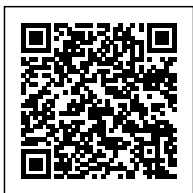


# SCHEDA ALLENAMENTO ELENA TUMMINELLI DONNA PHA 1



# **SCHEDA DI ALLENAMENTO ELENA TUMMINELLI**

## **SCHEDA 1 - INIZIO 9 AGOSTO 2022**

### **GIORNI DI ALLENAMENTO**

GIORNO 1

GIORNO 2

#### **GIORNO 1**

#### **CORSA SU TAPPETO**

MINUTI: 10



## CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI





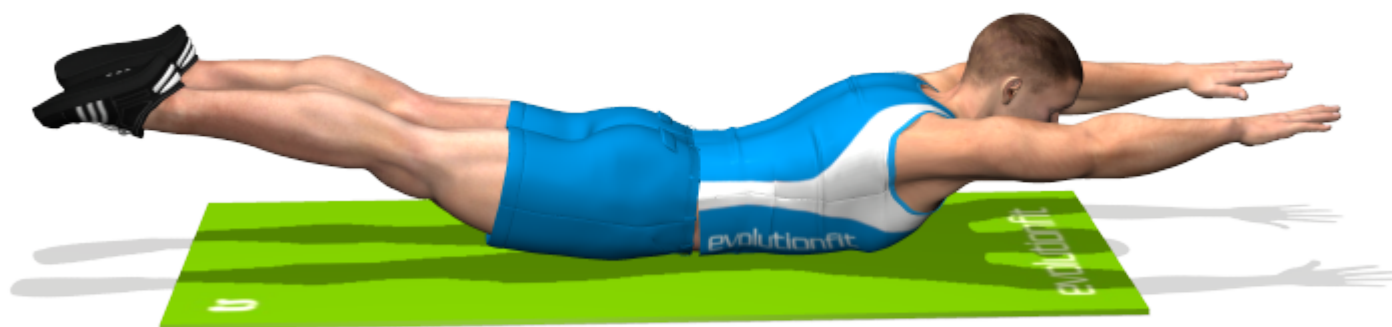
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## 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

REST: 60 SECONDI



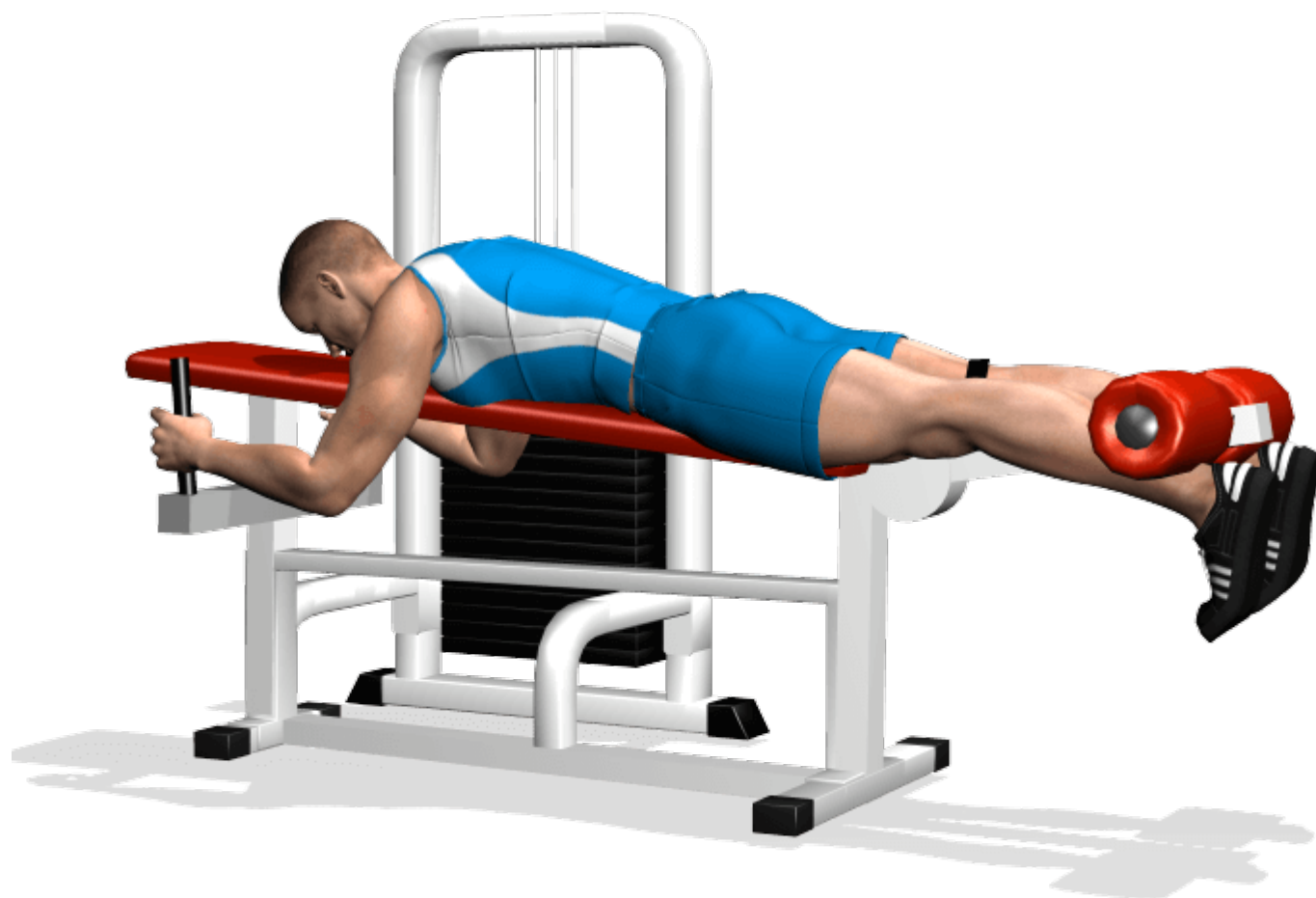


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-INCLINATA.mp4>

## LEG CURL

SERIE: 3x10

REST: 60 SECONDI





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

## **ALZATE LATERALI**

SERIE: 3x12 IN SUPERSERIE CON PONTE GLUTEI

REST: 60 SECONDI





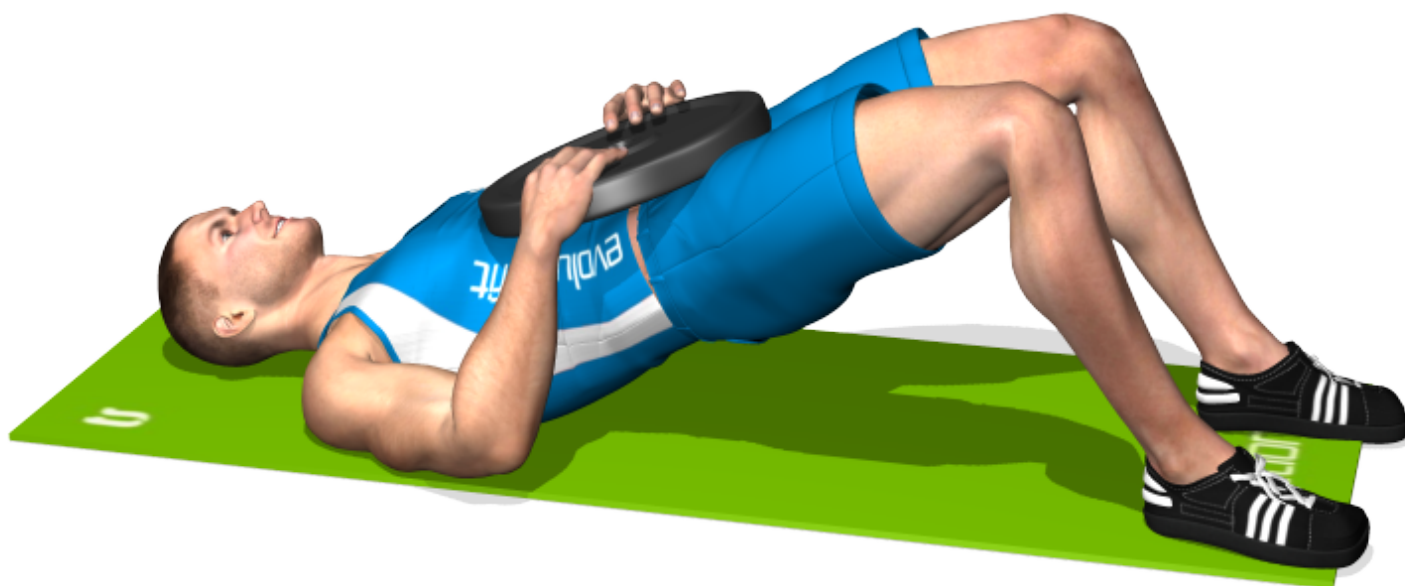
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ALZATE-LATERALI.mp4>

## 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



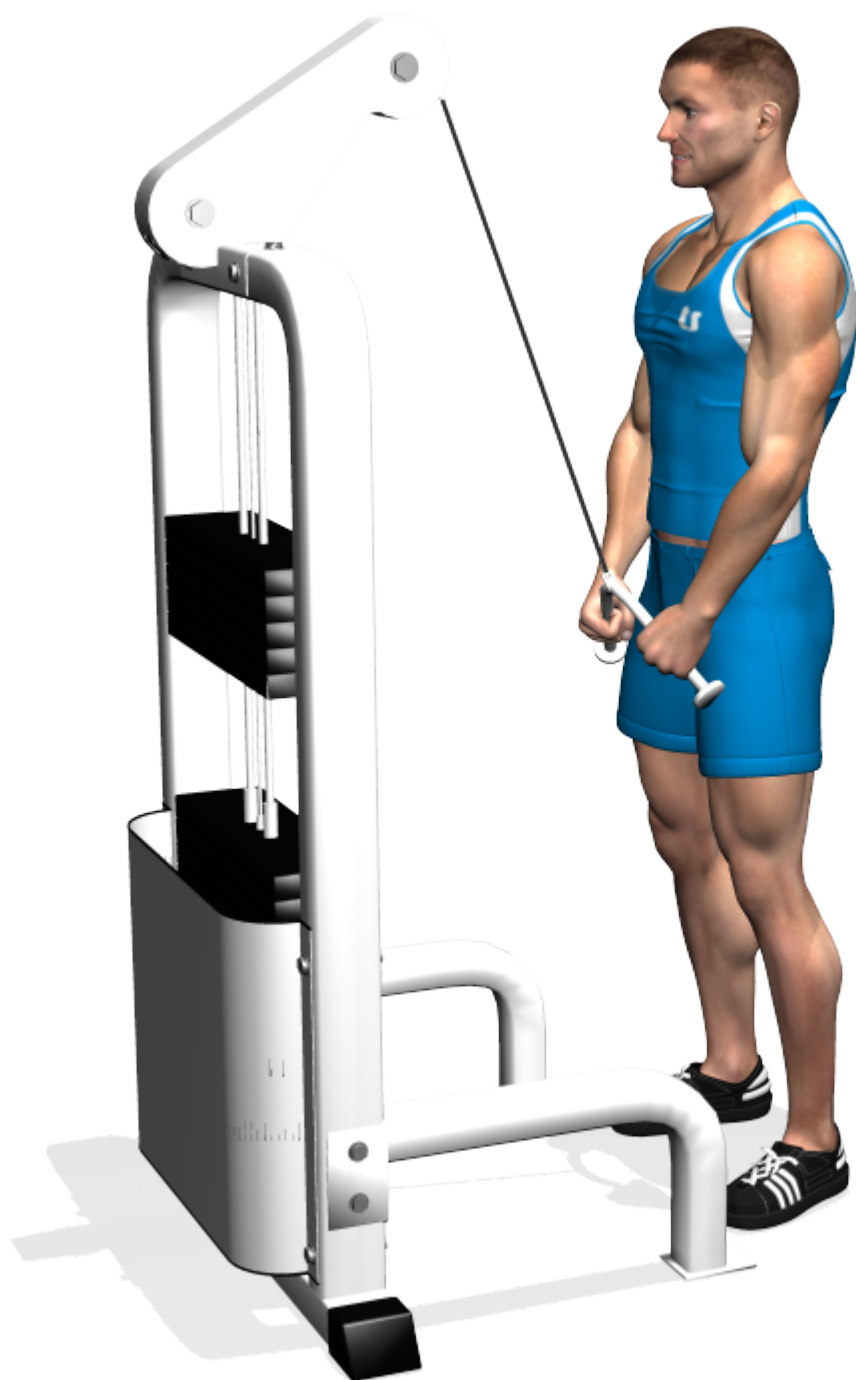


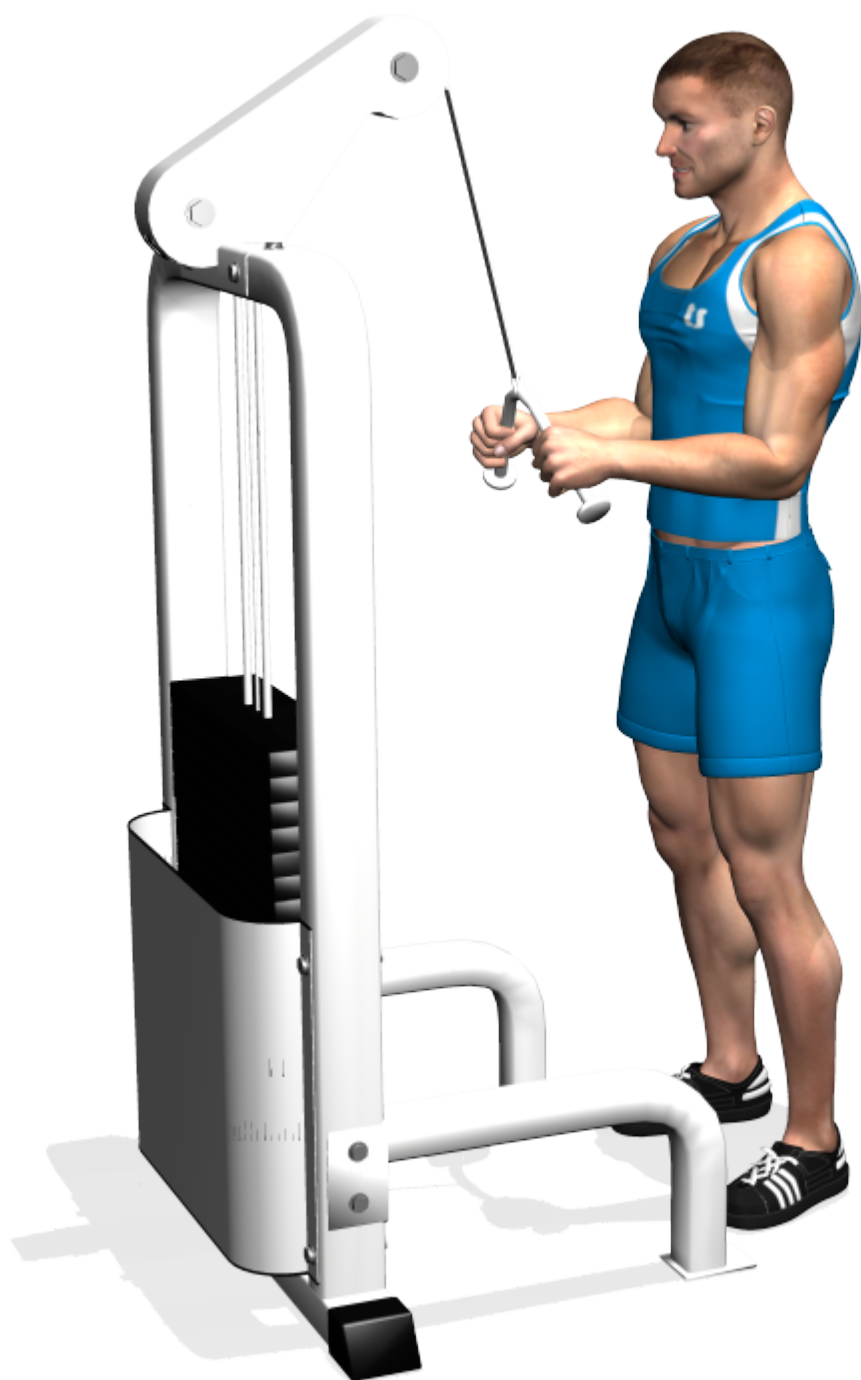
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-ALTERNATO.mp4>

## **PULLEY ALTO**

SERIE: 4X12

REST: 60 SECONDI





## GIORNO 2

## CORSA SU TAPPETO

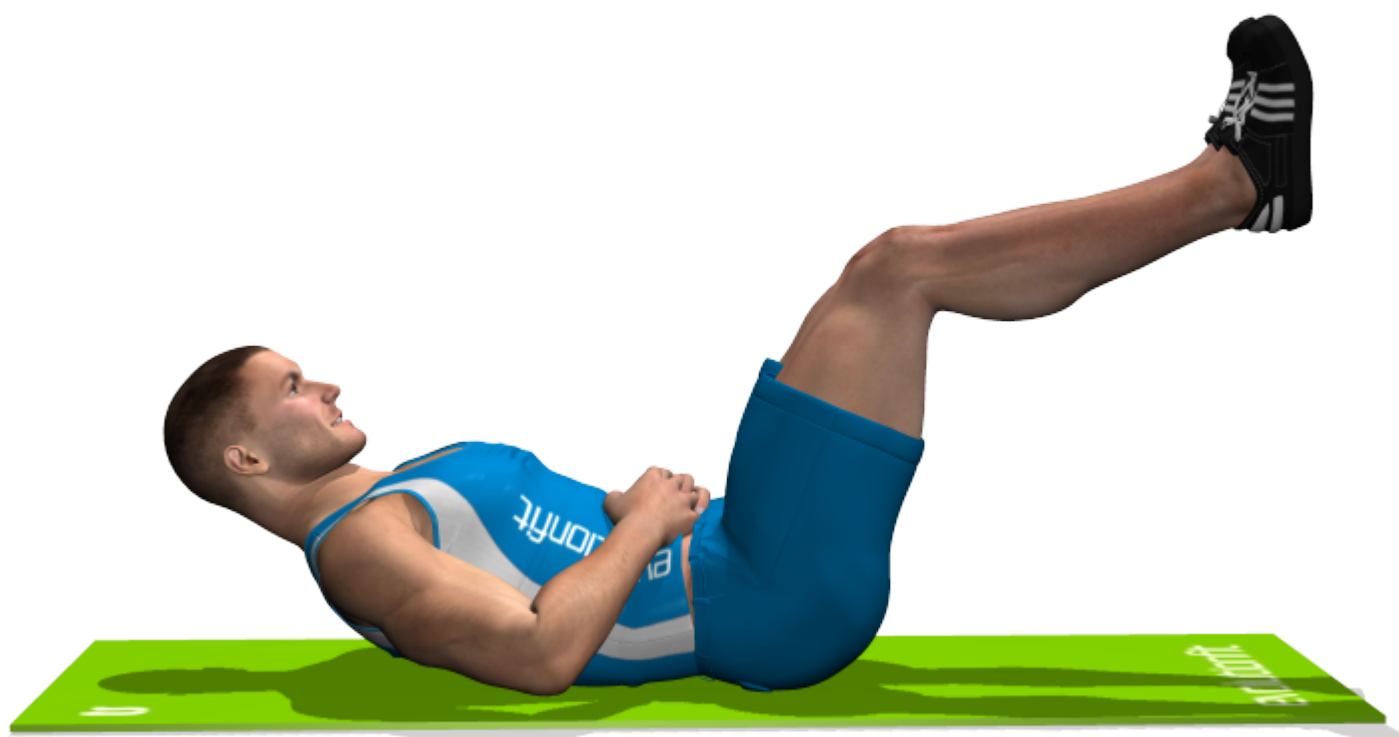
MINUTI: 10



## REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI



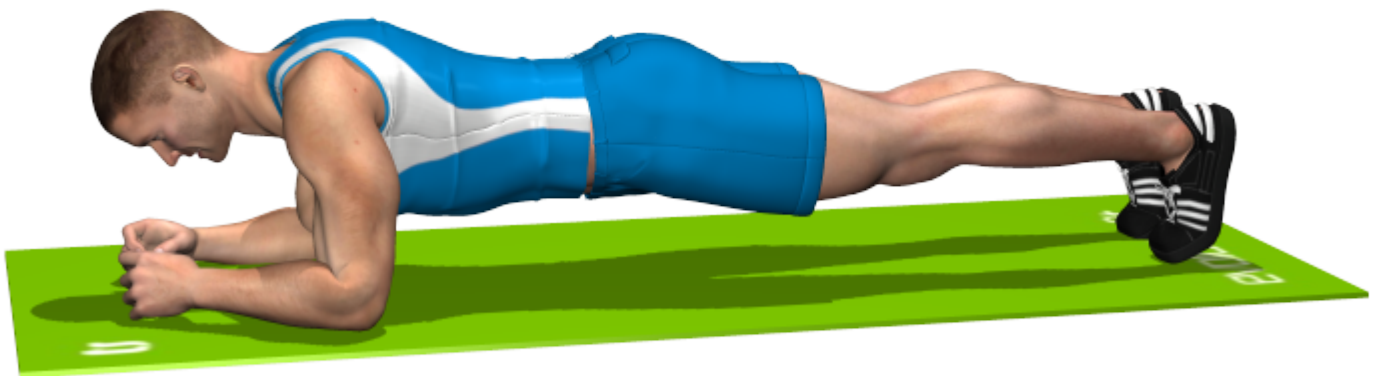


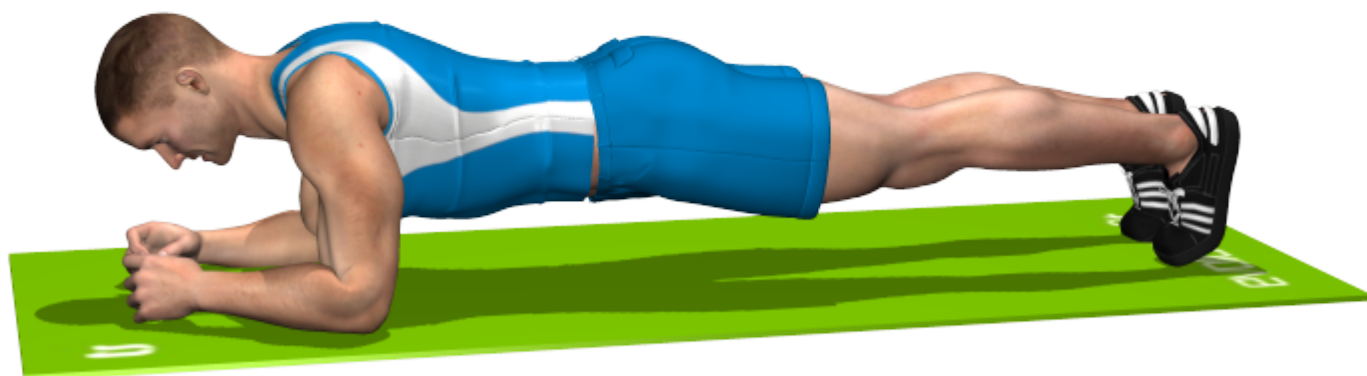
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

## 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





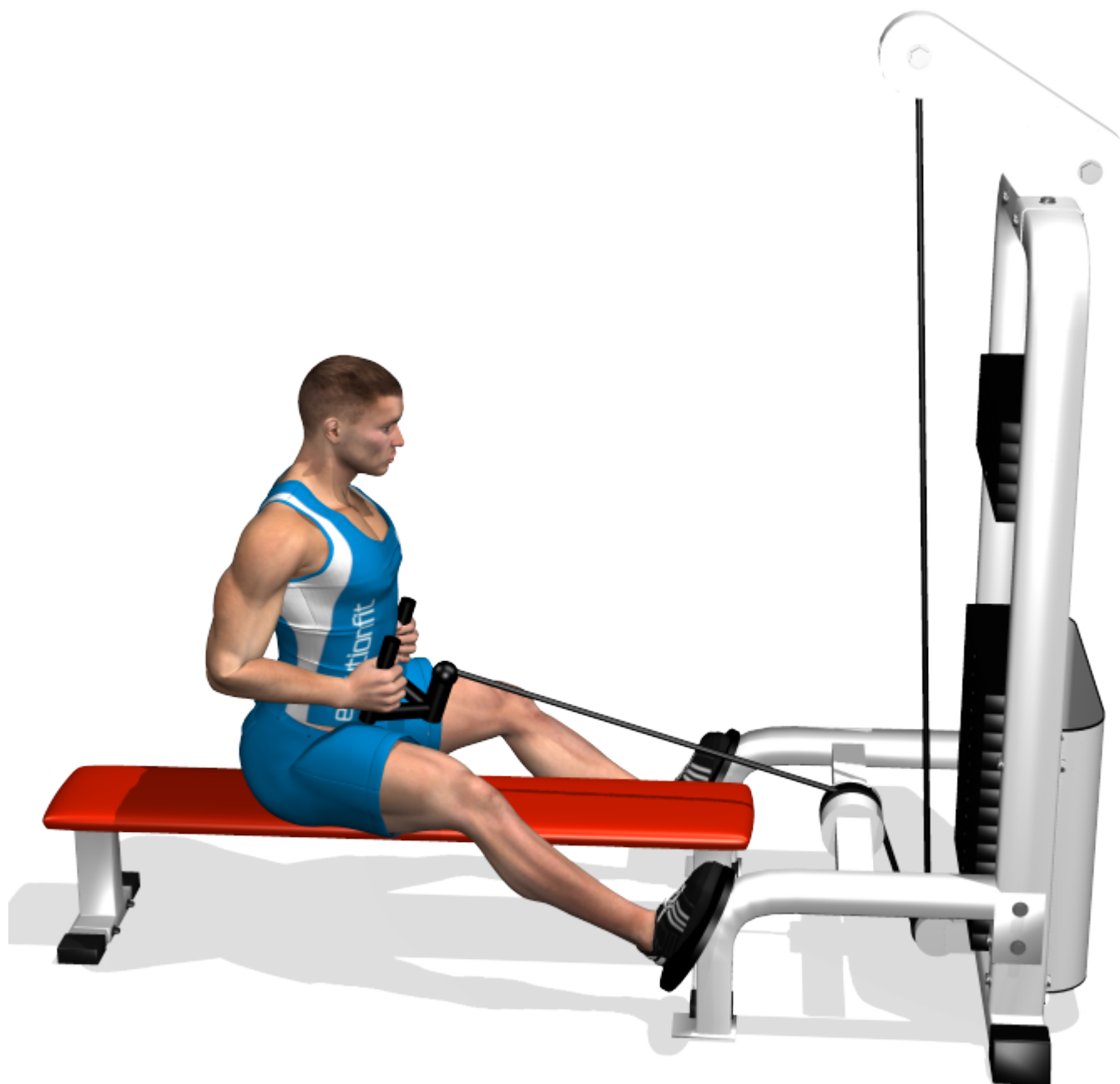
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

## **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



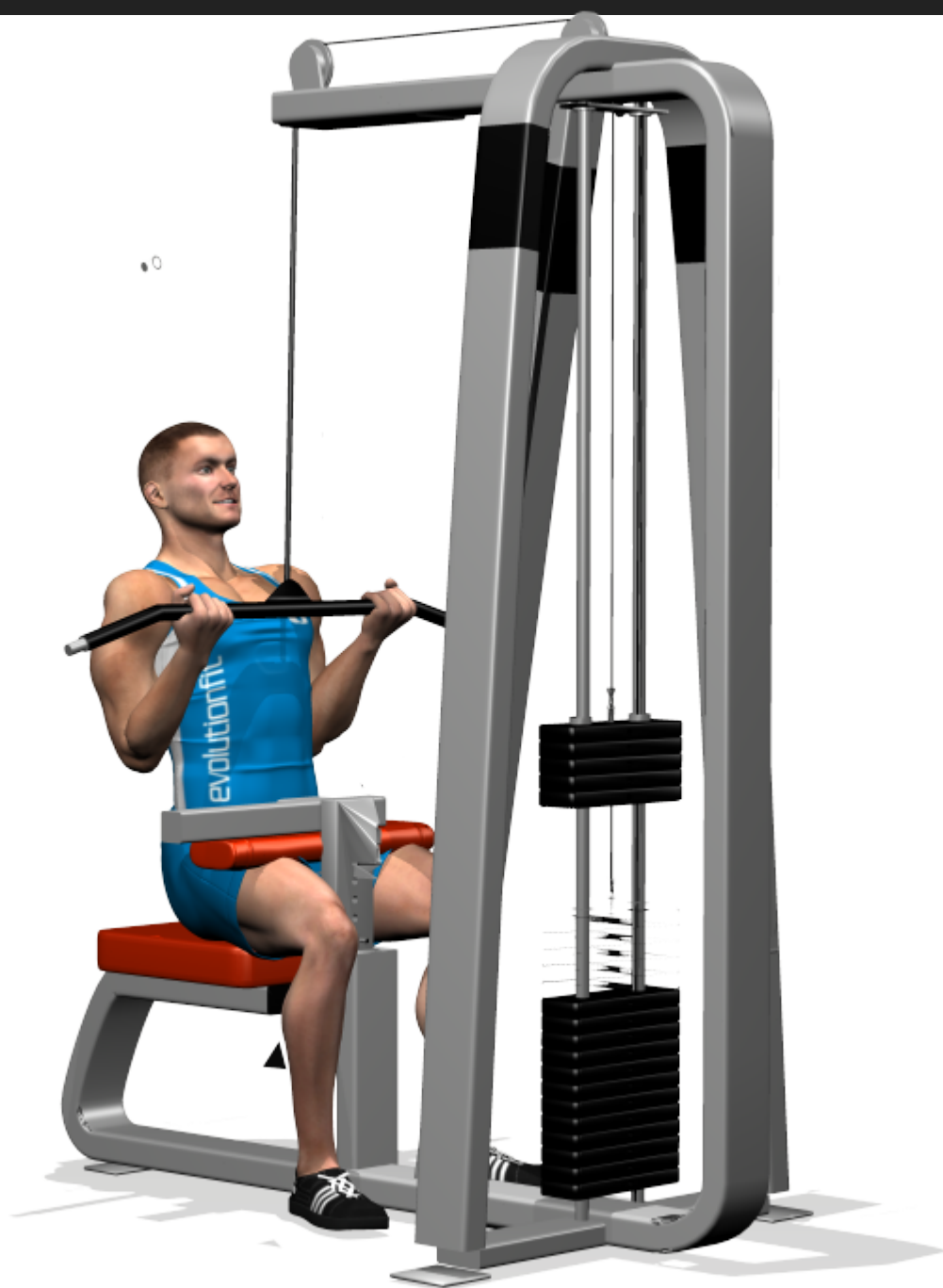


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4>

## **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

REST: 60 SECONDI





<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>

