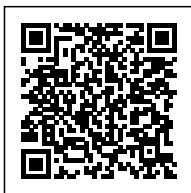


SCHEDA ALLENAMENTO EMANUELE ESPOSITO BASE 7



SCHEDA DI ALLENAMENTO EMANUELE ESPOSITO

SCHEDA 1 - INIZIO 5 MAGGIO 2022 - SCADENZA 7 SETTIMANE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 5/10



PETTORALI

PANCA PIANA BILANCIERE

SERIE: 5x6

REST: 60 SECONDI





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

PANCA INCLINATA BILANCIERE

SERIE: 5x6

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m>
p4

CHIUSURE AI CAVI

REPS: 10/10/12/12

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL BILANCIERE EZ

SERIE: 5x6

REST: 60 SECONDI





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

CURL MANUBRI MARTELLO

SERIE: 5x6

REST: 60 SECONDI





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

CURL SCOTT MANUBRIO SINGOLO

REPS: 10/10/12/12

REST: 60 SECONDI





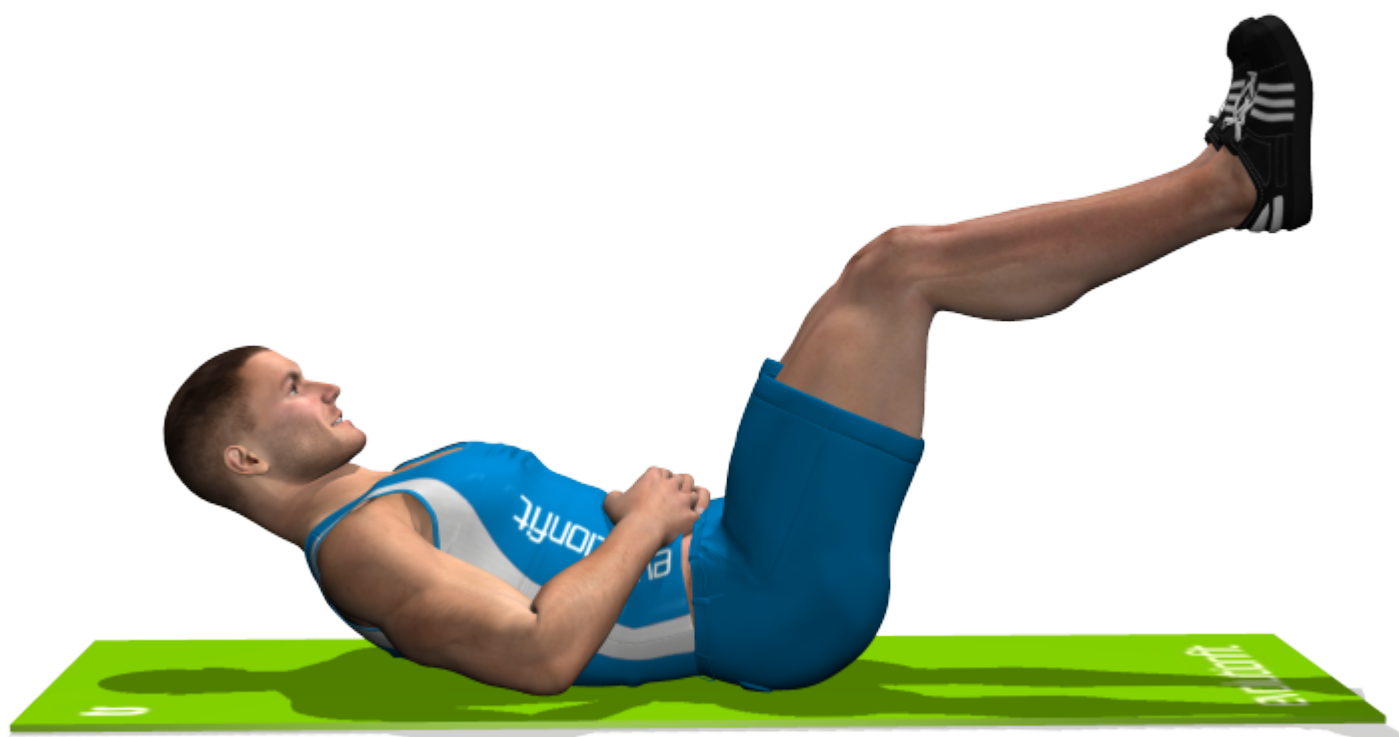
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-SCOTT-MANUBRIO-SINGOLO.mp4>

ADDOMINALI

REVERSE CRUNCH

SERIE: 4x20 - GIORNO 1

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 5/10



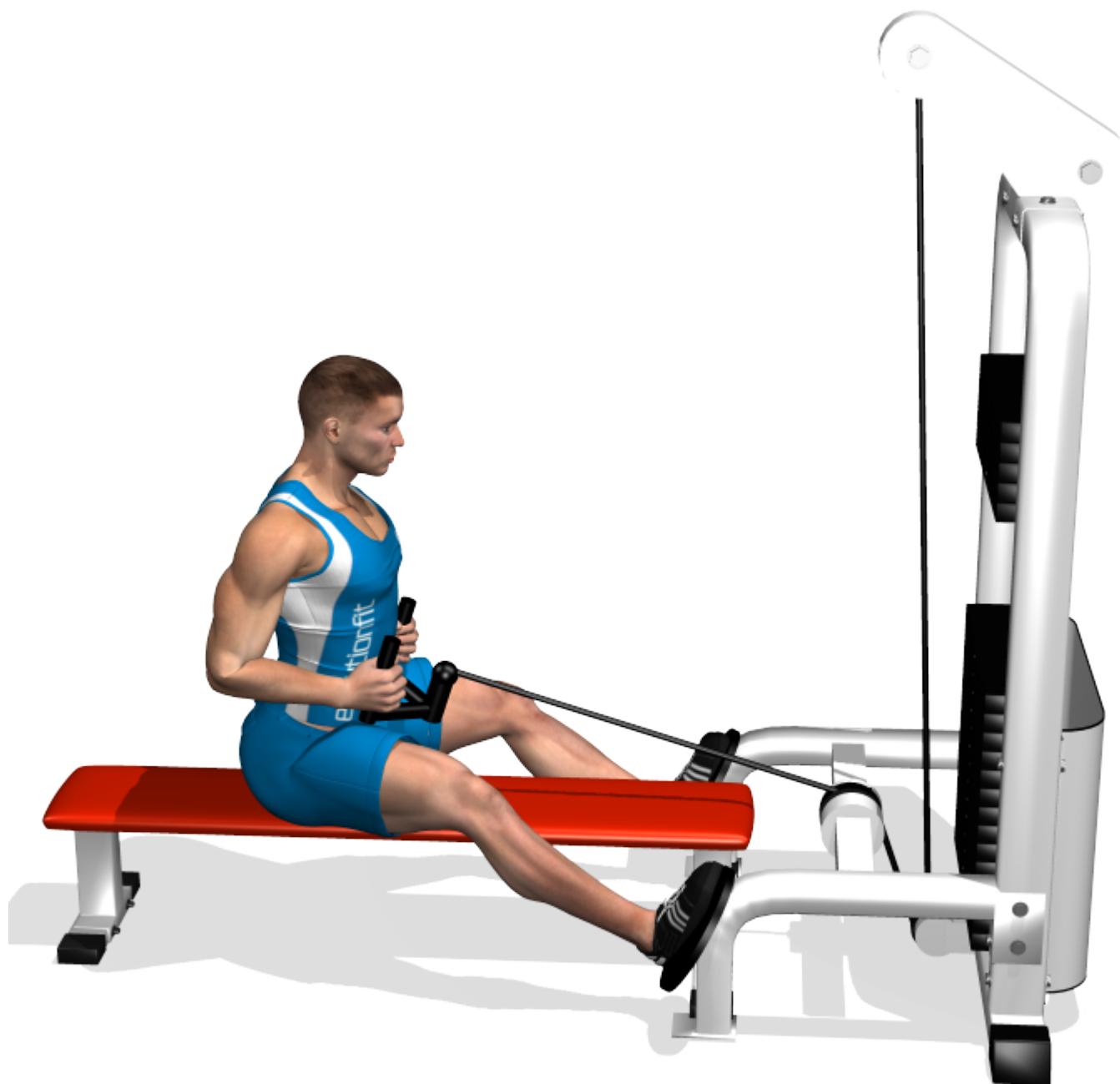
DORSALI

PULLEY ROW

SERIE: 5x6

REST: 60 SECONDI



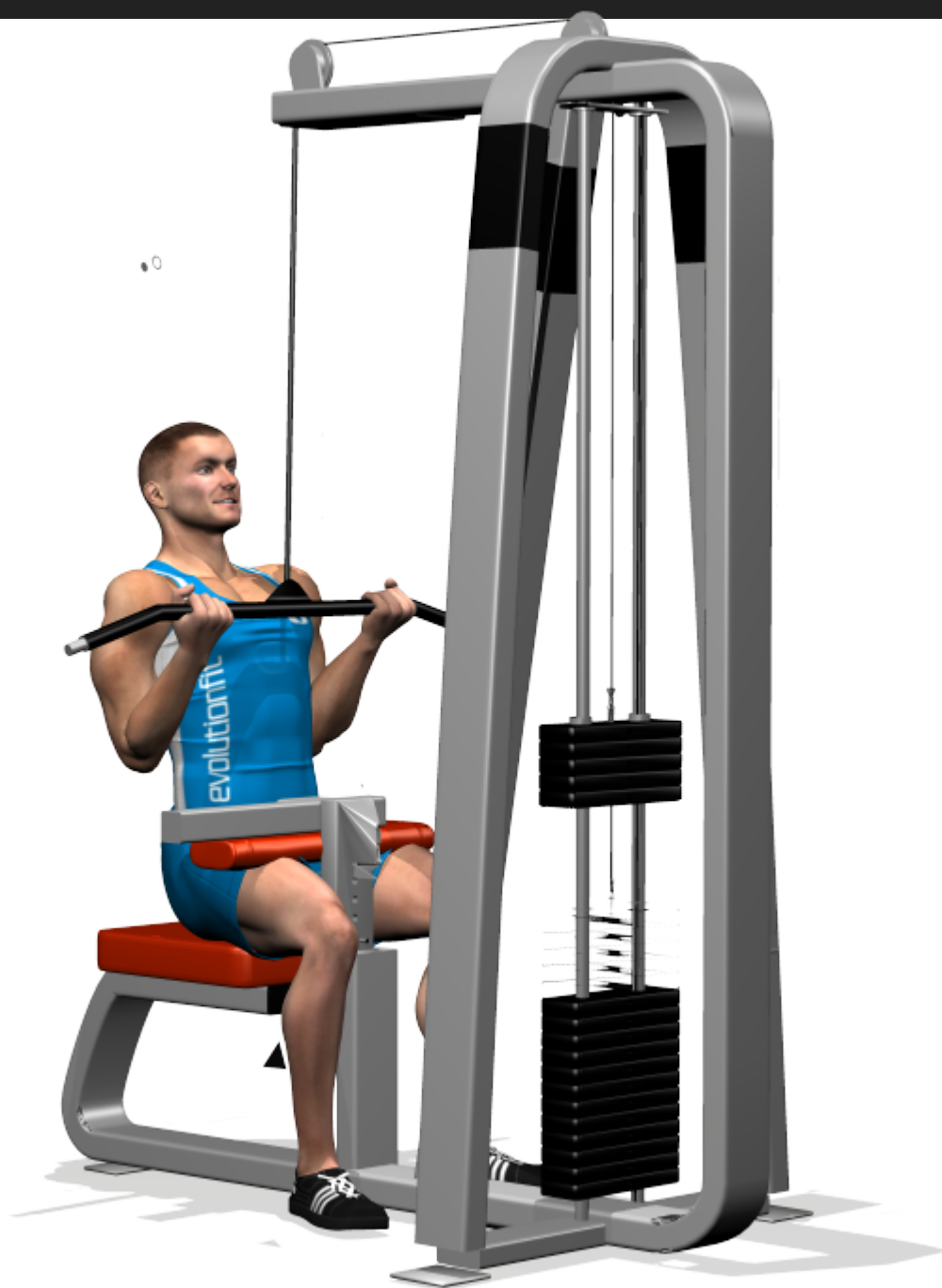


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

LAT MACHINE INVERSA

SERIE: 5x6

REST: 60 SECONDI

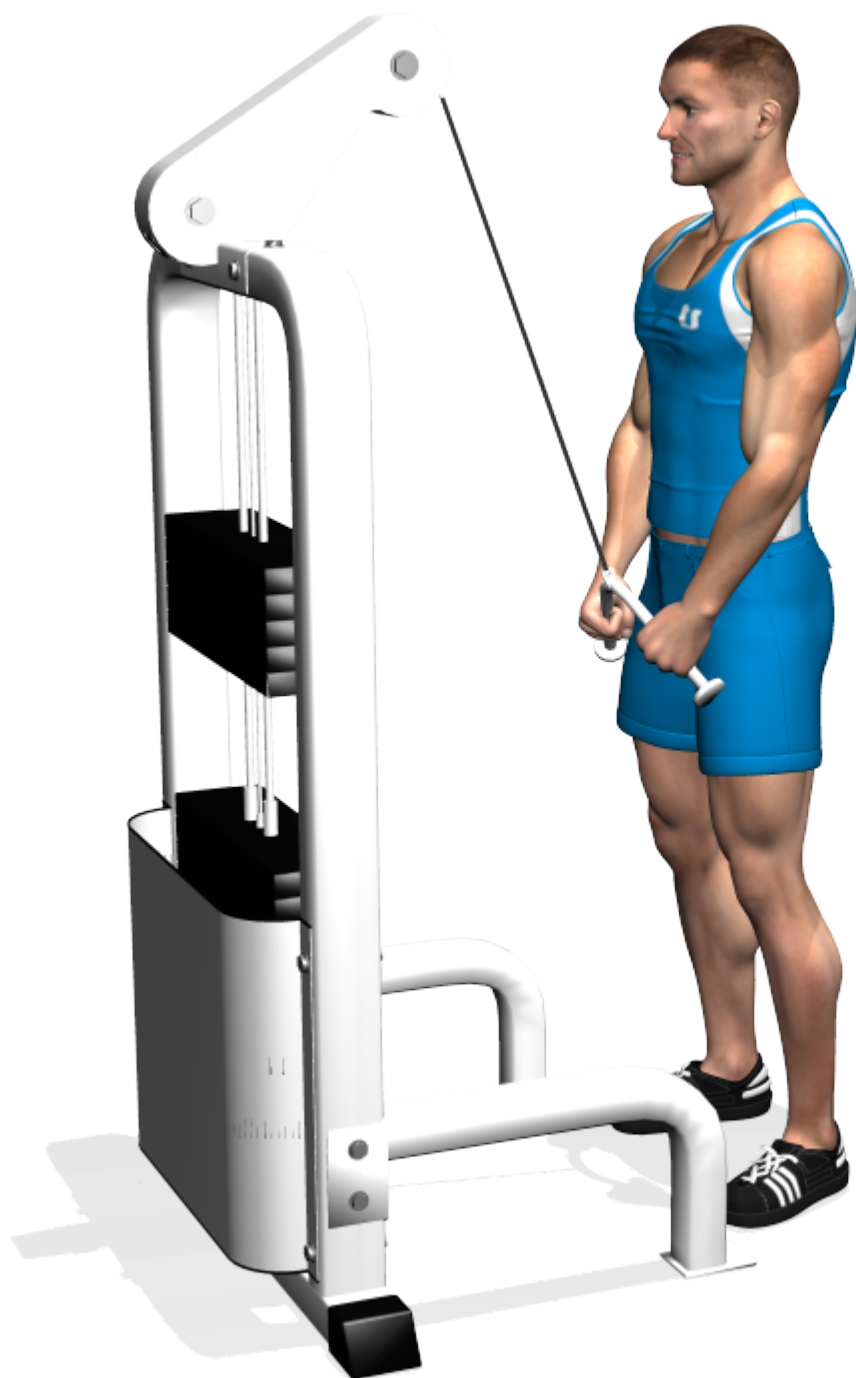




PULL DOWN

SERIE: 4x12

REST: 60 SECONDI



TRICIPITI

SPINTE PANCA PIANA PRESA STRETTA

SERIE: 5x6

REST: 60 SECONDI



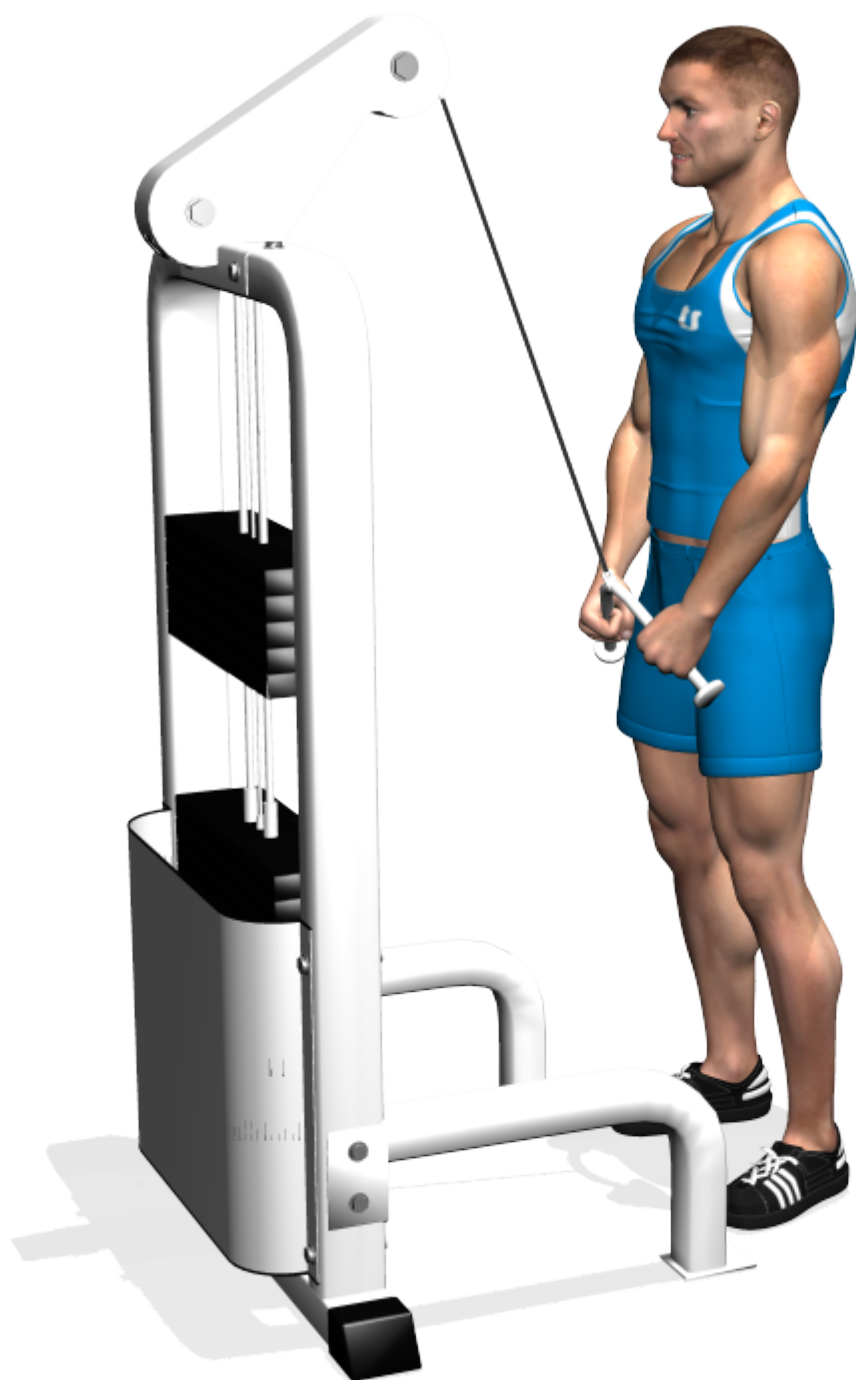


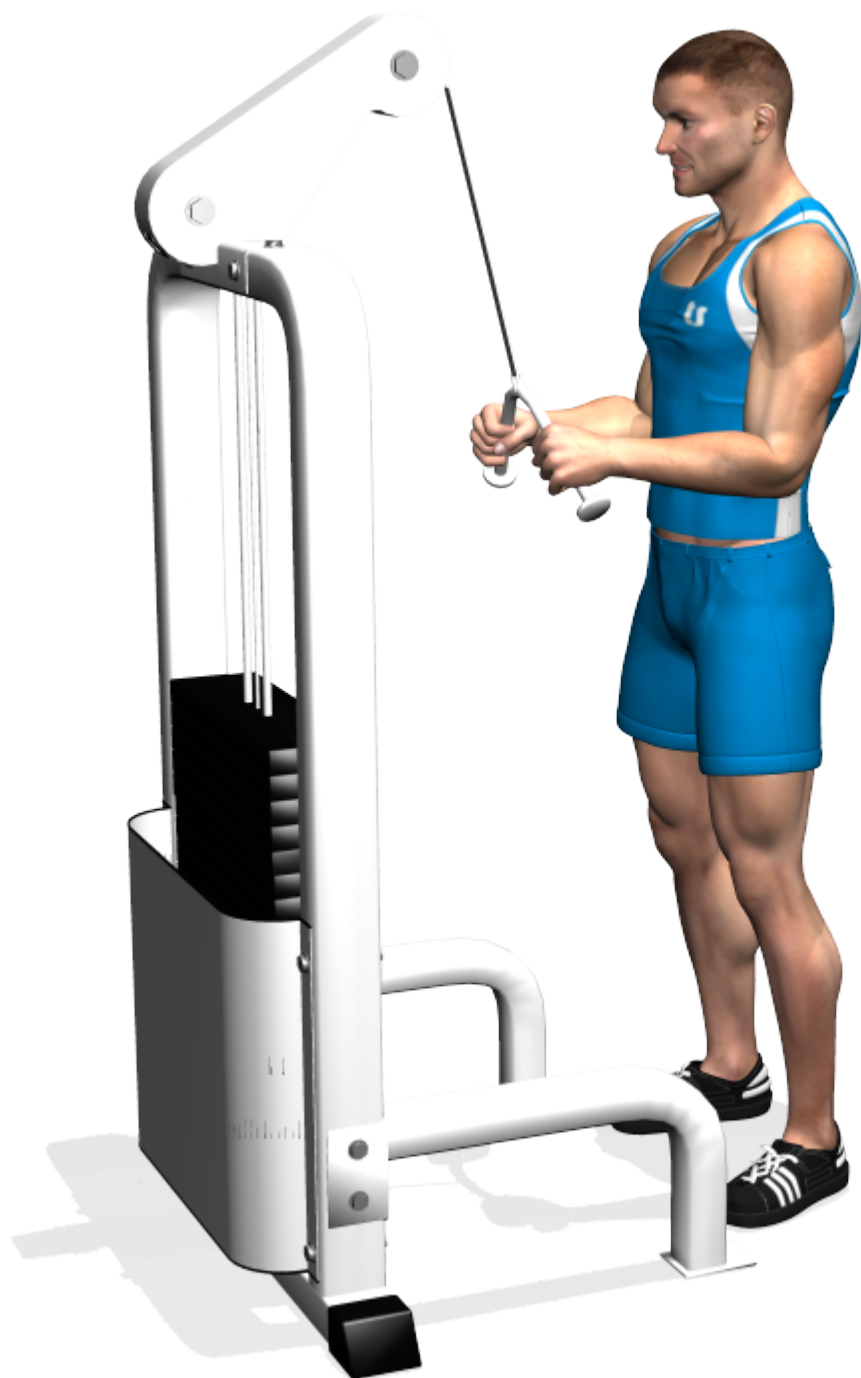
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

PUSH DOWN

SERIE: 5x6

REST: 60 SECONDI





DIPS

SERIE: 4 MAX

REST: 60 SECONDI





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

ADDOMINALI

ABDOMINAL MACHINE

SERIE: 3x30 - GIORNO 2

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 5/10



DELTOIDI

LENTO AVANTI SEDUTO

SERIE: 5x6

REST: 60 SECONDI





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

ALZATE LATERALI SEDUTO

REPS: 10/10/12/12

REST: 60 SECONDI





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

ROWING TORSO

SERIE: 5x6

REST: 60 SECONDI





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

PECTORAL MACHINE

REPS: 10/10/12/12

REST: 60 SECONDI





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

GAMBE

LEG PRESS ORIZZONTALE

SERIE: 5x6

REST: 60 SECONDI



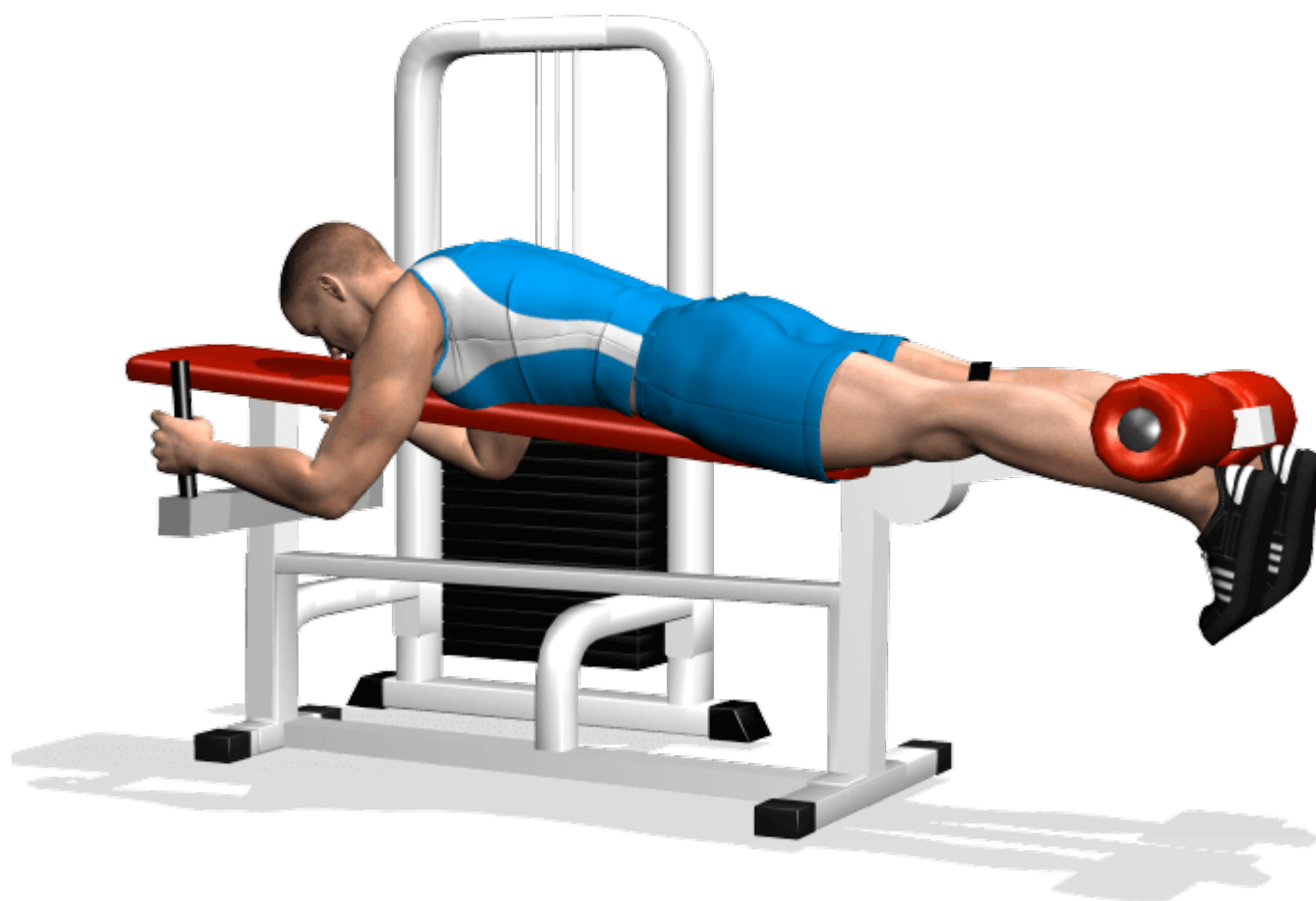


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SEDUTO

SERIE: 5x6

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 4x12

REST: 60 SECONDI





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

ADDOMINALI

SIT UP

SERIE: 4x20 - GIORNO 3

REST: 60 SECONDI





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

