

SCHEDA ALLENAMENTO DONNA 14



SCHEDA DI ALLENAMENTO DONNA 14

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

TAPIS ROULANT

MINUTI: 10



CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI





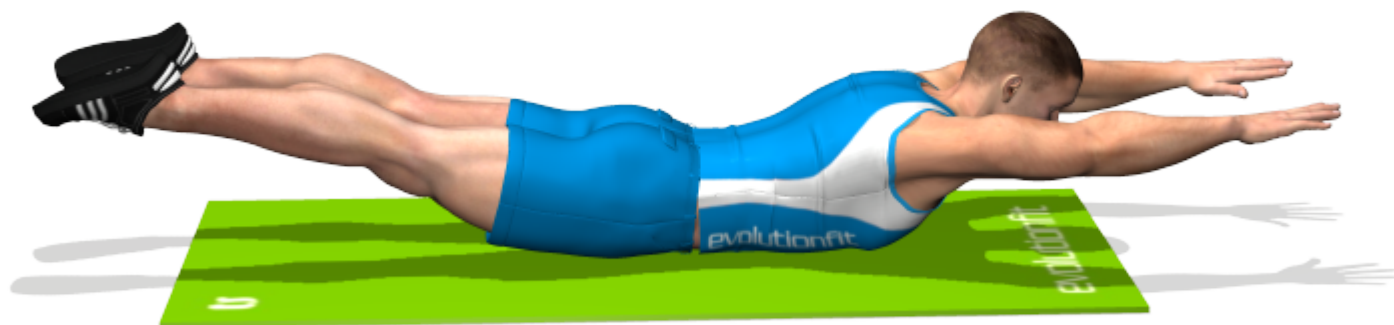
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

LOMBARI

SERIE: 3x15

REST: 60 SECONDI





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

CHEST INCLINE

SERIE: 4 X12 IN SUPERSERIE CON AFFONDI

REST: 60 SECONDI





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

AFFONDI SAGITTALI MANUBRI

SERIE: 4X10/10

REST: 60 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

SERIE: 3x10 IN SUPERSERIE CON LEG CURL

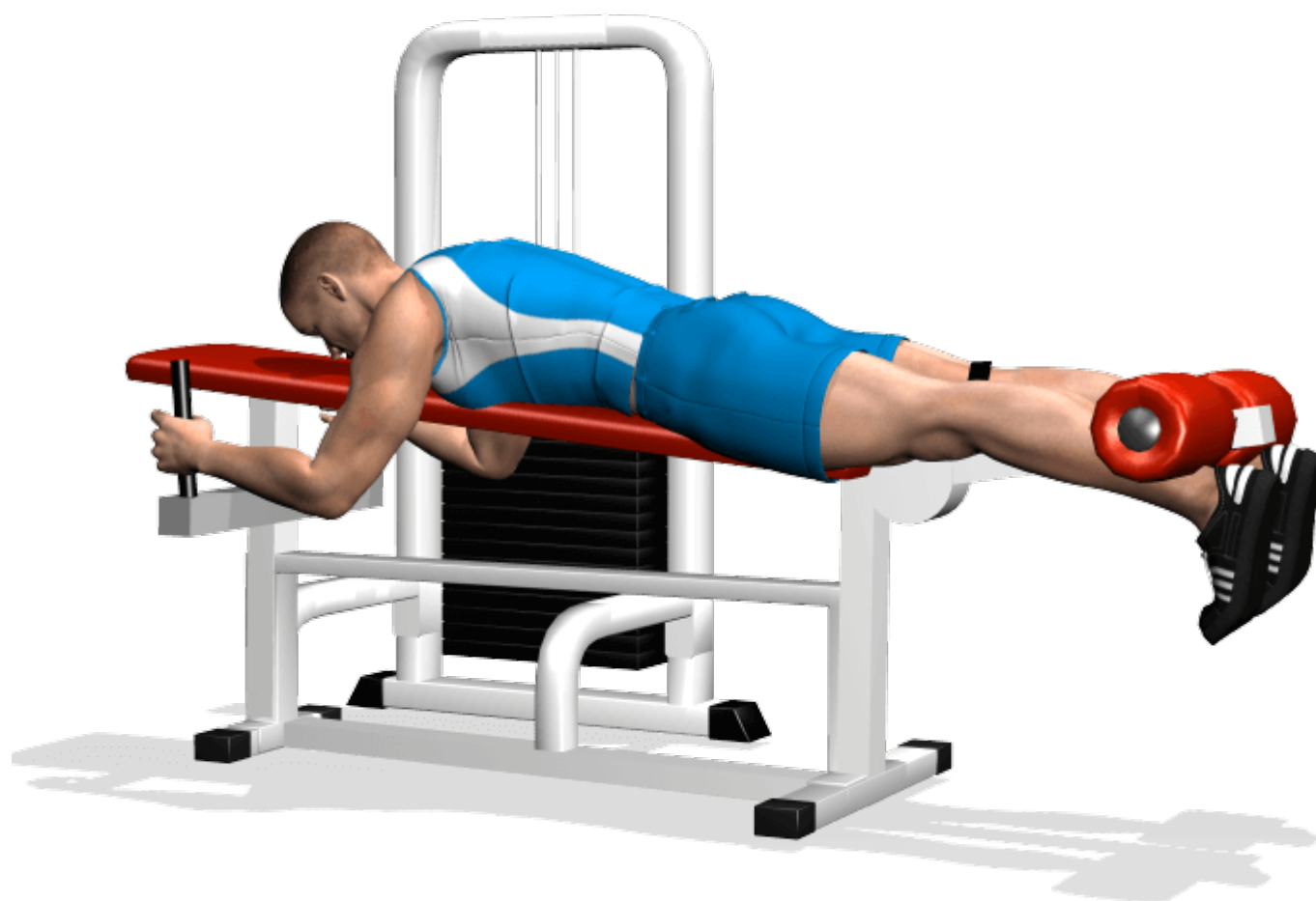




<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-INCLINATA.mp4>

LEG CURL

SERIE: 3x10





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

ALZATE LATERALI

SERIE: 3x12 IN SUPERSERIE CON PONTE GLUTEI

REST: 60 SECONDI





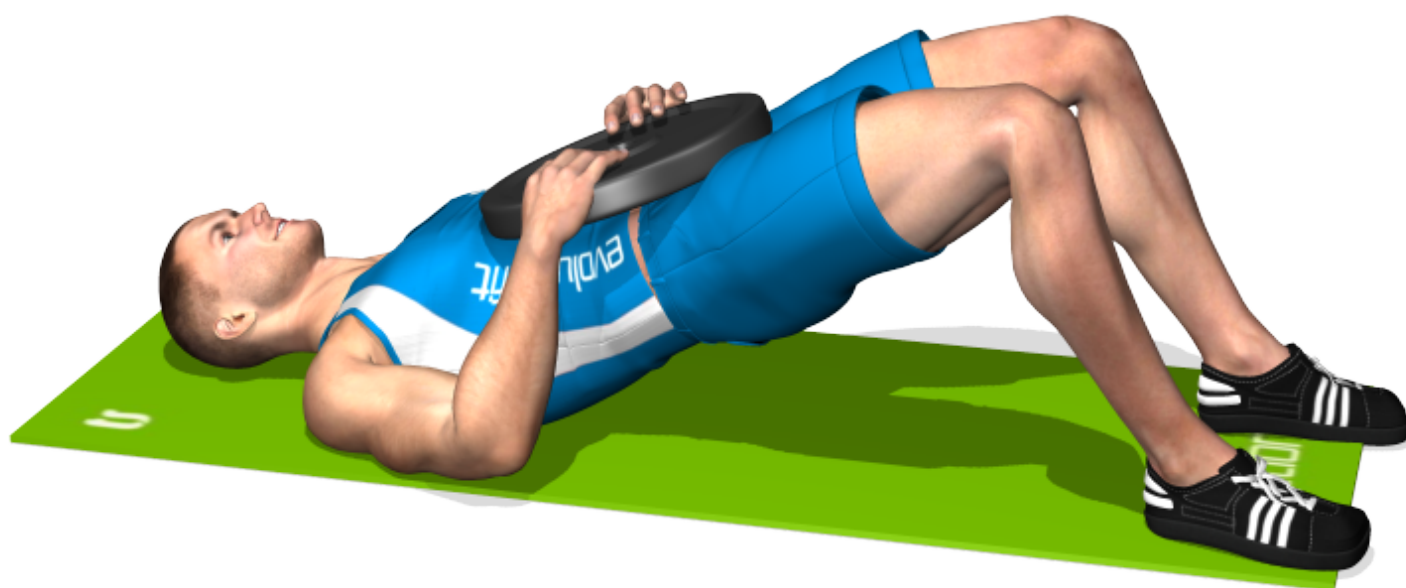
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PONTE PER GLUTEI

SERIE: 3X15

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)

CURL MANUBRI ALTERNATO

SERIE: 4X12 IN SUPERSERIE CON PULLEY ALTO

REST: 60 SECONDI



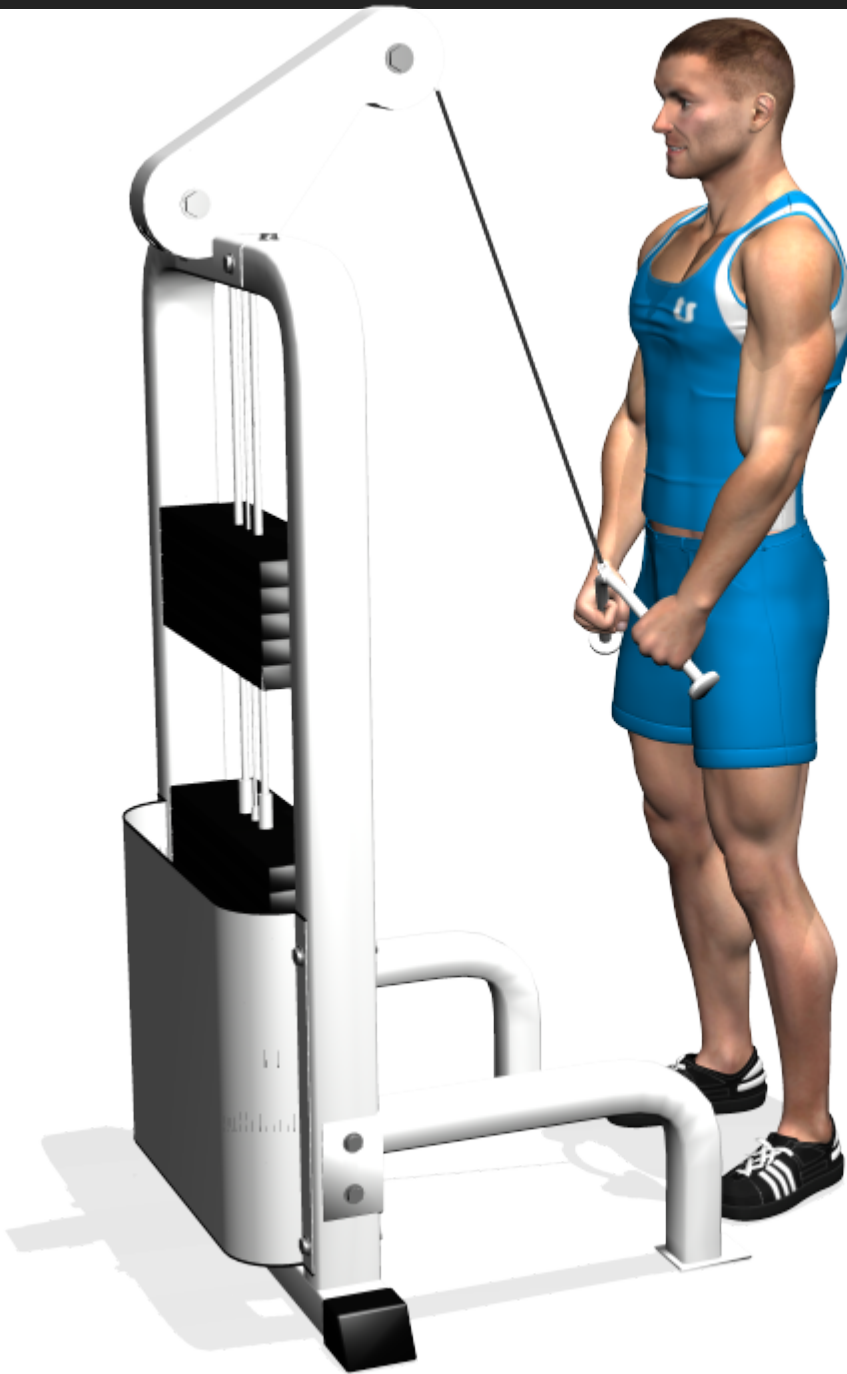


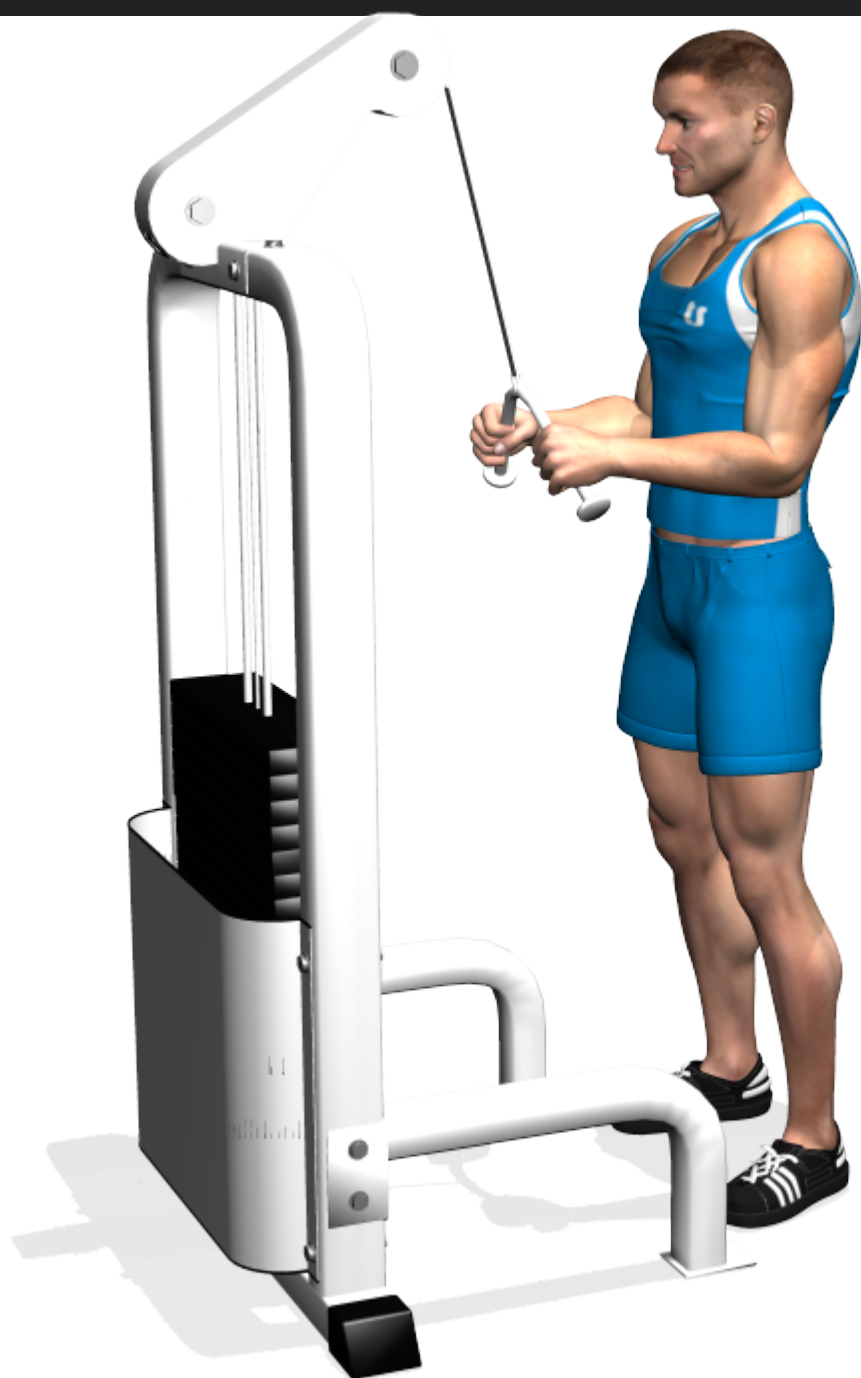
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-ALTERNATO.mp4>

PULLEY ALTO

SERIE: 4X12

REST: 60 SECONDI





GIORNO 2

TAPIS ROULANT

MINUTI: 10



REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI



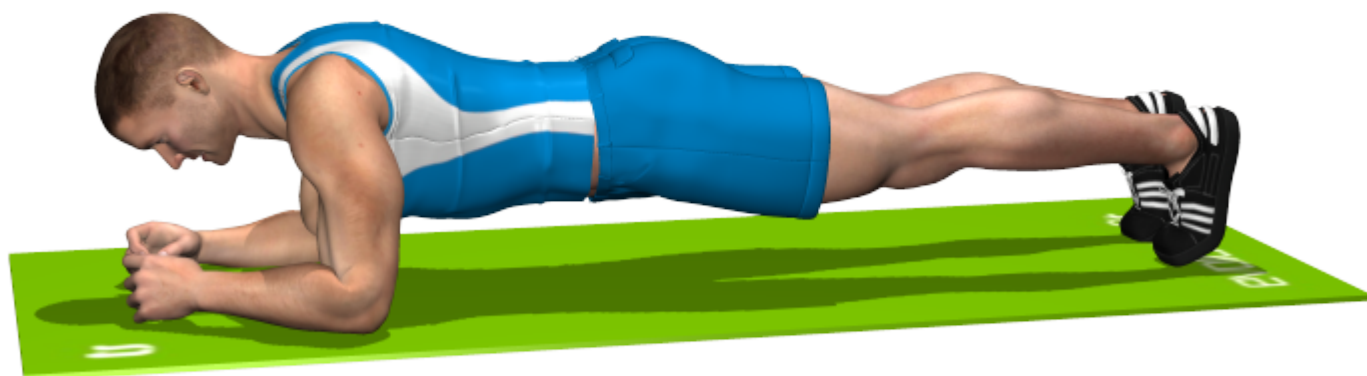


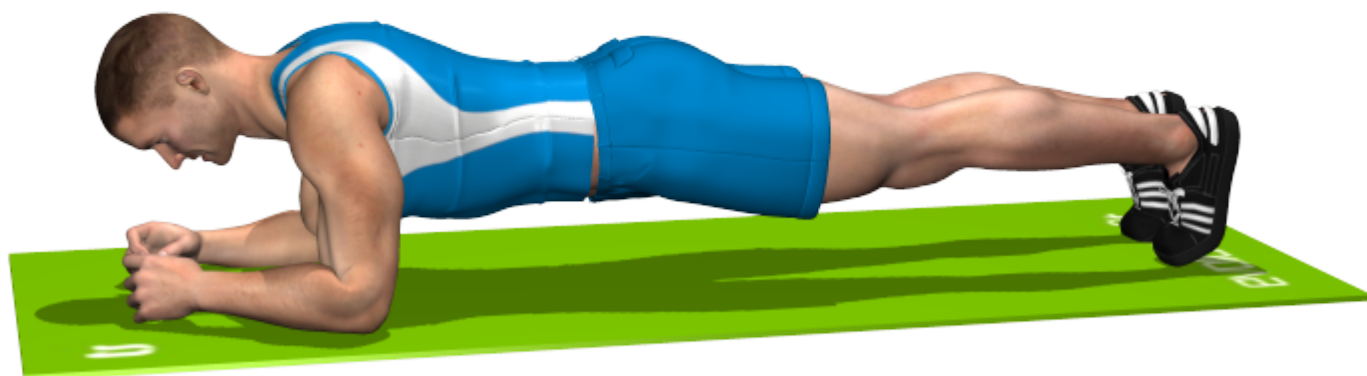
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 60 SECONDI





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

VERTICAL TRACTION

SERIE: 4X12 IN SUPERSERIE CON LEG PRESS

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

SERIE: 4X12

REST: 60 SECONDI





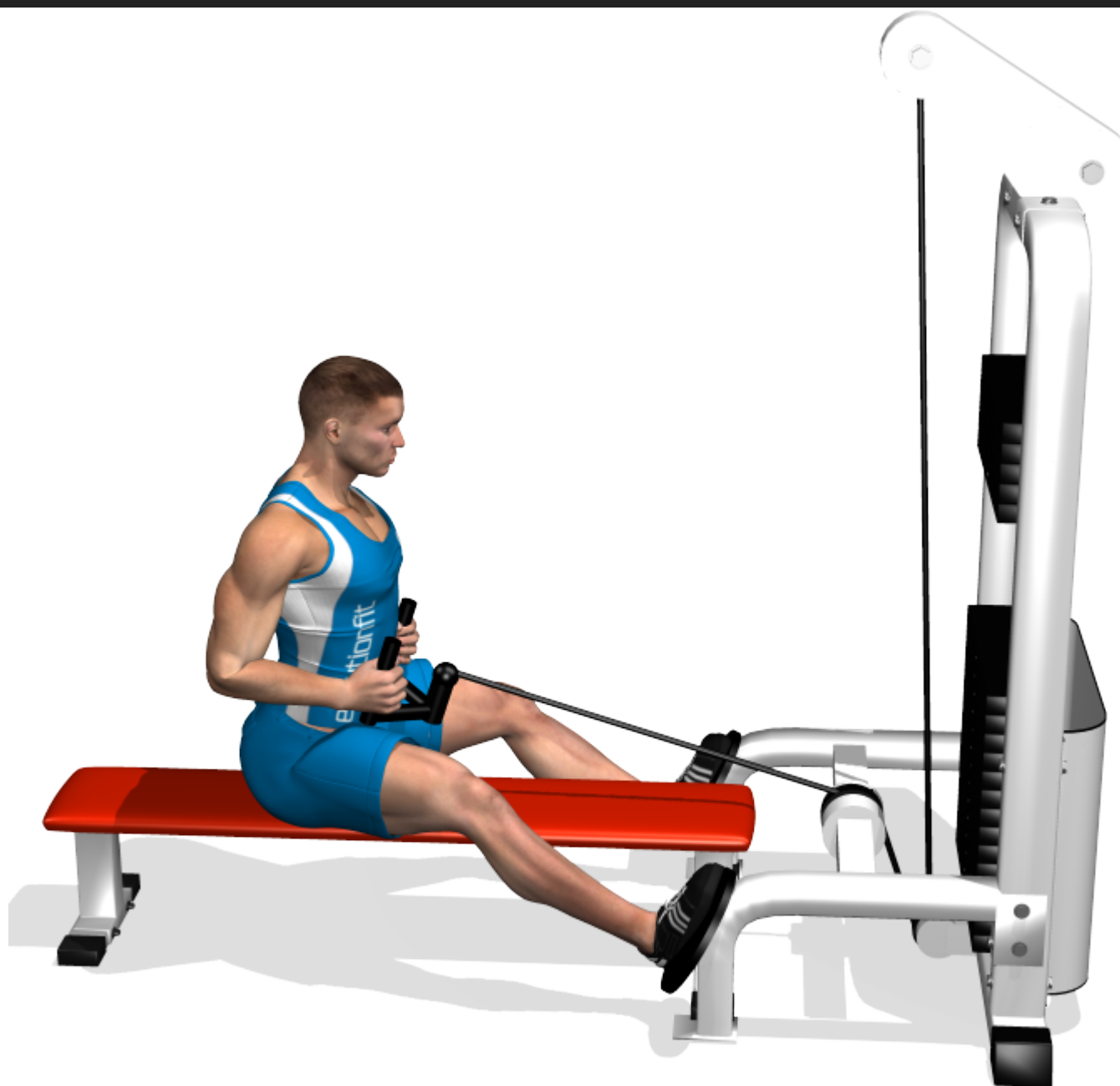
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

PULLEY BASSO

SERIE: 3x10 IN SUPERSERIE CON ABDUCTOR MACHINE

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI



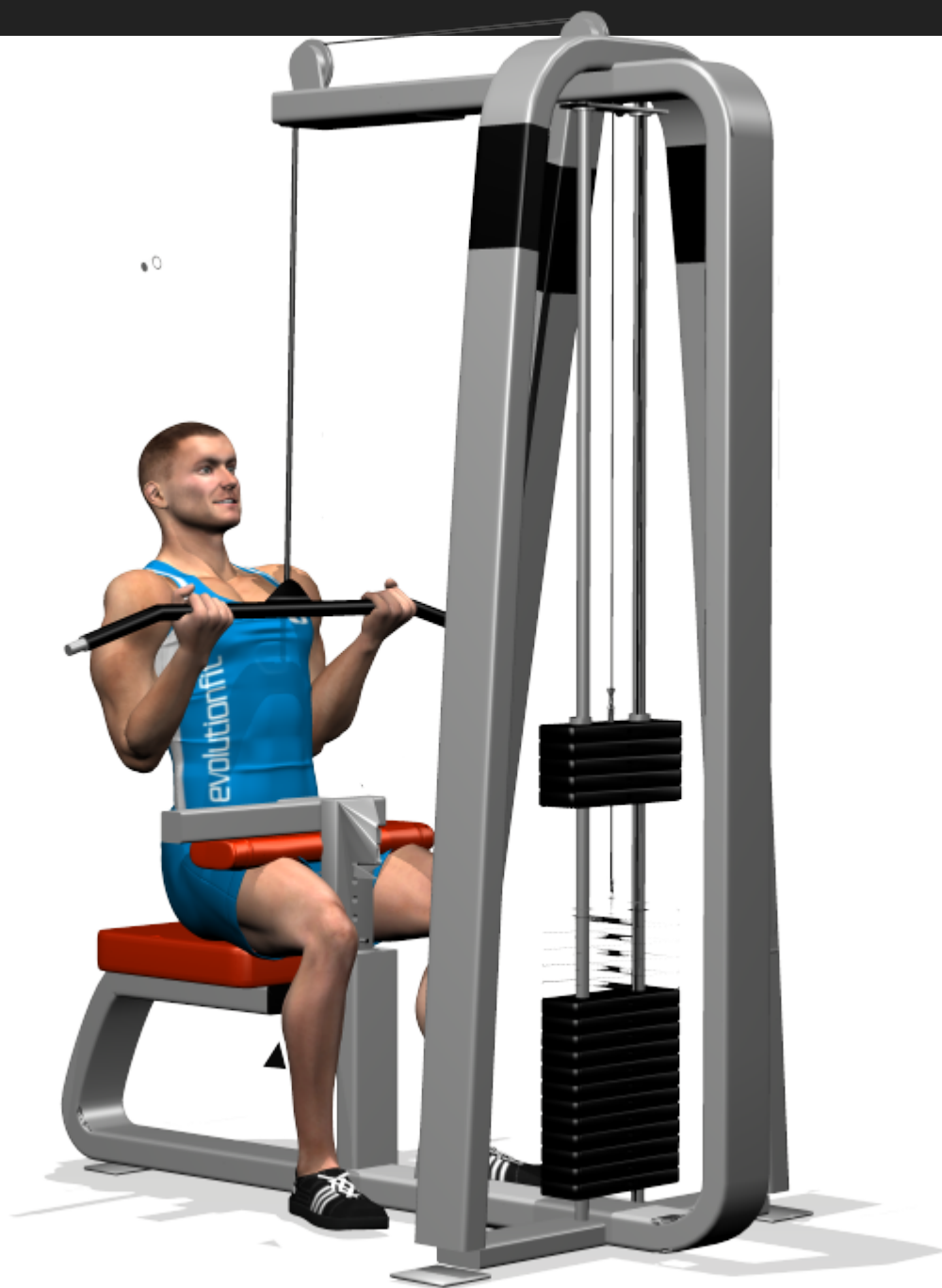


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4>

LAT MACHINE INVERSA

SERIE: 3x10 IN SUPERSERIE CON SLANCI

REST: 60 SECONDI





SLANCI GLUTEI

SERIE: 3x12/12

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

SERIE: 3x12 IN SUPERSERIE CON TRICIPITI CON MANUBRI





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

TRICIPITI MANUBRI

SERIE: 3x12

REST: 60 SECONDI





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

