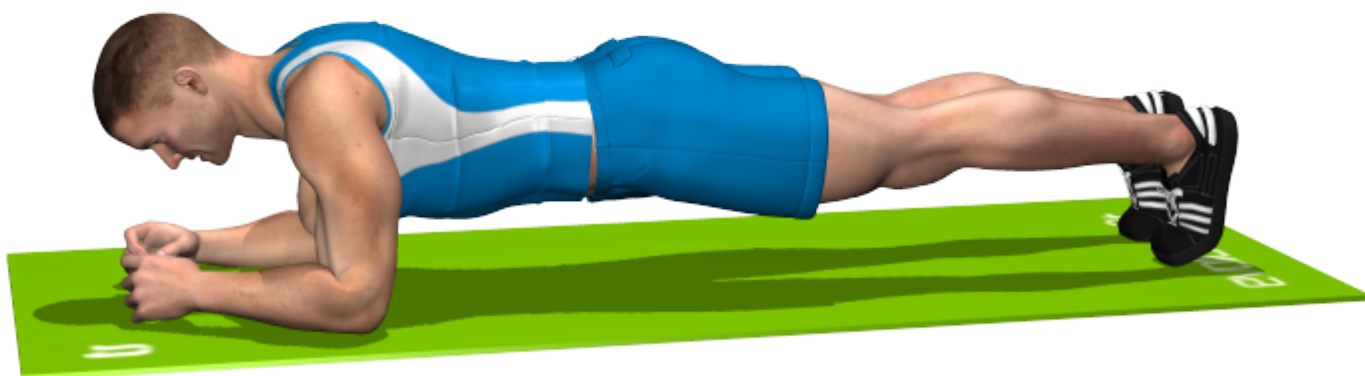
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 60 SECONDI





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

GAMBE GIORNO 2

AFFONDI SAGITTALI DIETRO

SERIE: 4X10

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

SERIE: 3x15

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL CAVO BASSO

SERIE: 3x12

REST: 60 SECONDI





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

CURL MANUBRI ALTERNATO

SERIE: 3x12

REST: 60 SECONDI





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

POLPACCI

CALF LIBERO

SERIE: 3X15

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CYCLE ORIZZONTALE

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10



ADDOMINALI GIORNO 3

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





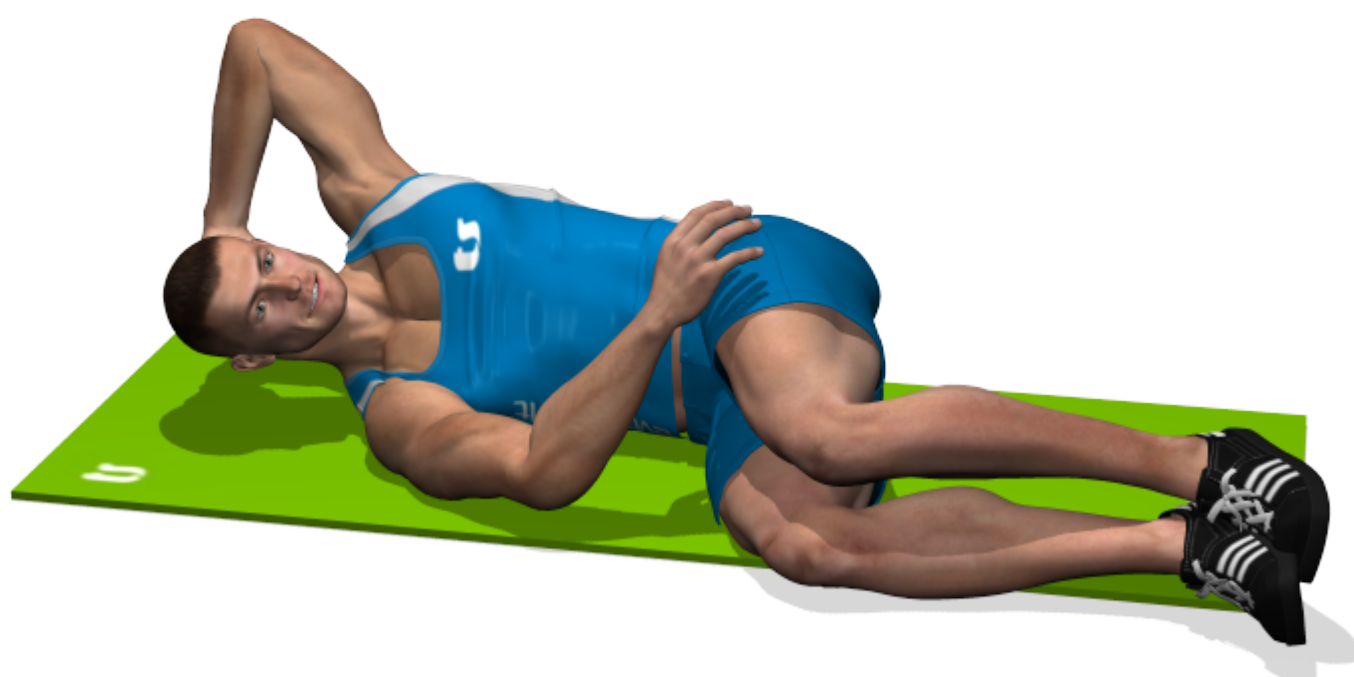
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

CRUNCH GAMBE DI LATO

SERIE: 3X10 PER LATO

REST: 60 SECONDI





GAMBE GIORNO 3

SQUAT LATERALE KETTLEBELL

SERIE: 3X10

REST: 60 SECONDI





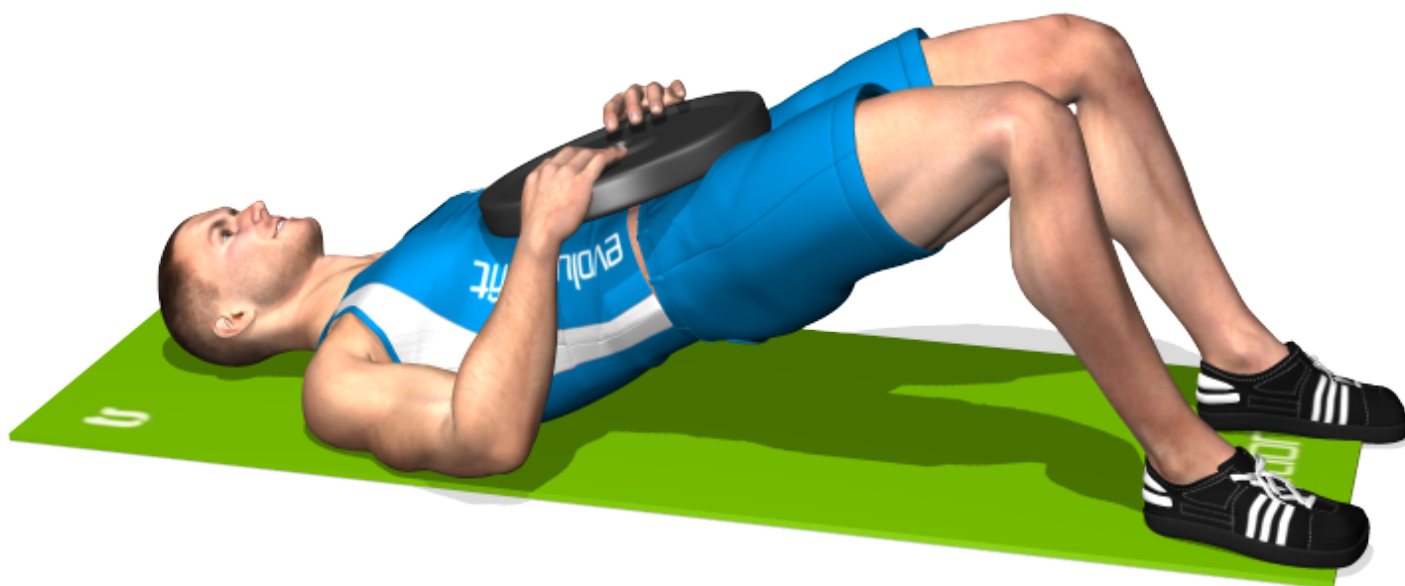
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/SQUAT-LATERALE.mp4>

BRIDGE/HIP TRUST

SERIE: 3X10

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.mp4)

ADDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





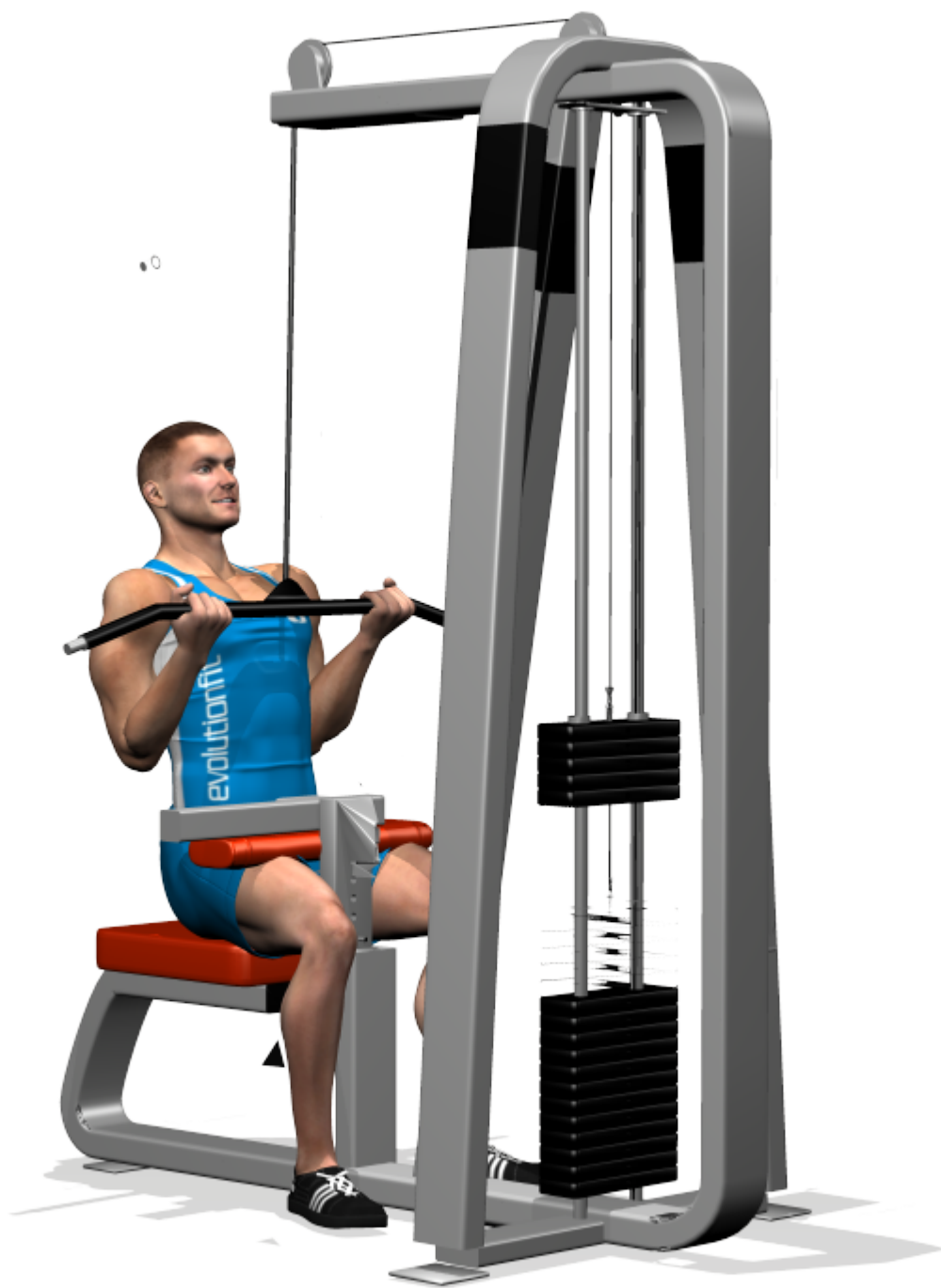
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4>

DORSALI

LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI





PETTORALI

CROCI MANUBRI PANCA INCLINATA

SERIE: 3x12

REST: 60 SECONDI





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

PECTORAL MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

