

# SCHEDA ALLENAMENTO CHIARA FARANNA DONNA 05



# SCHEDA DI ALLENAMENTO CHIARA FARANNA

## SCHEDA 1 - INIZIO 12 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







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

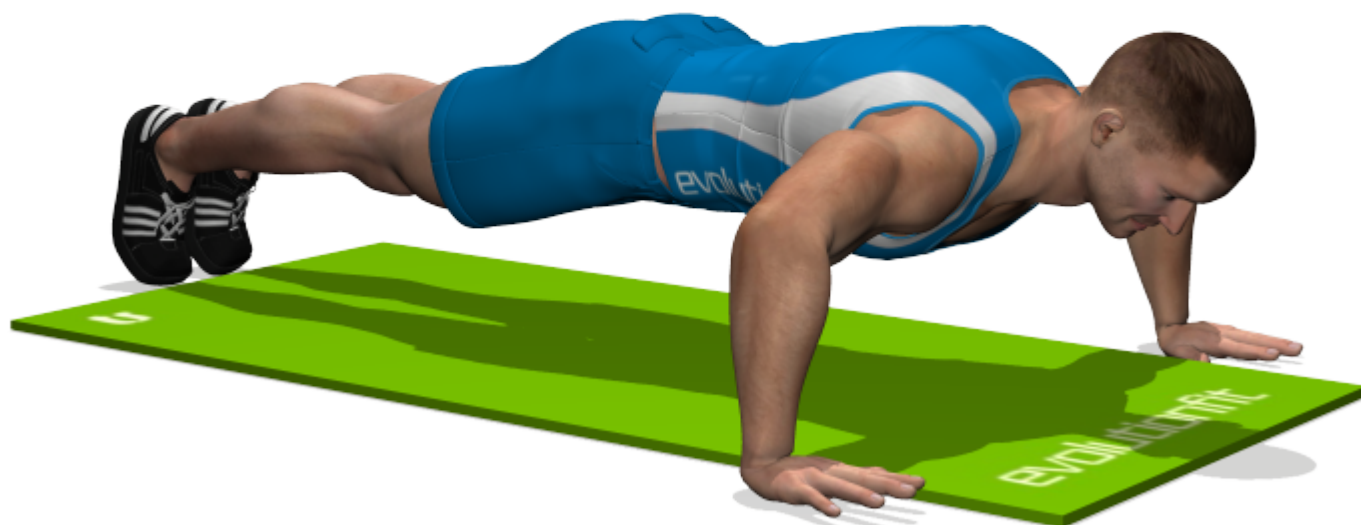
## PETTORALI



## PIEGAMENTI

SERIE: 3x10

REST: 60 SECONDI





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

## PECTORAL MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

## 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>

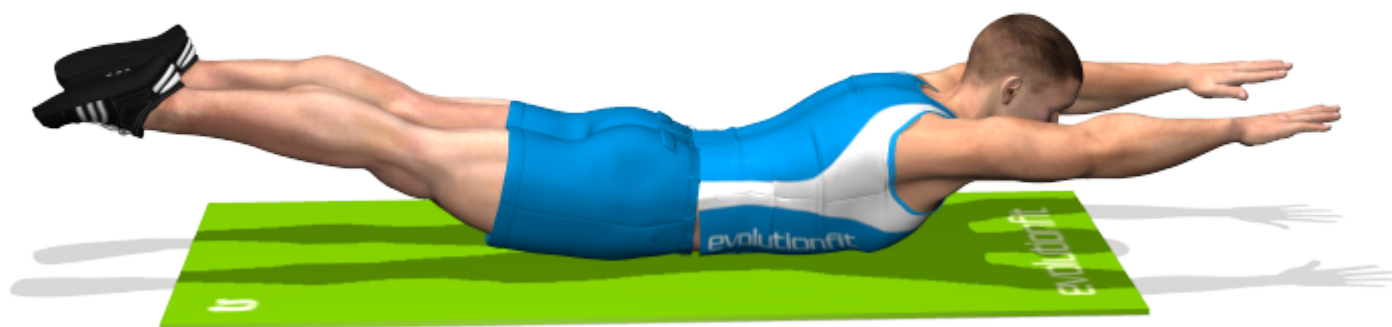
## LOMBARI

SERIE: 3x10



REST: 60 SECONDI





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

## **CRUNCH GAMBE IN ALTO**

SERIE: 3X15

REST: 60 SECONDI



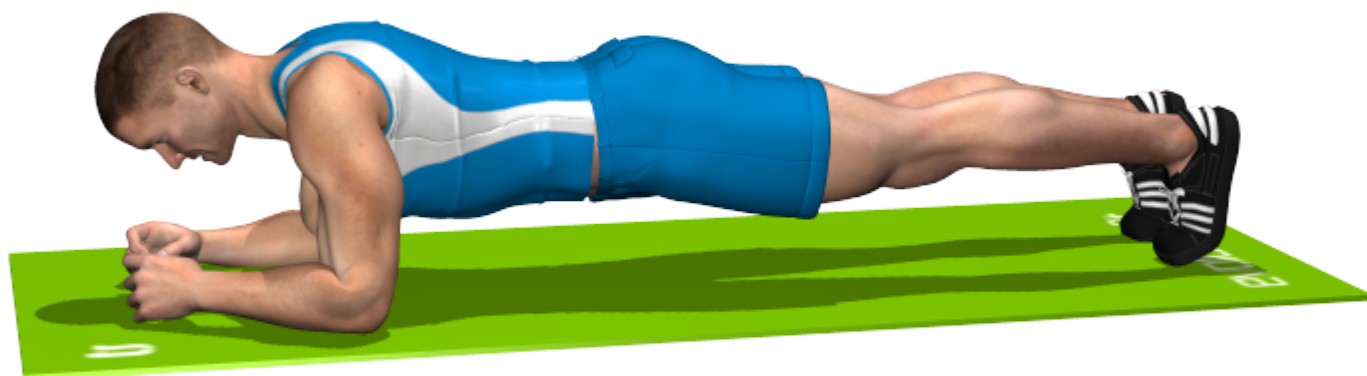


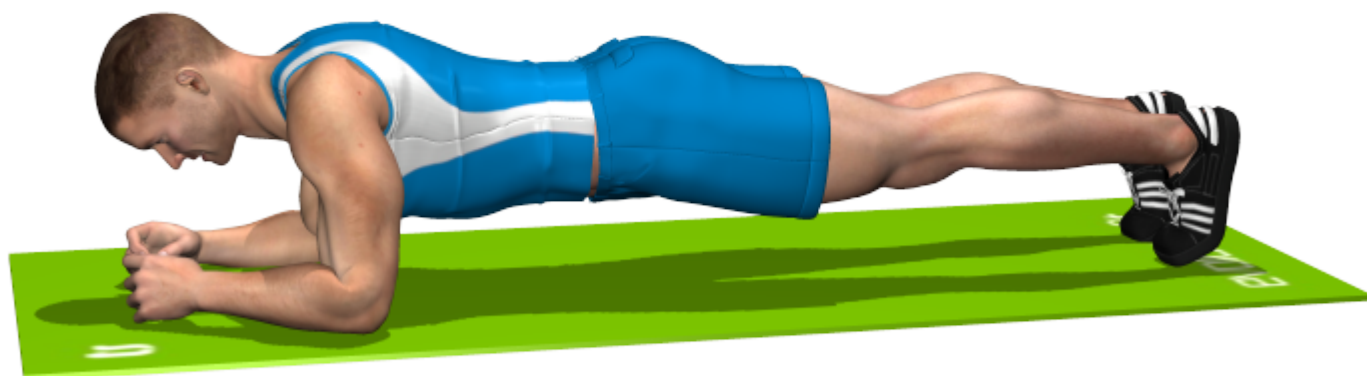
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

## PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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

## 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>

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## 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





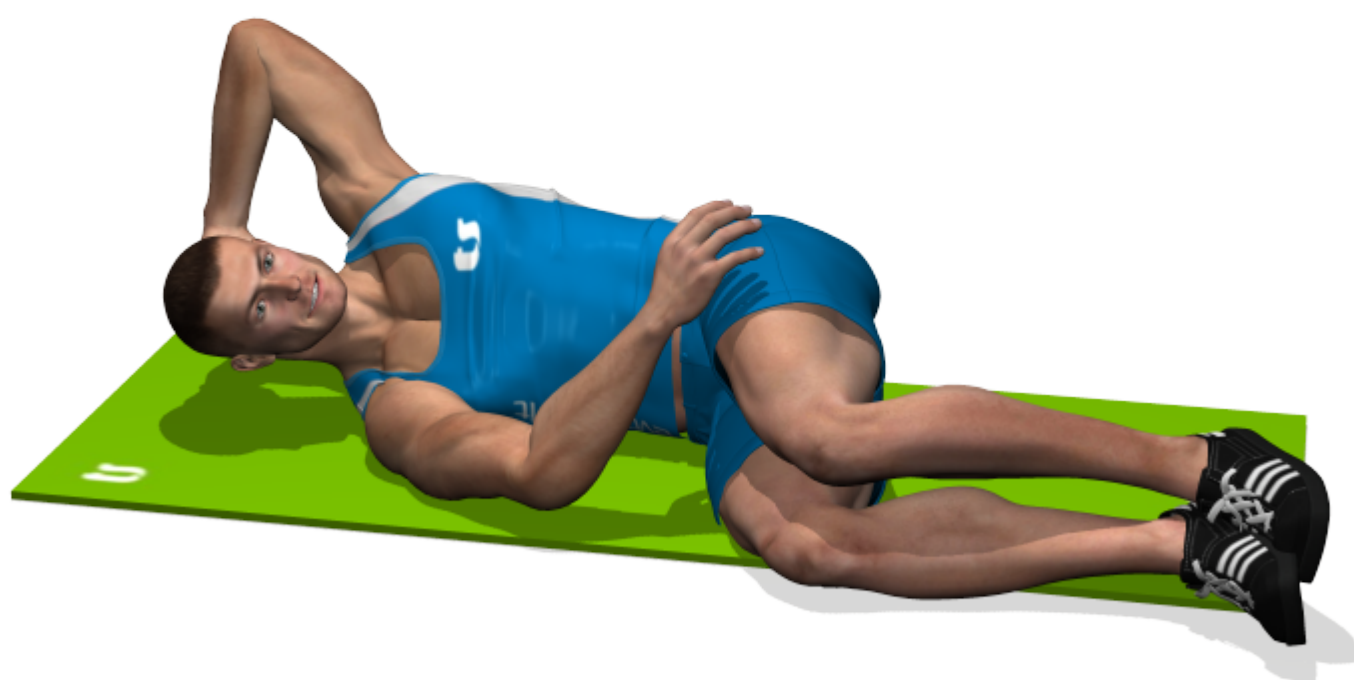
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

## **CRUNCH GAMBE DI LATO**

SERIE: 3x15

REST: 60 SECONDI





## CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI







<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





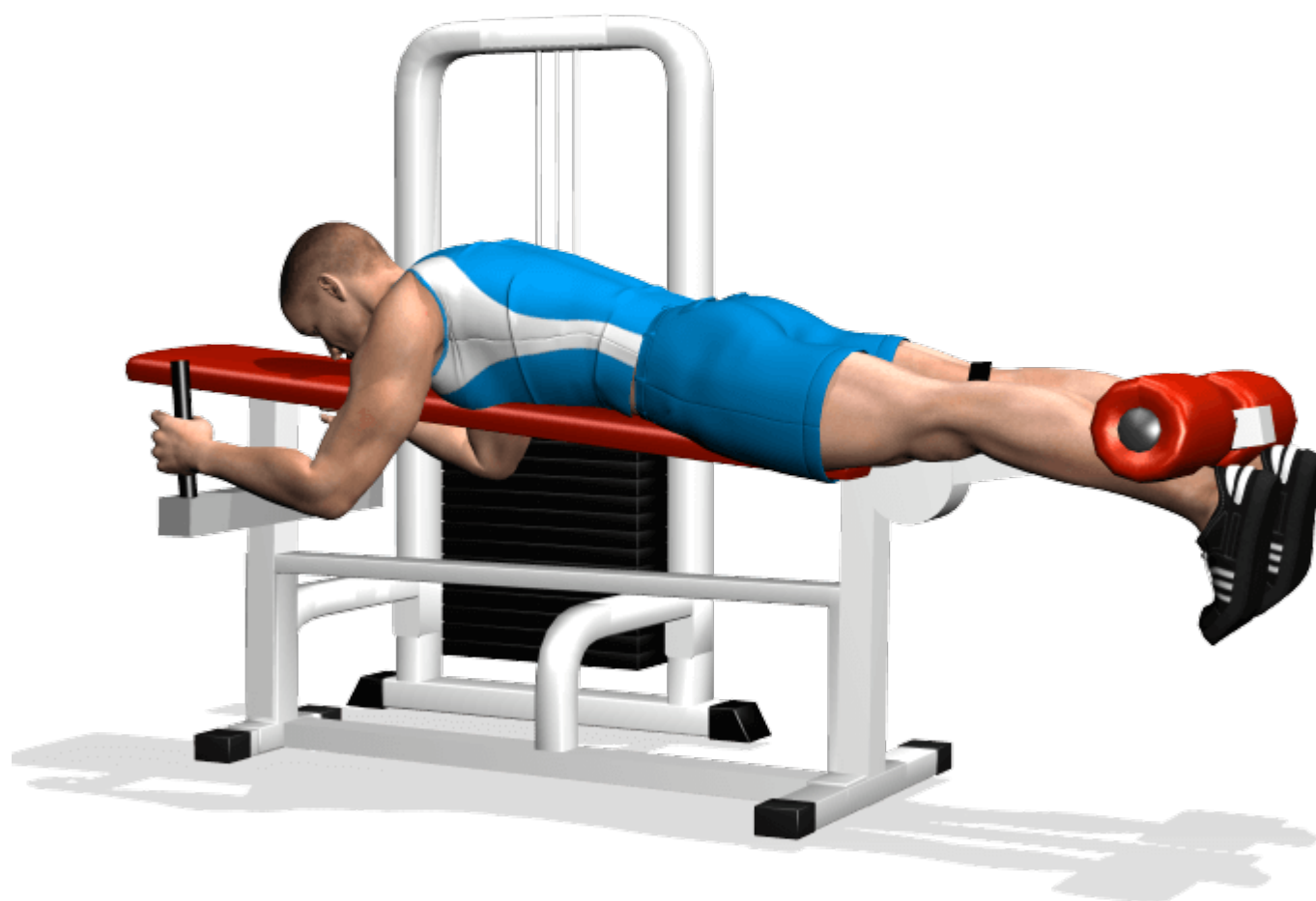
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## **LEG CURL SEDUTA**

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





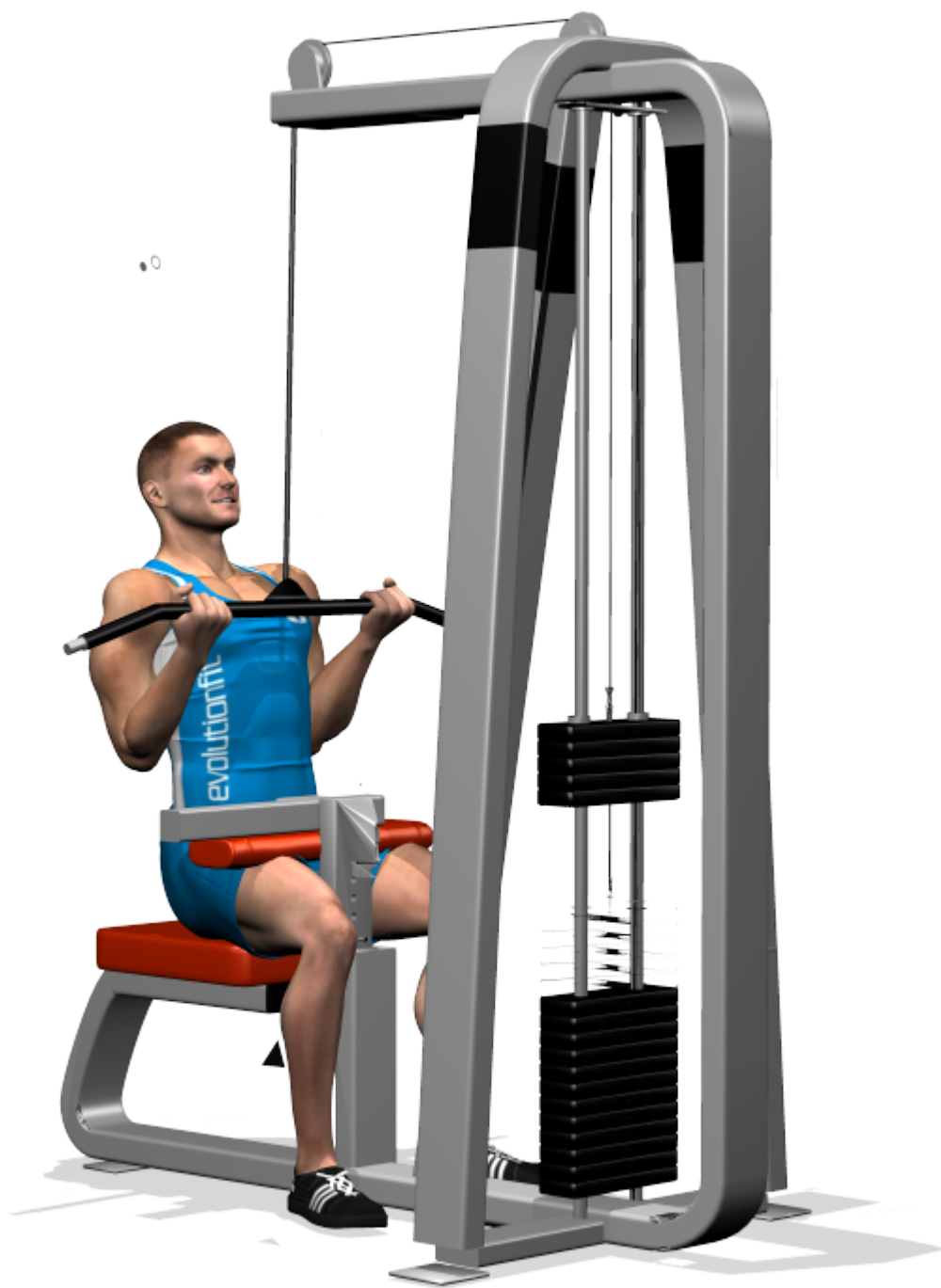
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## DORSALI

## 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





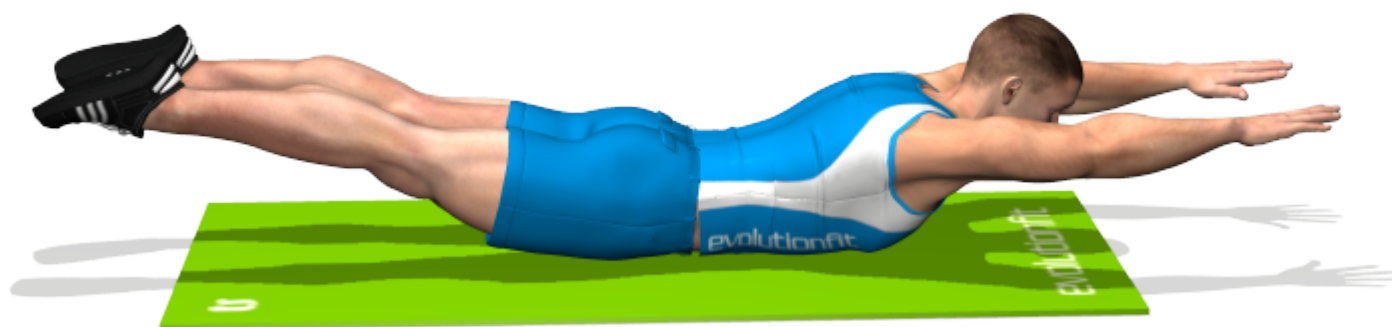
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

## LOMBARI

SERIE: 3x10

REST: 60 SECONDI





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

## **CRUNCH GAMBE IN ALTO**

SERIE: 3X15

REST: 60 SECONDI



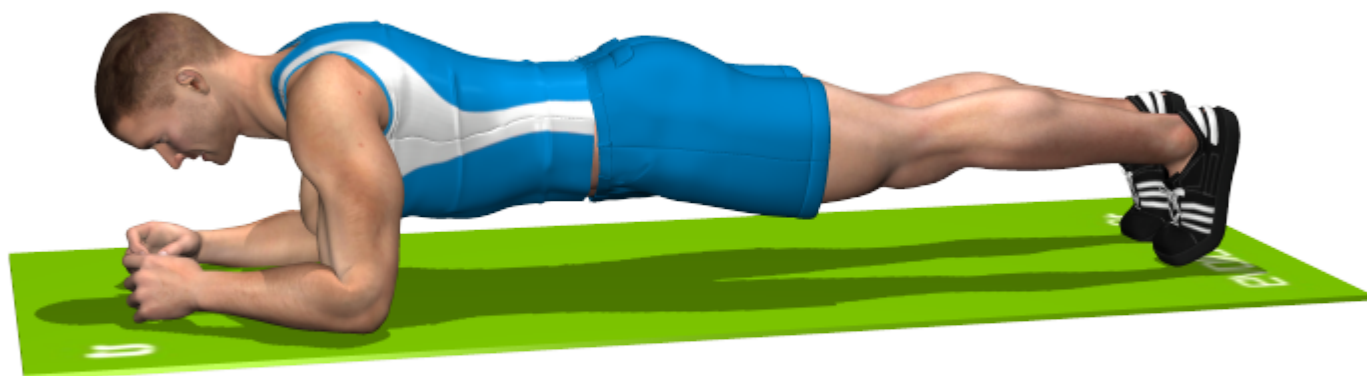


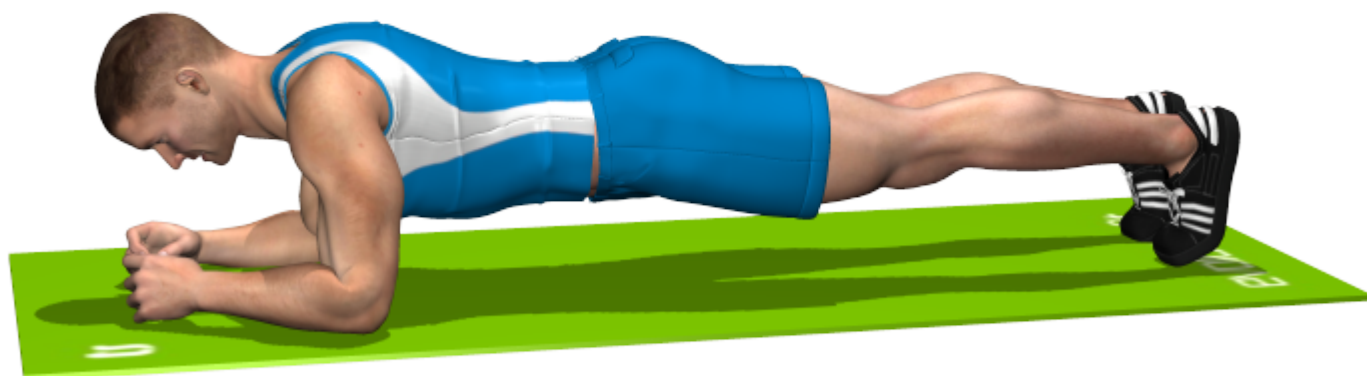
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

## PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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



