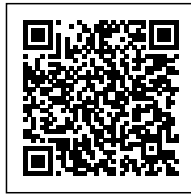


SCHEDA ALLENAMENTO EMANUELE BOLOGNA 2



SCHEDA DI ALLENAMENTO EMANUELE BOLOGNA

SCHEDA 1 INIZIO 20 SETTEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

- [CARDIO](#)
[RISCALDAMENTO](#)
[Clicca qui](#)

- [DORSALI](#)
[Clicca qui](#)

- [BICIPITI](#)
- [AVAMBRACCI](#)
[Clicca qui](#)

- [ADDOMINALI](#)
[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

POLPACCI

[Clicca qui](#)

LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

POLPACCI

CALF SINGOLO

SERIE: 3x8

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

ARM CURL MACHINE

SERIE: 3x12

KG:

REST:





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

CURL AL CAVO SINGOLO

SERIE: 3x12

KG:

REST:





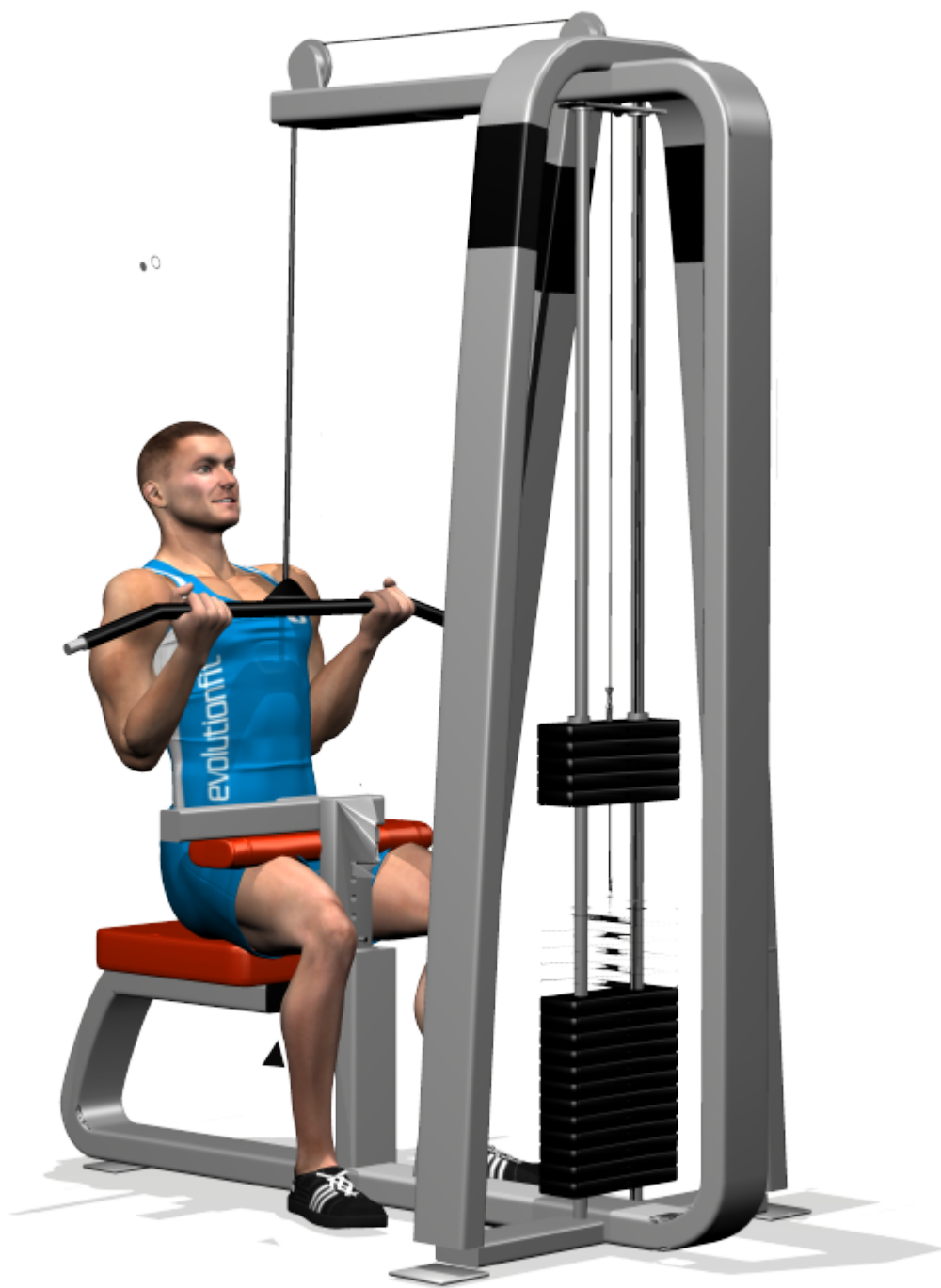
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-UN-BRACCIO-IN-PIEDI-CAVO-BASSO.mp4>

DORSALI

LAT MACHINE INVERSA

REPS: 12/10/8

REST: 60 SECONDI





REMATORE MANUBRIO SU PANCA

REPS: 12/10/8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANCA.mp4>

TRAZIONI ALLA SBARRA

SERIE: 3xMAX

REST: 60 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

REPS: 12/10/8

REST: 60 SECONDI





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

PANCA INCLINATA BILANCIERE

REPS: 12/10/8

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)

CHIUSURE AI CAVI

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CHIUSURE-AI-CAVI.mp4>

GAMBE

GOBLET SQUAT

REPS: 12/10/8

KG:

REST:





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

LEG EXTENSION

REPS: 12/10/8

REST: 60 SECONDI



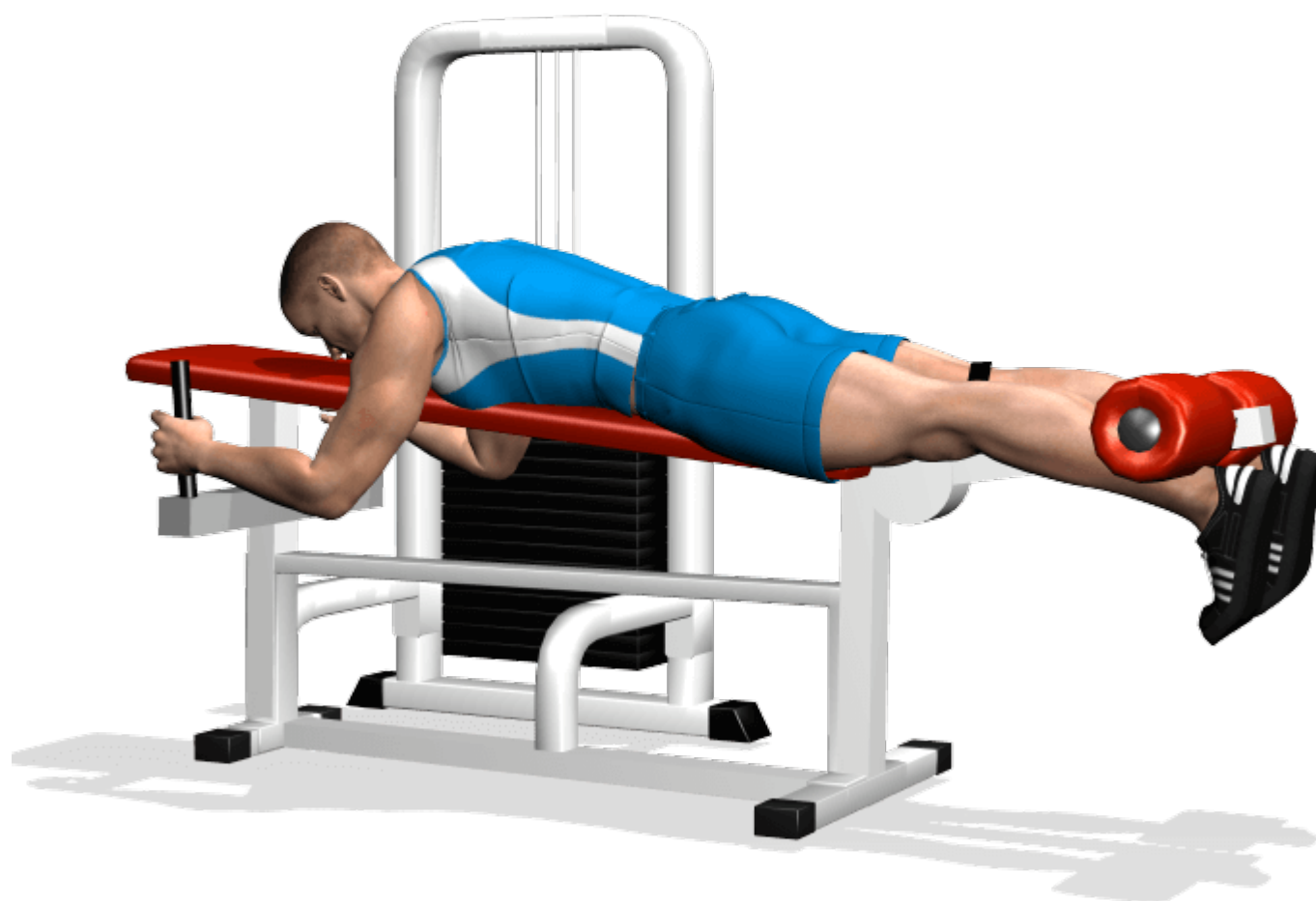


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL SDRAIATO

REPS: 12/10/8

REST: 60 SECONDI





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

DELTOIDI

SPINTE SEDUTO MANUBRI

REPS: 12/10/8

REST: 60 SECONDI





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

ALZATE FRONTALI

REPS: 12/10/8

REST: 60 SECONDI





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

CROCI INVERSE PANCA INCLINATA

SERIE: 3x12

REST: 60 SECONDI





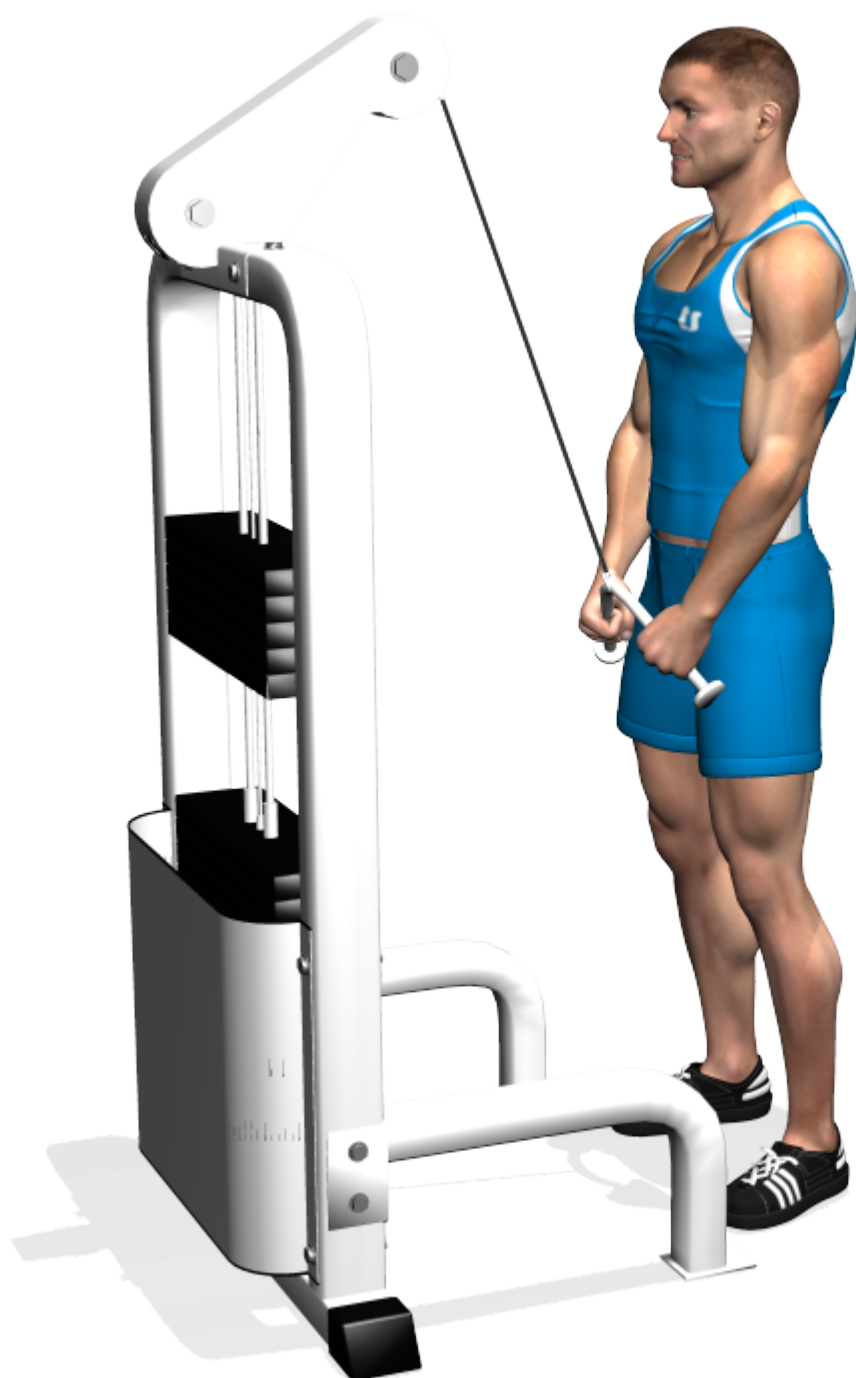
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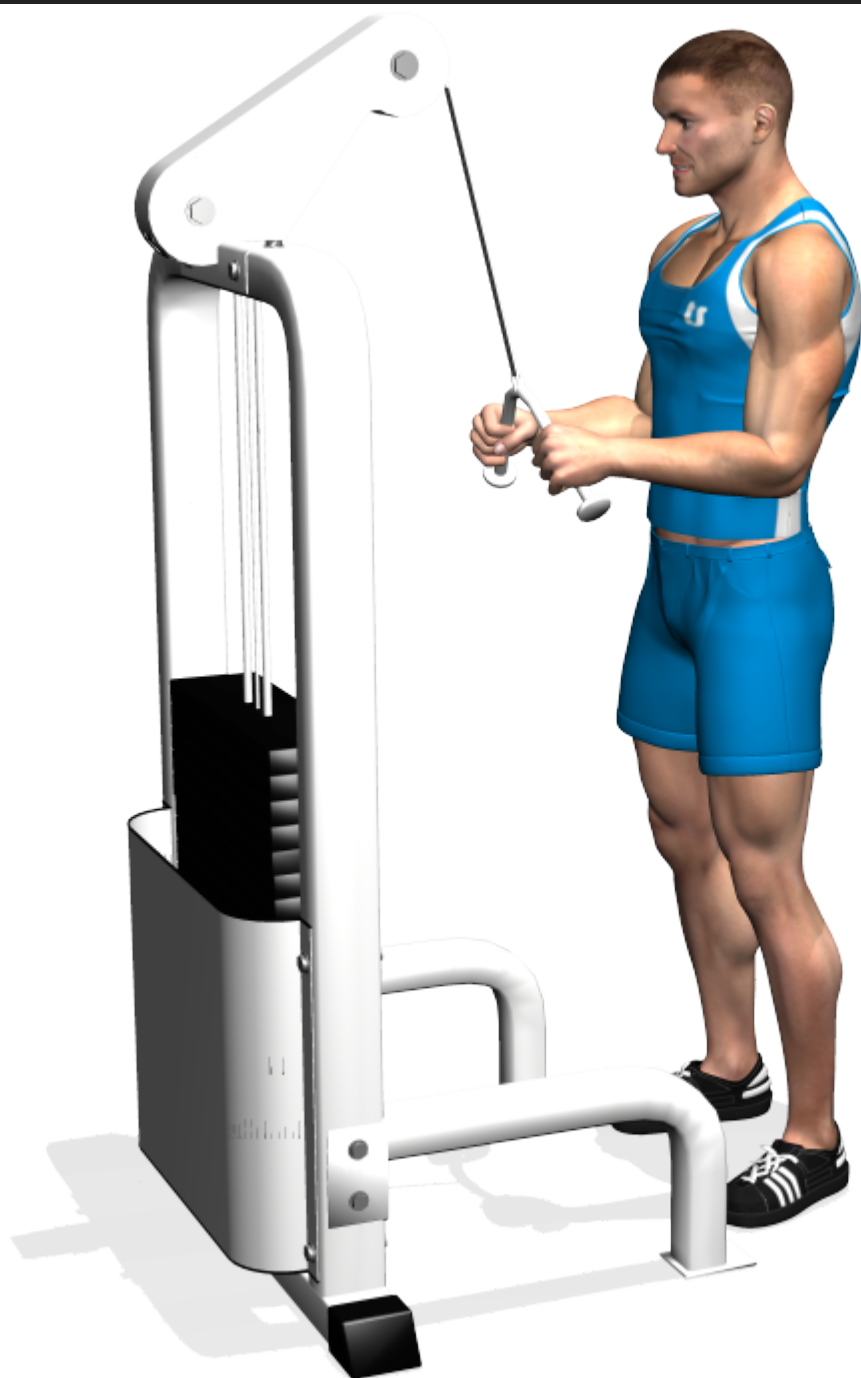
TRICIPITI

PUSH DOWN

REPS: 12/10/8

REST: 60 SECONDI





DIPS

SERIE: 3xMAX

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



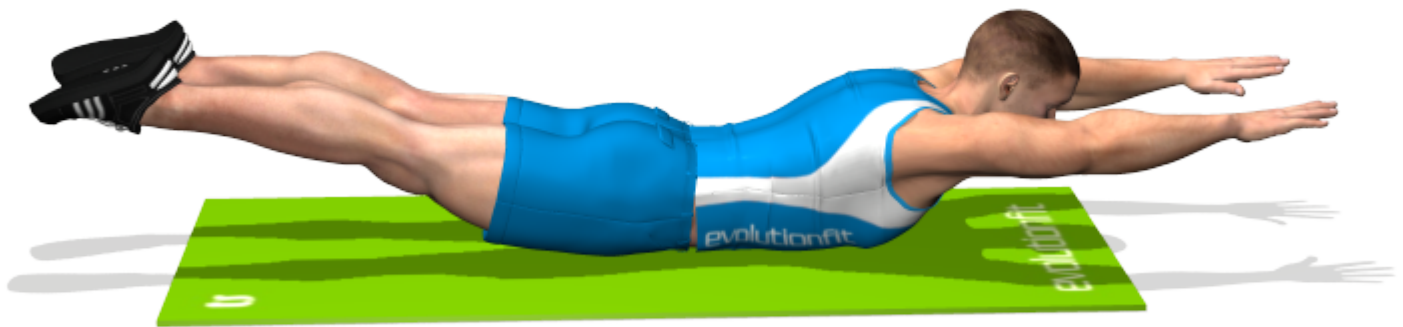
LOMBARI

LOMBARI

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI

CRUNCH A TERRA

SERIE: 4x15 - GIORNO 1

REST: 60 SECONDI



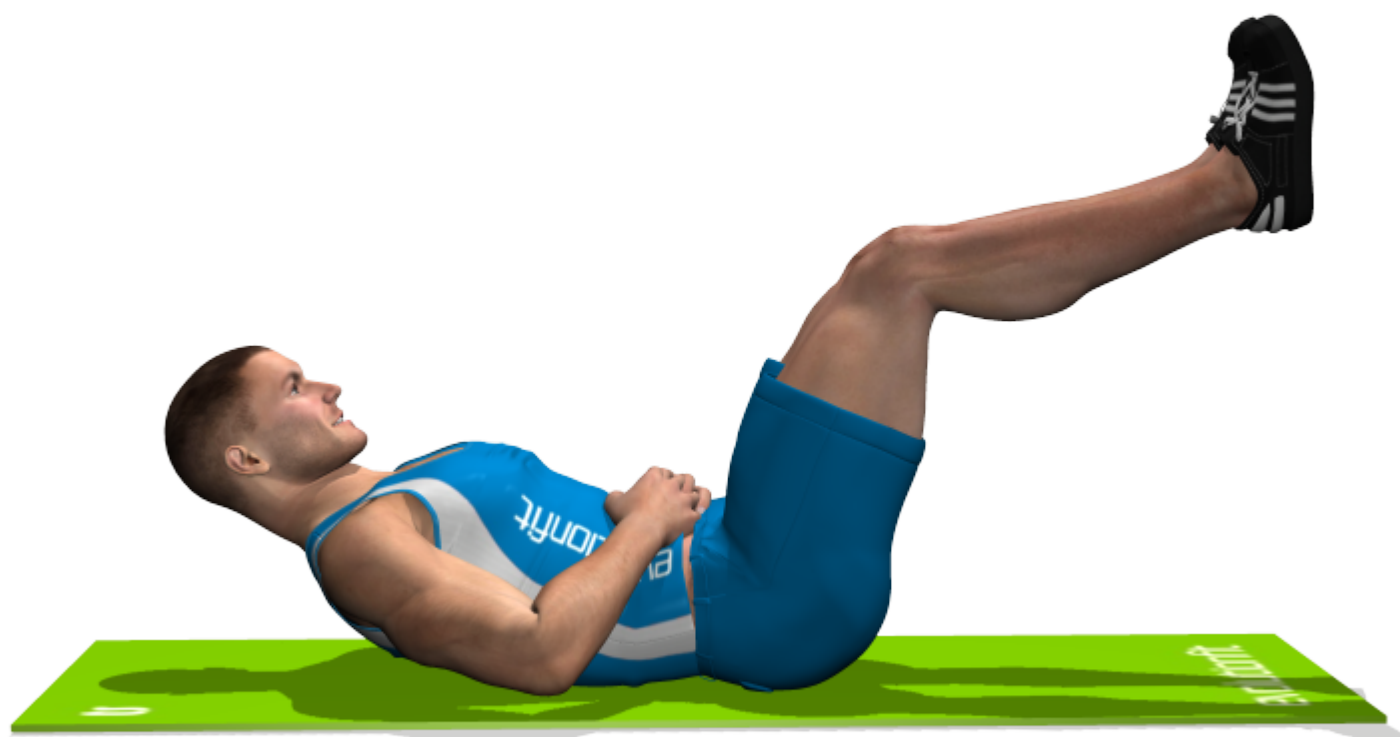


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 4x15 GIORNO 3

REST: 60 SECONDI





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

