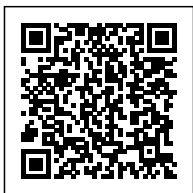


# SCHEDA ALLENAMENTO DOMENICO PIZZURRO BASE 3



# SCHEDA DI ALLENAMENTO DOMENICO PIZZURRO

## SCHEDA 2 - INIZIO 30 NOVEMBRE

### GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

### GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[-DELTOIDI](#)

[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: 15/20



**GAMBE**

## LEG PRESS ORIZZONTALE

REPS: 10/12/15

REST: 90 SECONDI





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

## LEG EXTENSION

REPS: 10/12/15

REST: 90 SECONDI





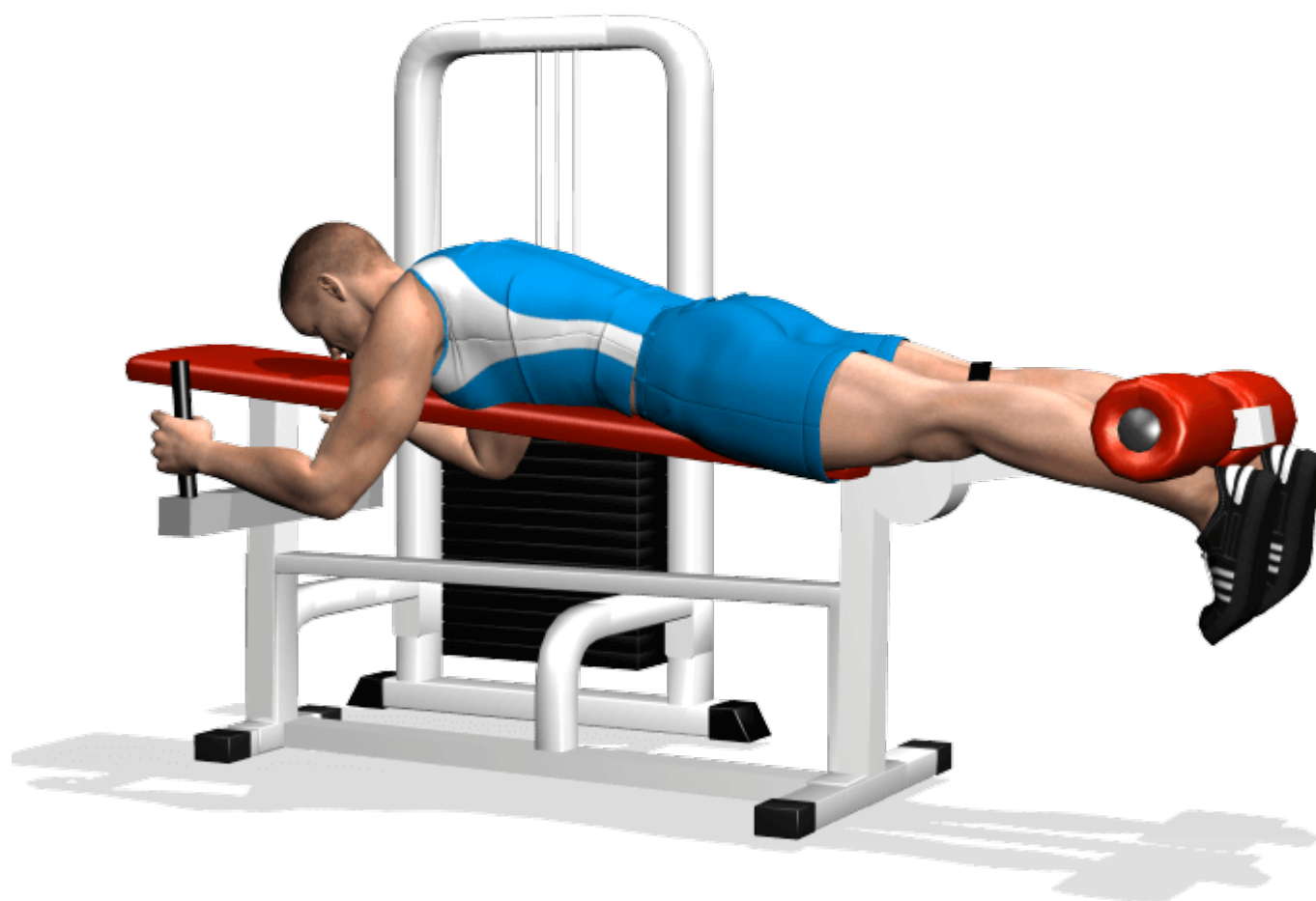


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

## LEG CURL

REPS: 10/12/15

REST: 90 SECONDI





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

**DELTOIDI**

## ALZATE LATERALI SEDUTO

REPS: 10/12/15

REST: 90 SECONDI





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

## **TIRATE AL PETTO**

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TIRATE-AL-MENTO.mp4>

## ROWING TORSO

REPS: 10/12/15

REST: 90 SECONDI







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

## **ADDOMINALI GIORNO 1**

## ABDOMINAL MACHINE

SERIE: 4x15 - GIORNO 1

REST: 90 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 15/20

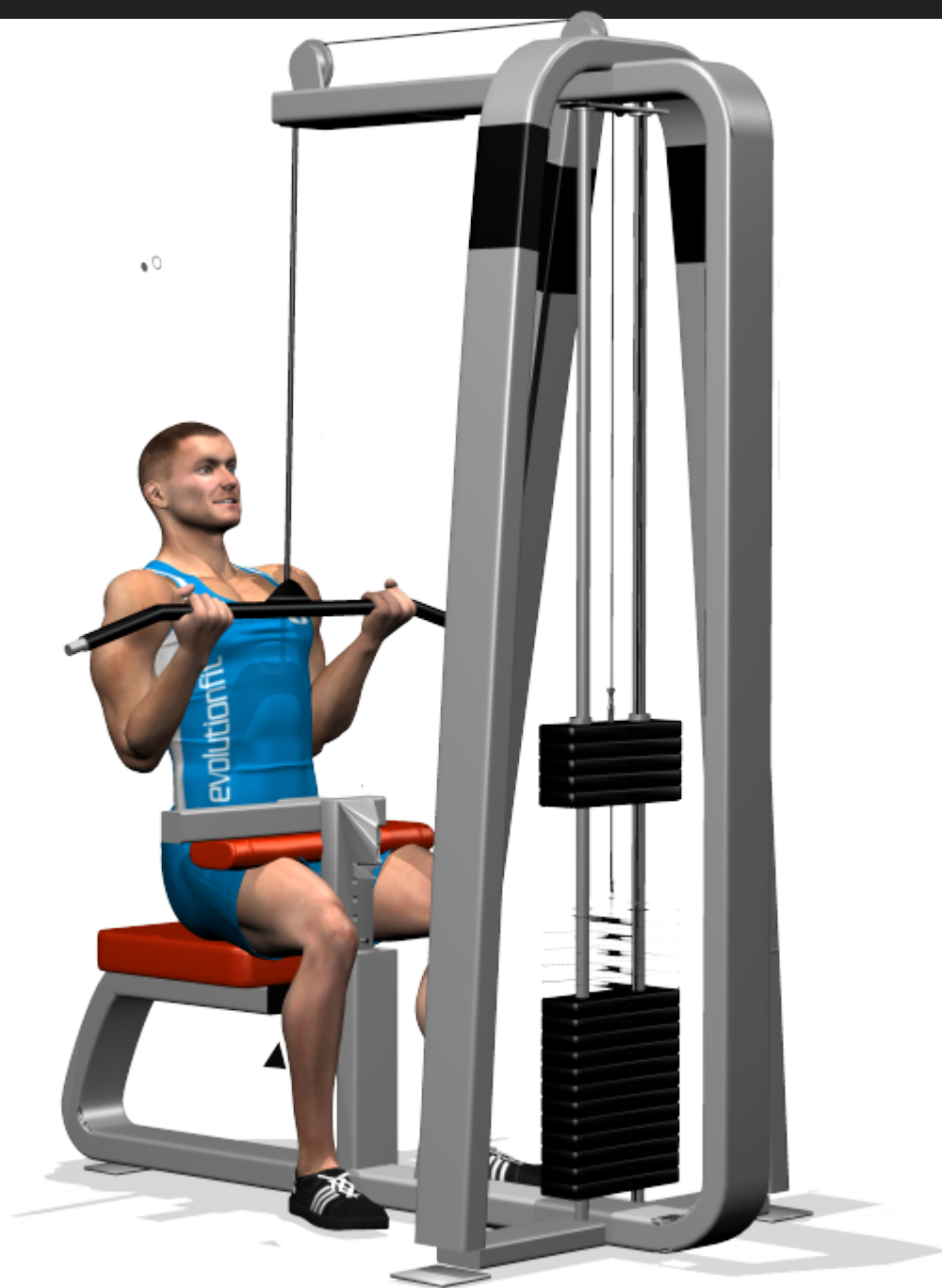


# DORSALI

## LAT MACHINE INVERSA

REPS: 10/12/15

REST: 90 SECONDI





## VERTICAL TRACTION

REPS: 10/12/15

REST: 90 SECONDI







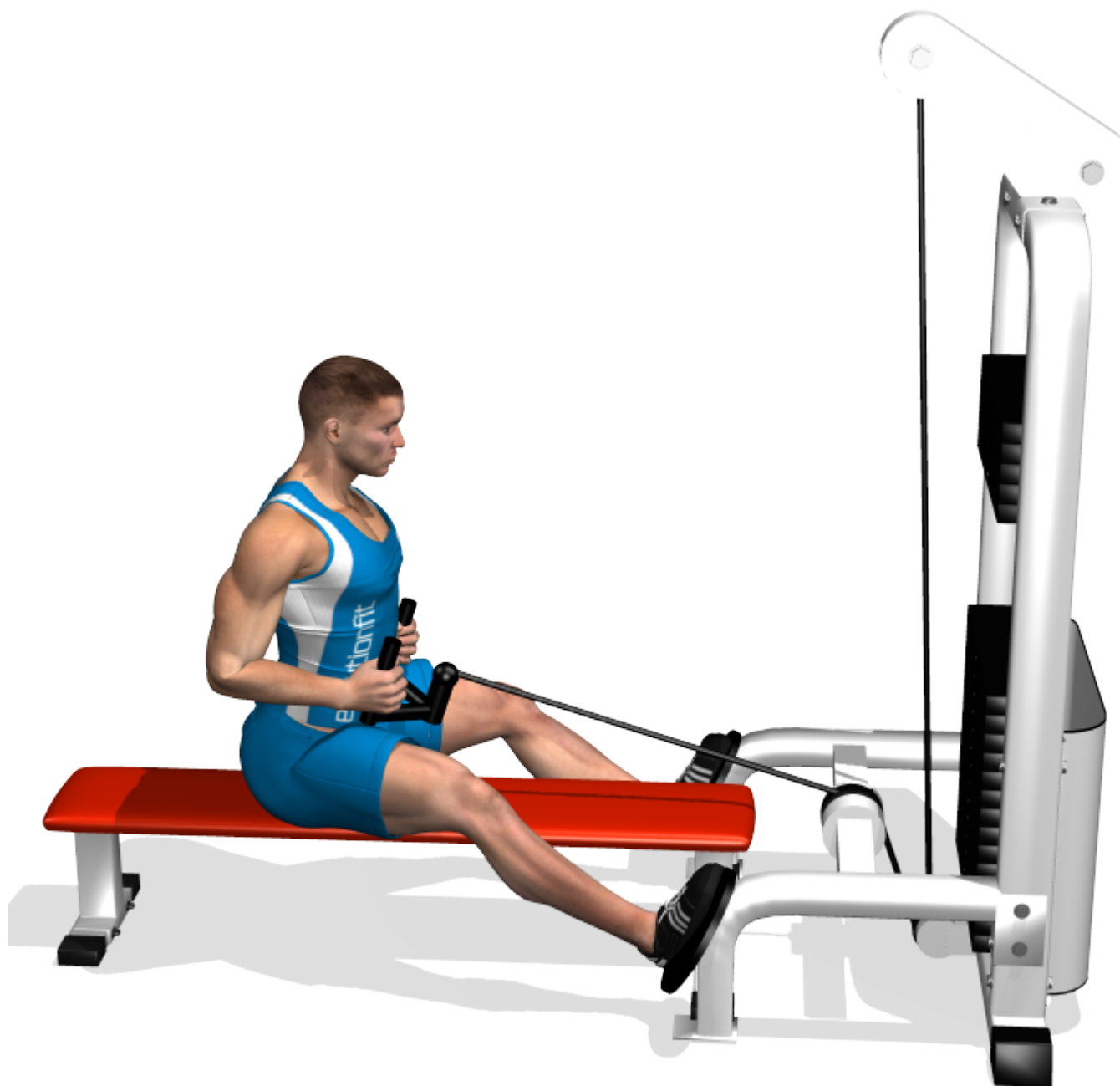
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

## **PULLEY BASSO**

REPS: 10/12/15

REST: 90 SECONDI





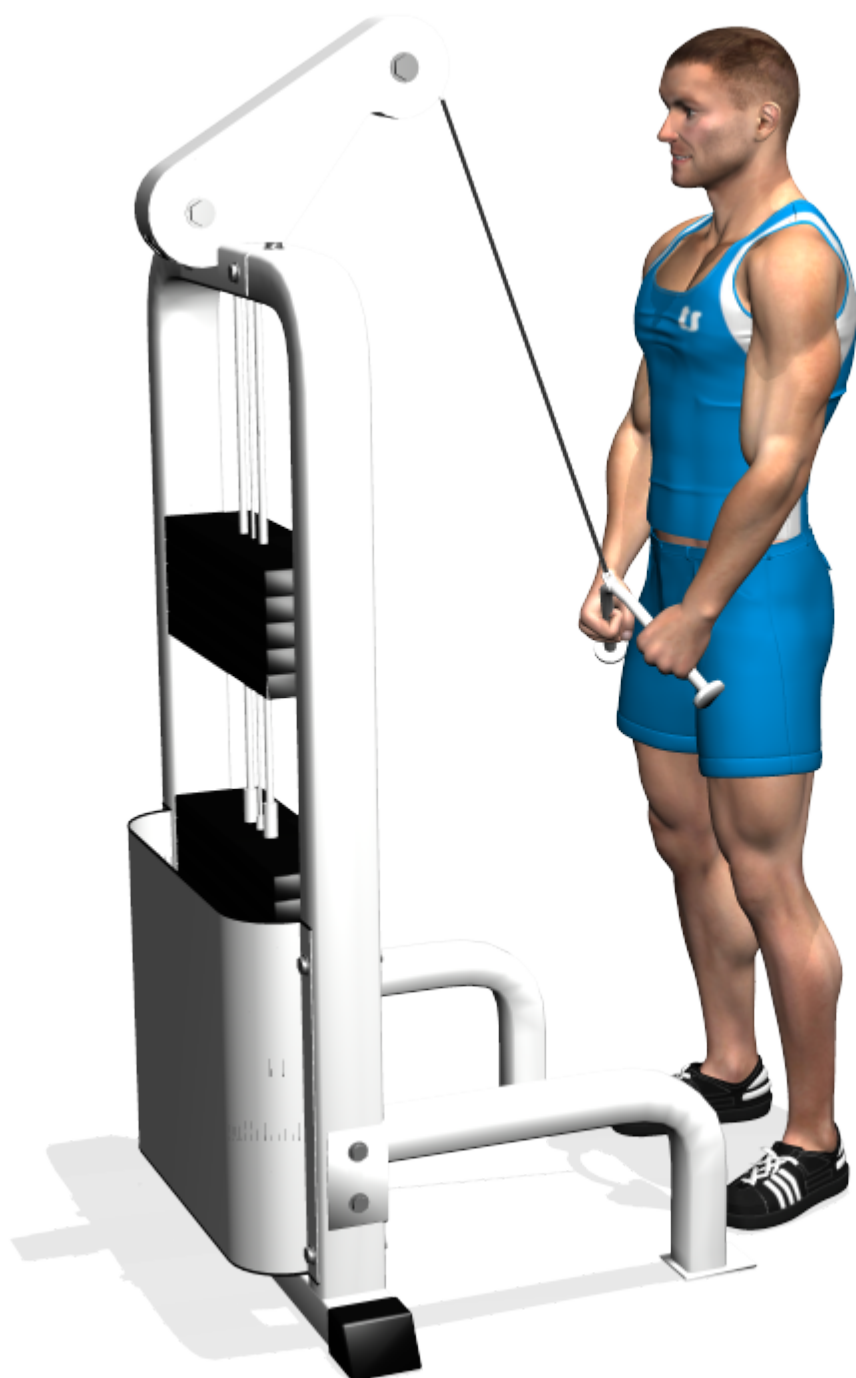
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

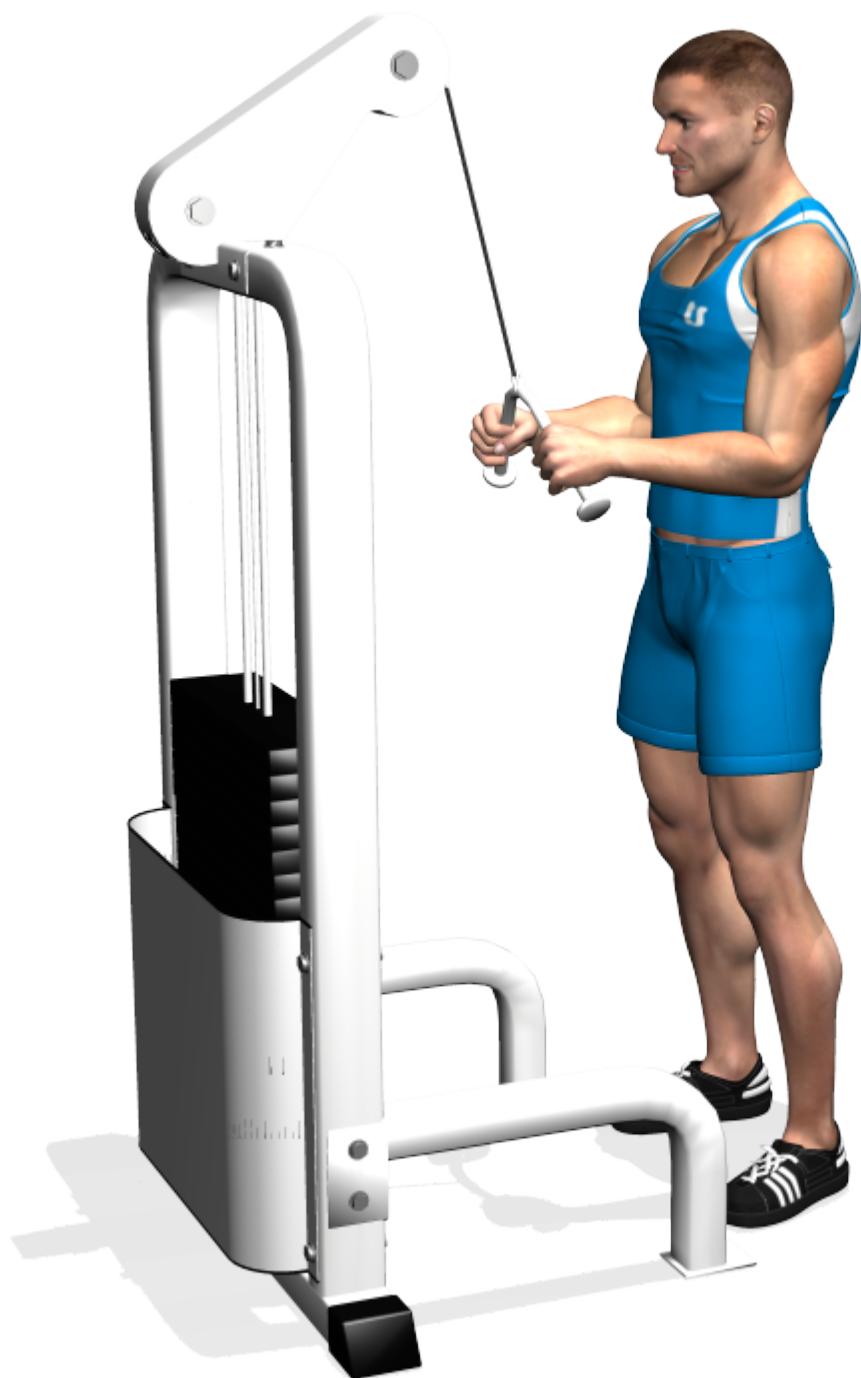
## TRICIPITI

## PUSH DOWN

REPS: 10/12/15

REST: 90 SECONDI





## **FRENCH PRESS SEDUTO**

REPS: 10/12/15

REST: 90 SECONDI





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

## **FRENCH PRESS MANUBRI**

SERIE: 3x12

REST: 90 SECONDI







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

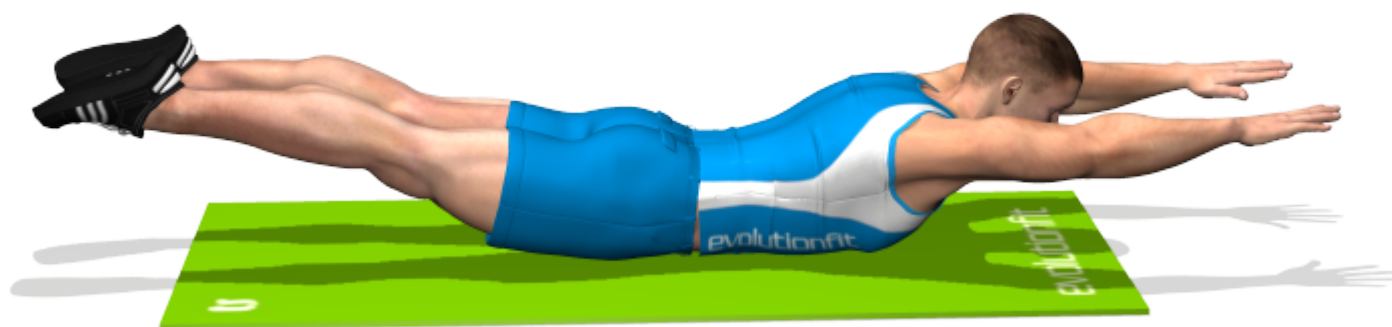
## LOMBARI

## LOMBARI

SERIE: 3x15 - GIORNO 2

REST: 90 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 15/20



# PETTORALI

## PANCA PIANA BILANCIERE

REPS: 10/12/15

REST: 90 SECONDI





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

## **SPINTE MANUBRI PANCA INCLINATA**

REPS: 10/12/15

REST: 90 SECONDI







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

## PECTORAL MACHINE

REPS: 10/12/15

REST: 90 SECONDI





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

## **BICIPITI - AVAMBRACCI**

## CURL MANUBRI MARTELLO

REPS: 10/12/15

REST: 90 SECONDI





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

## **CURL SCOTT MANUBRIO SINGOLO**

REPS: 10/12/15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-SCOTT-MANUBRIO-SINGOLO.mp4>

## ARM CURL MACHINE

SERIE: 3x12

REST: 90 SECONDI







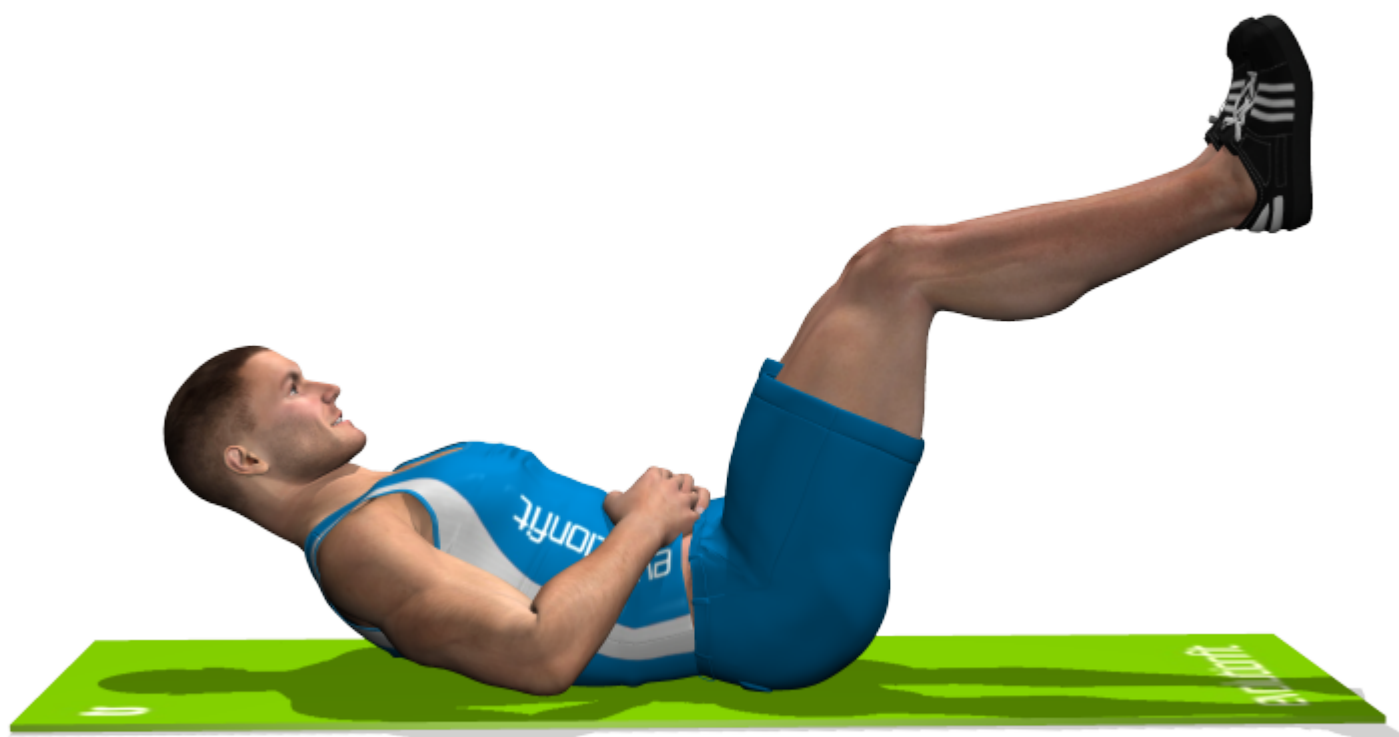
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ARM-CURL-MACHINE.mp4>

## **ADDOMINALI GIORNO 3**

## REVERSE CRUNCH

SERIE: 4x20 GIORNO 3

REST: 90 SECONDI





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

