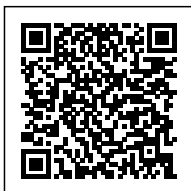


SCHEDA ALLENAMENTO DONNA 2GG1



SCHEDA DI ALLENAMENTO DONNA 2GG1

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

ELLITTICA

MINUTI: 15/20



CORSA SU TAPPETO

MINUTI: 15/20



PANCA INCLINATA BILANCIERE

SERIE: 3x16

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4)

CROCI MANUBRI PANCA INCLINATA

SERIE: 3x12

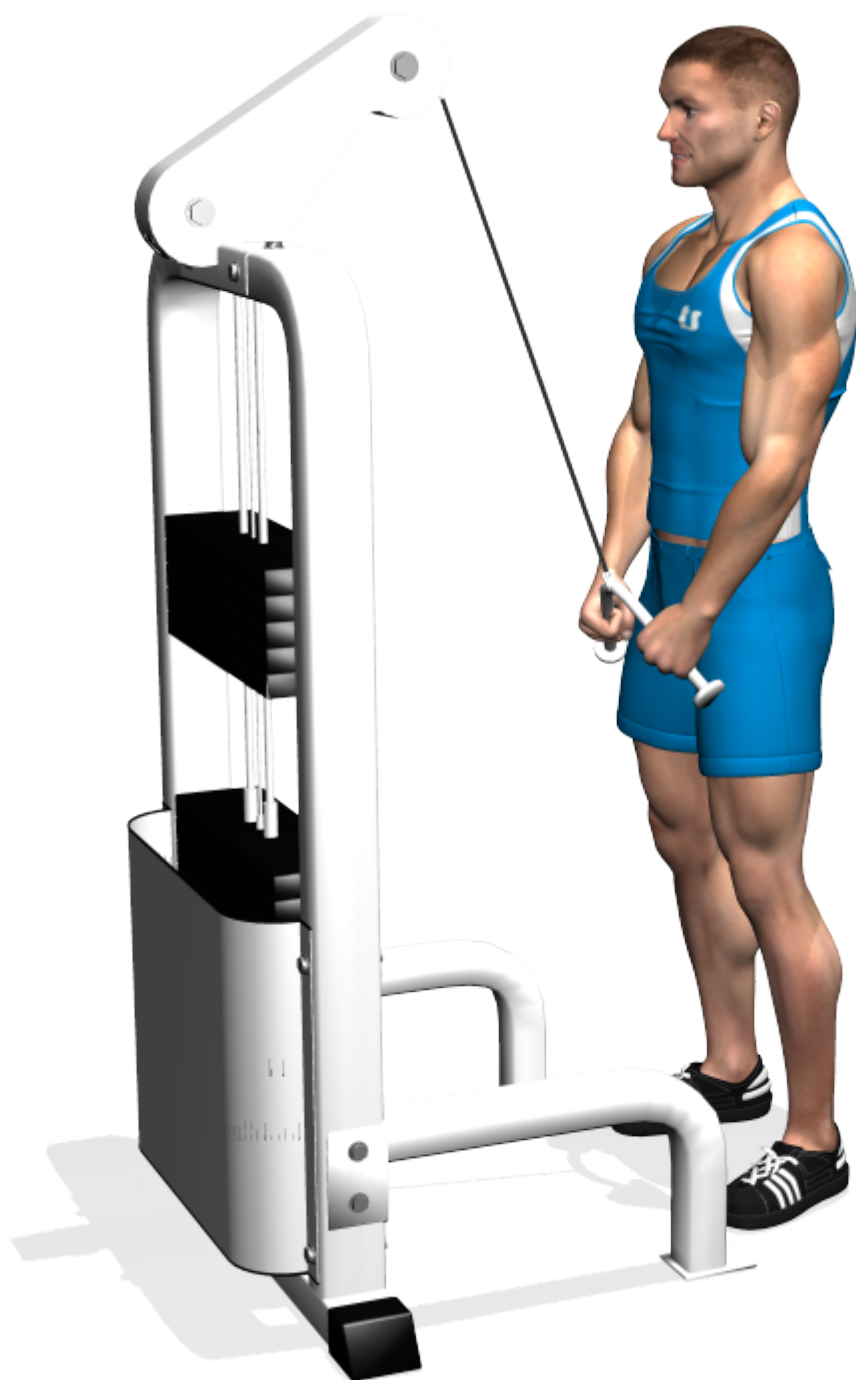


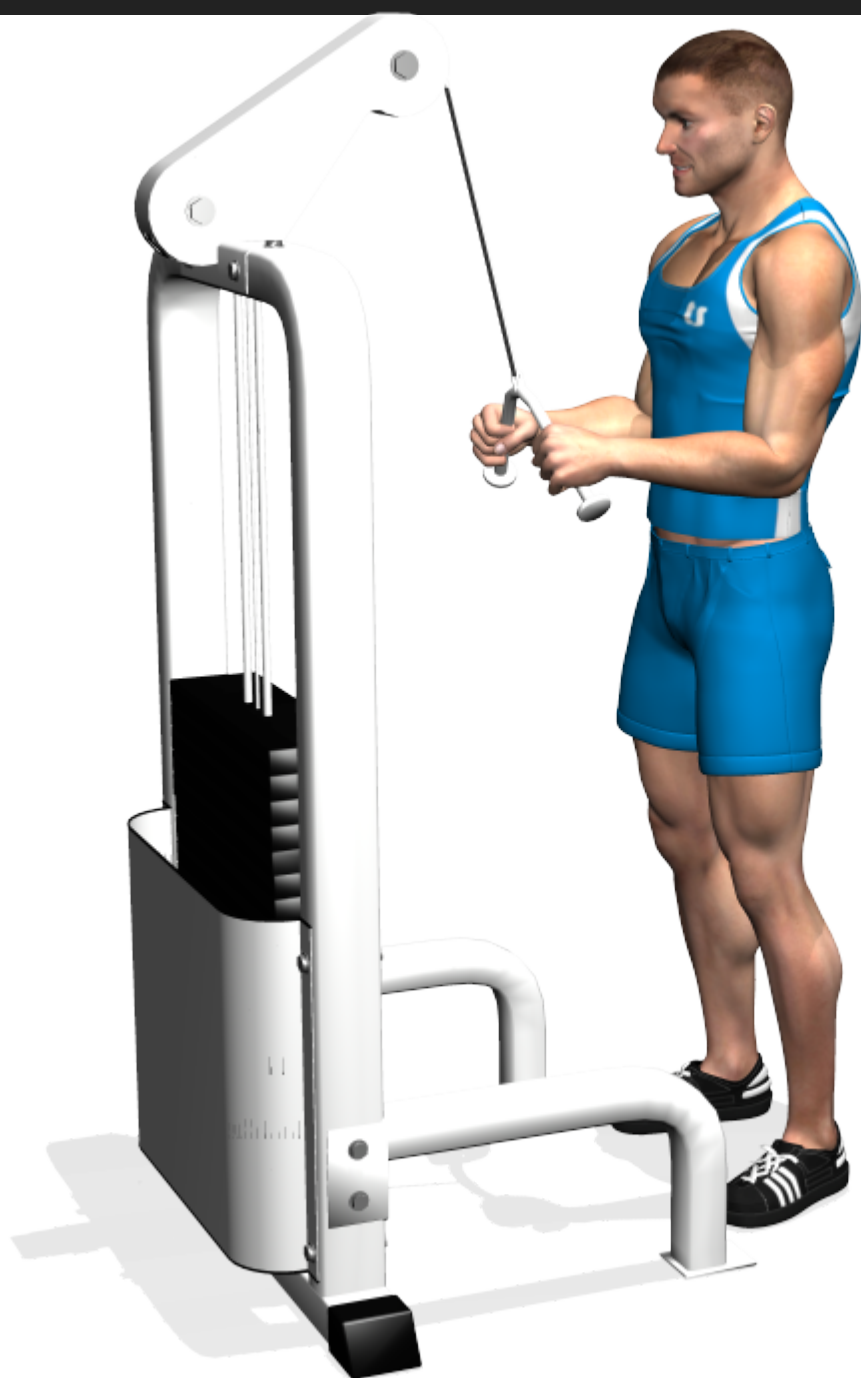


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PUSH DOWN

SERIE: 3x16

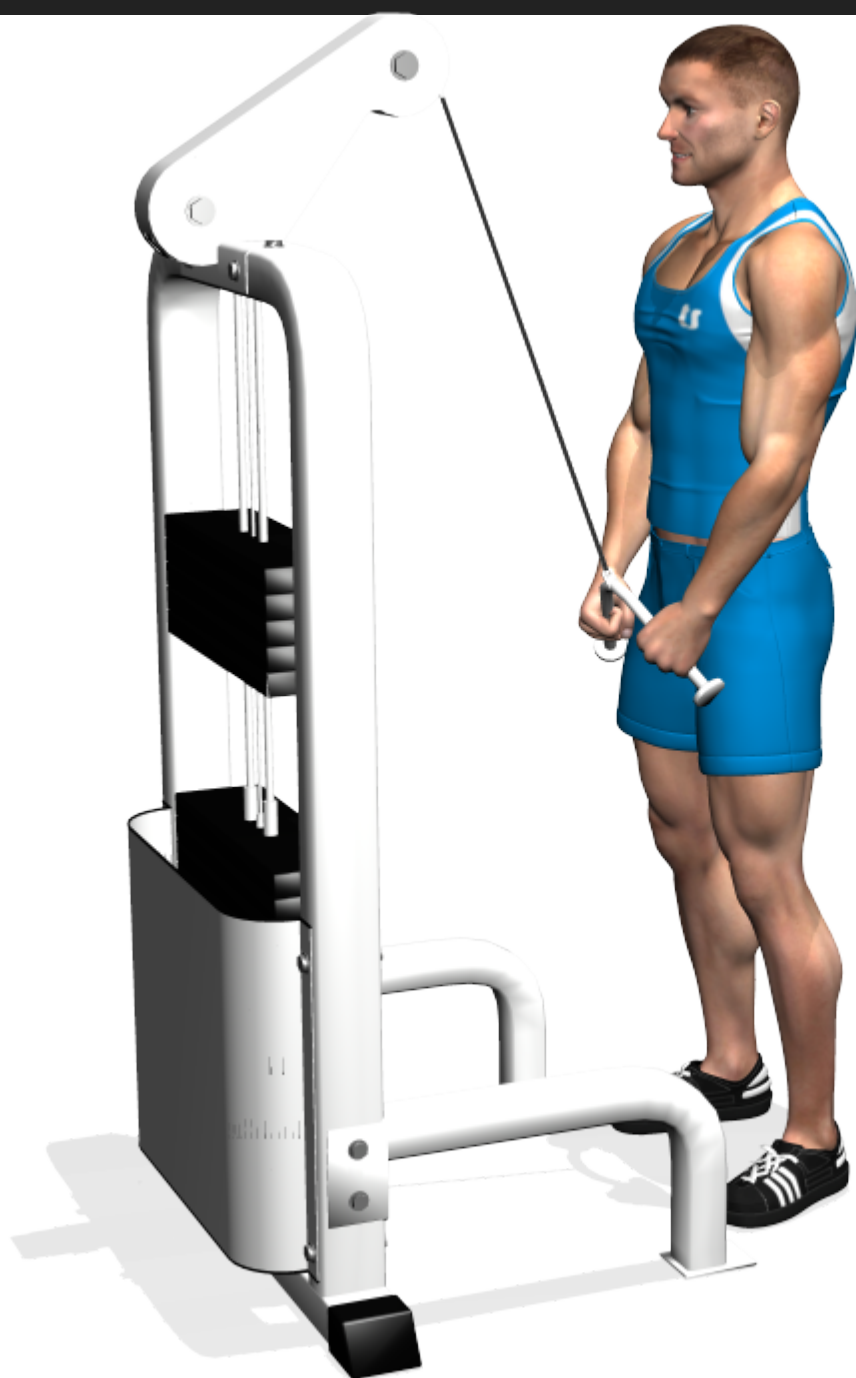


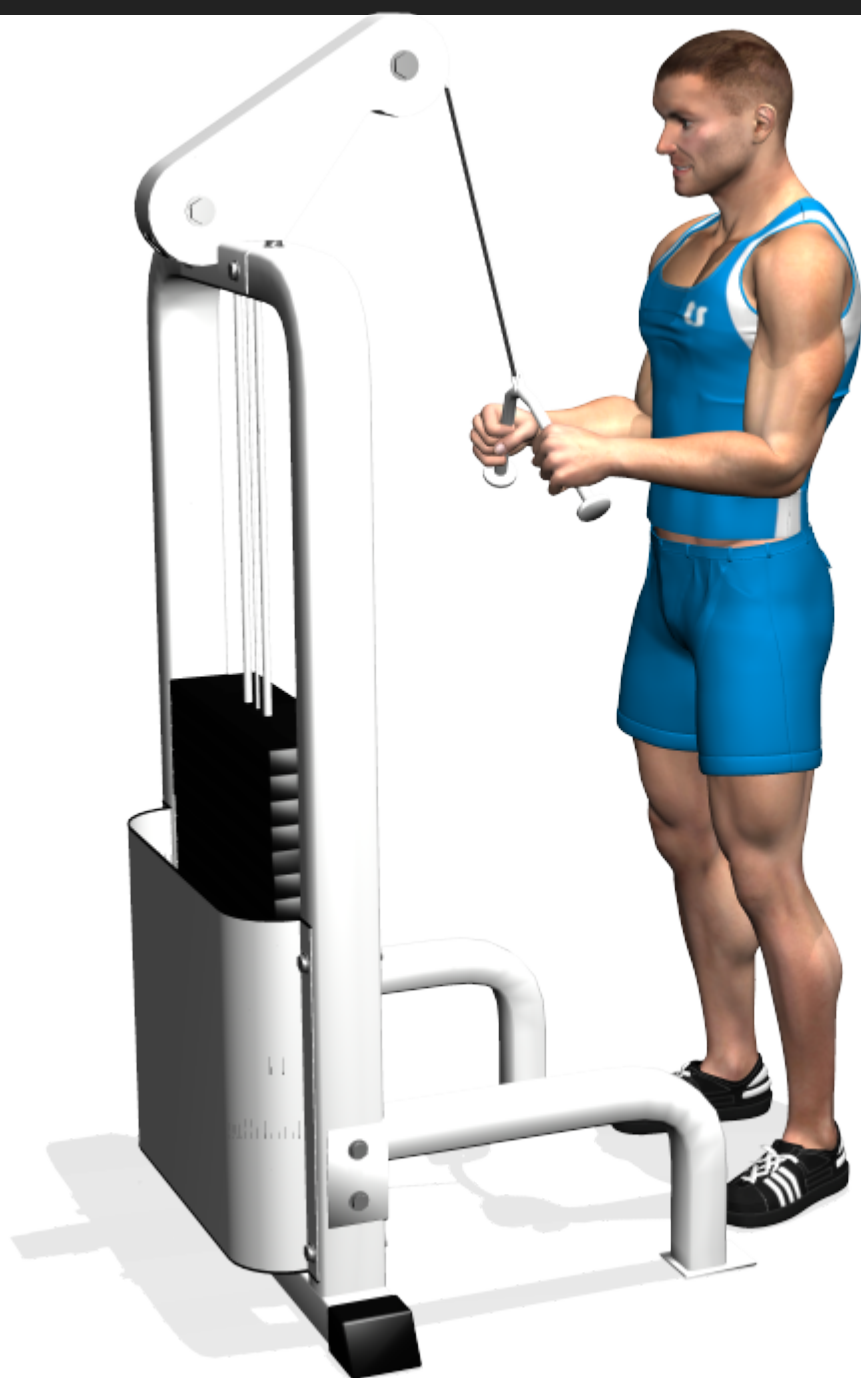


CORDA

SERIE: 3x10

REST: 60 SECONDI





KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x12

REST: 60 SECONDI





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

SQUAT

SERIE: 5x12

REST: 60 SECONDI





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

AFFONDI SAGITTALI MANUBRI

SERIE: 3x10

REST: 60 SECONDI





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

GLUTEI AI CAVI

SERIE: 4x16



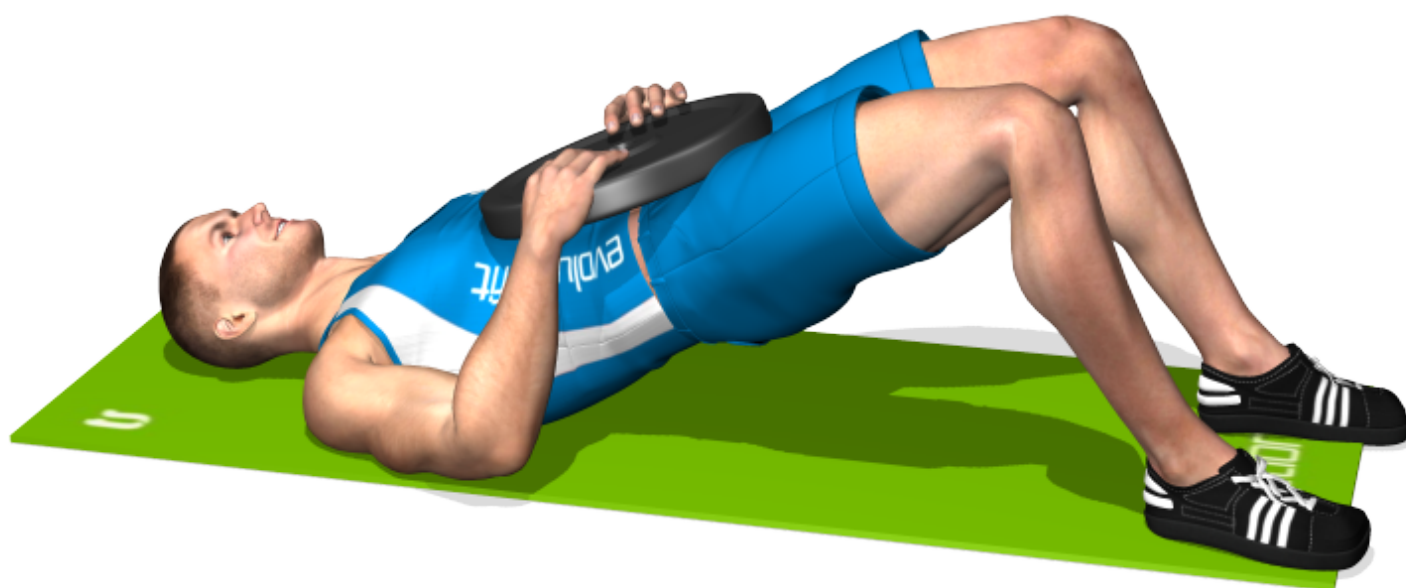


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

BRIDGE/HIP TRUST

SERIE: 3X16





[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)

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI

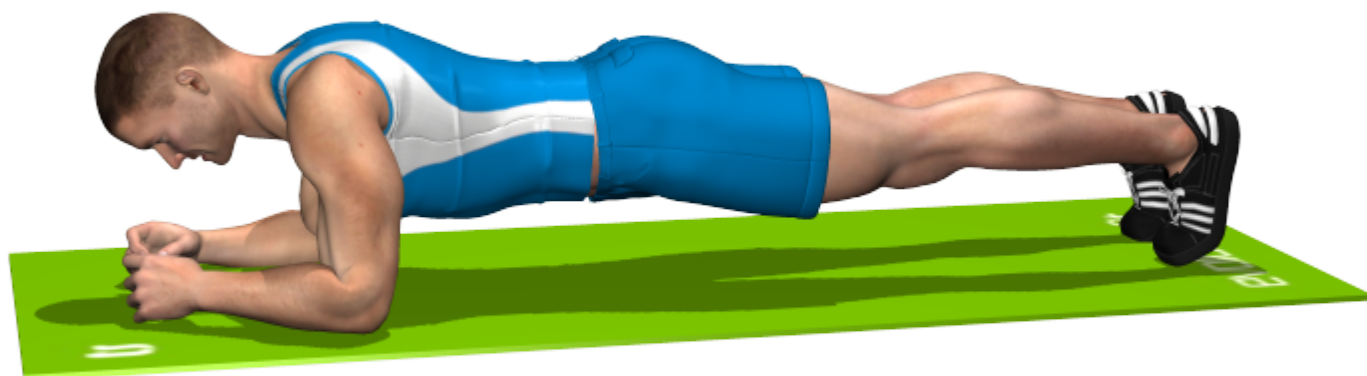


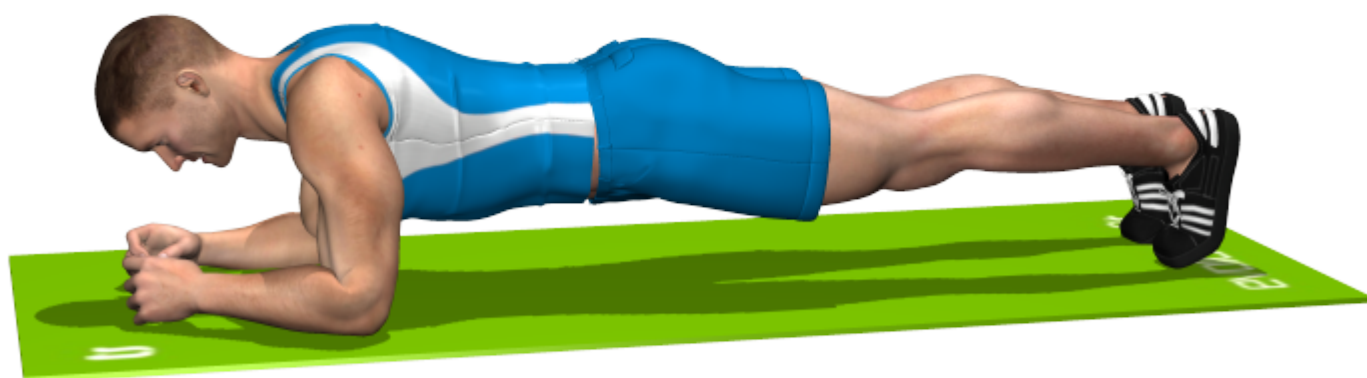


[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PLANK ISOMETRICO

SERIE: 3x60 SECONDI





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

TWIST BASTONE

SERIE: 3x25

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2022/05/TWIST-BASTONE.mp4>

GIORNO 2

ELLITTICA

MINUTI: 15/20



CORSA SU TAPPETO

MINUTI: 15/20



TRAZIONI GUIDATE INVERSE - EASY POWER

SERIE: 3x12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TRAZIONI-ALLA-SBARRA.mp4>

LAT MACHINE AVANTI

REPS: 3X14

REST: 60 SECONDI





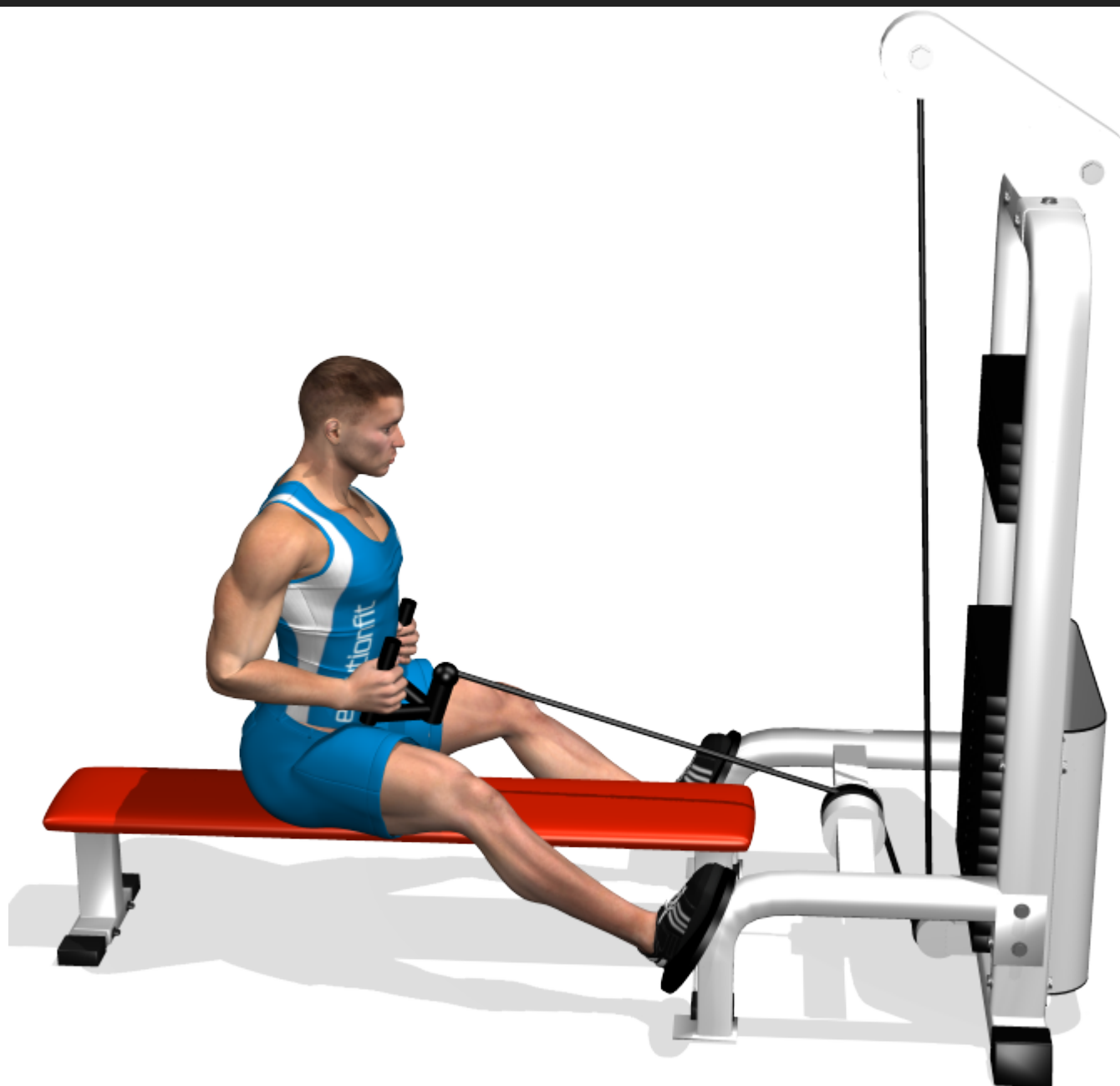
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

PULLEY BASSO

REPS: 3X14

REST: 60 SECONDI





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

ALZATE LATERALI IN PIEDI

REPS: 3X12

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 3X14

REST: 60 SECONDI





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

APERTURE DA PRONO

SERIE: 3x12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT A.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT-A.mp4)

CURL CAVO BASSO

SERIE: 4x10





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

CURL MANUBRI SCHIENA IN APPOGGIO

REPS: 3X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APP-OGGIO.mp4>

LEG PRESS ORIZZONTALE

REPS: 3X10





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

LEG EXTENSION

SERIE: 4x12

REST: 60 SECONDI



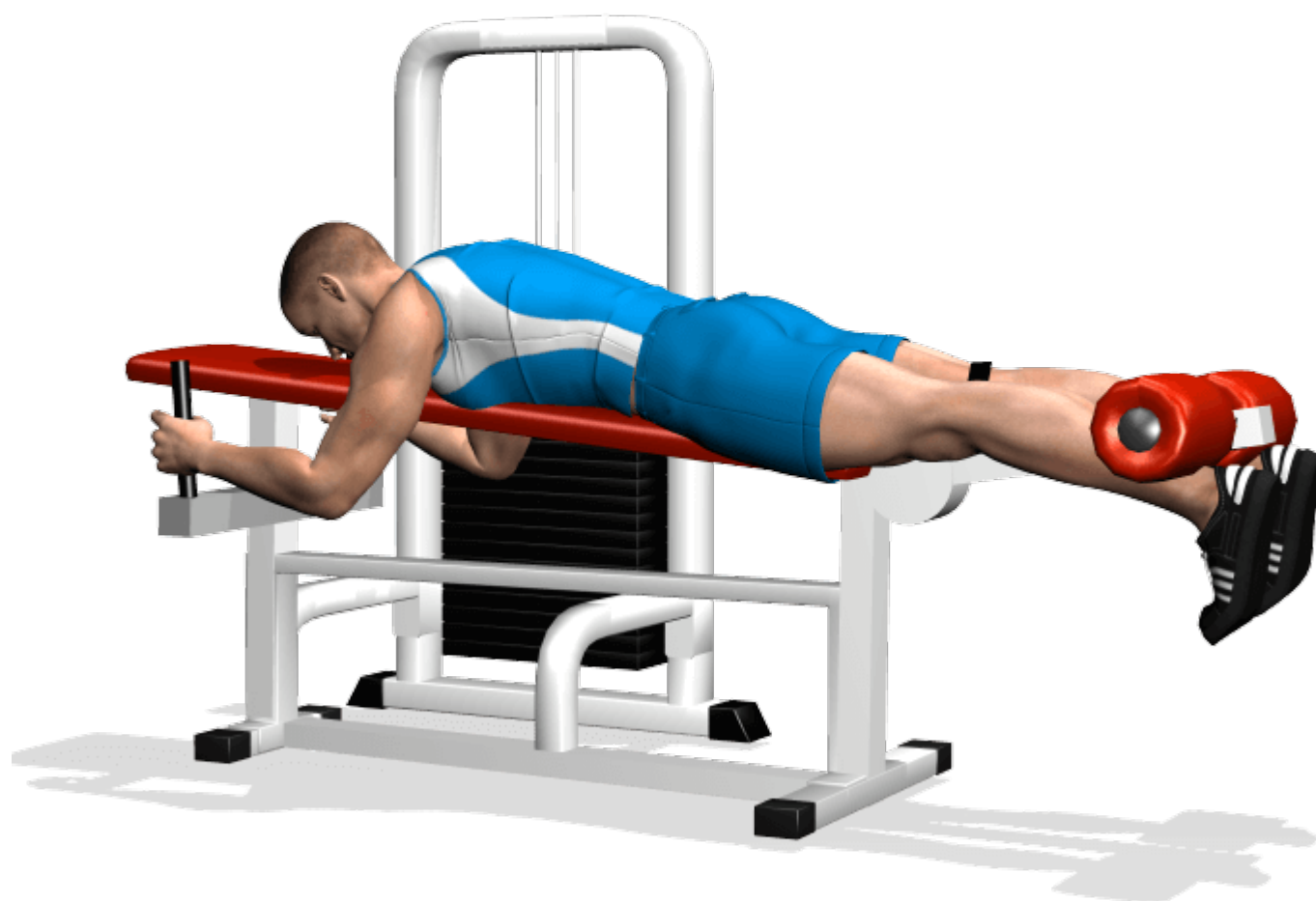


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL SEDUTO

REPS: 4X12

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI

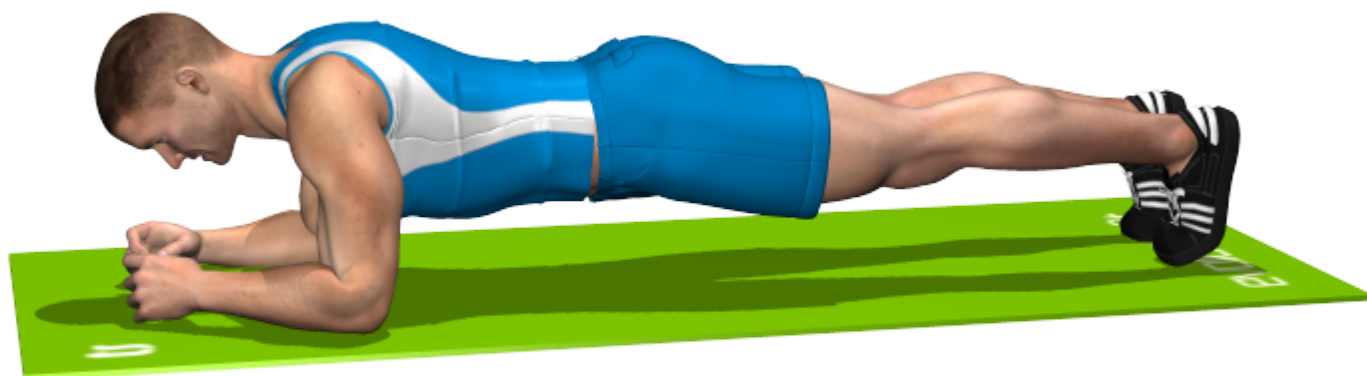


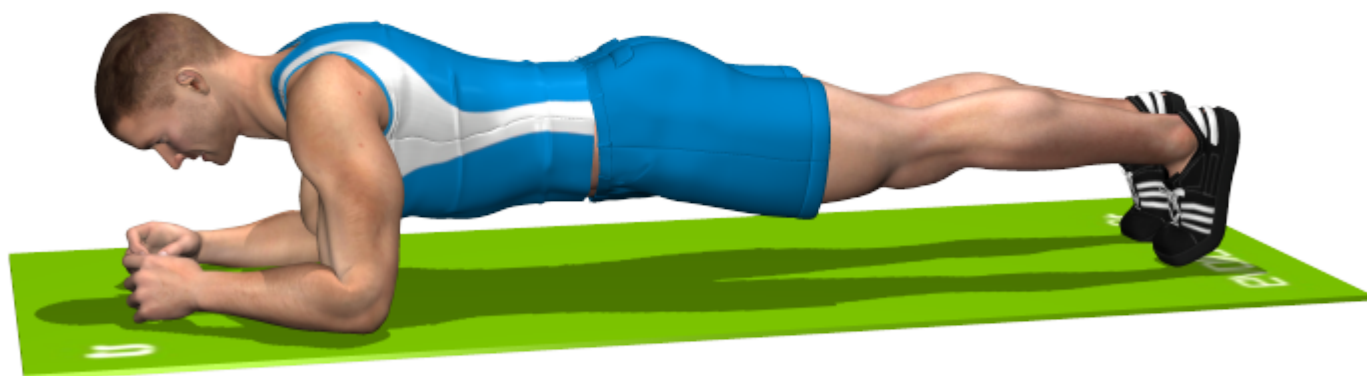


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4>

PLANK ISOMETRICO

SERIE: 3x60 SECONDI





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

TWIST BASTONE

SERIE: 3x25

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2022/05/TWIST-BASTONE.mp4>

