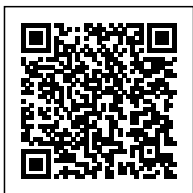


SCHEDA ALLENAMENTO FEDERICA MEZZATESTA FRA DONNA 1



SCHEDA DI ALLENAMENTO FEDERICA MEZZATESTA

SCHEDA 2 - INIZIO 31 MAGGIO 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10



GAMBE GIORNO 1

MEZZI STACCHI SEMITESI CON MANUBRI

SERIE: 3X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4>

ADDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

SLANCI GLUTEI CON PESETTO ALLA CAVIGLIA

SERIE: 3X15

REST: 60 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3X20

REST: 60 SECONDI





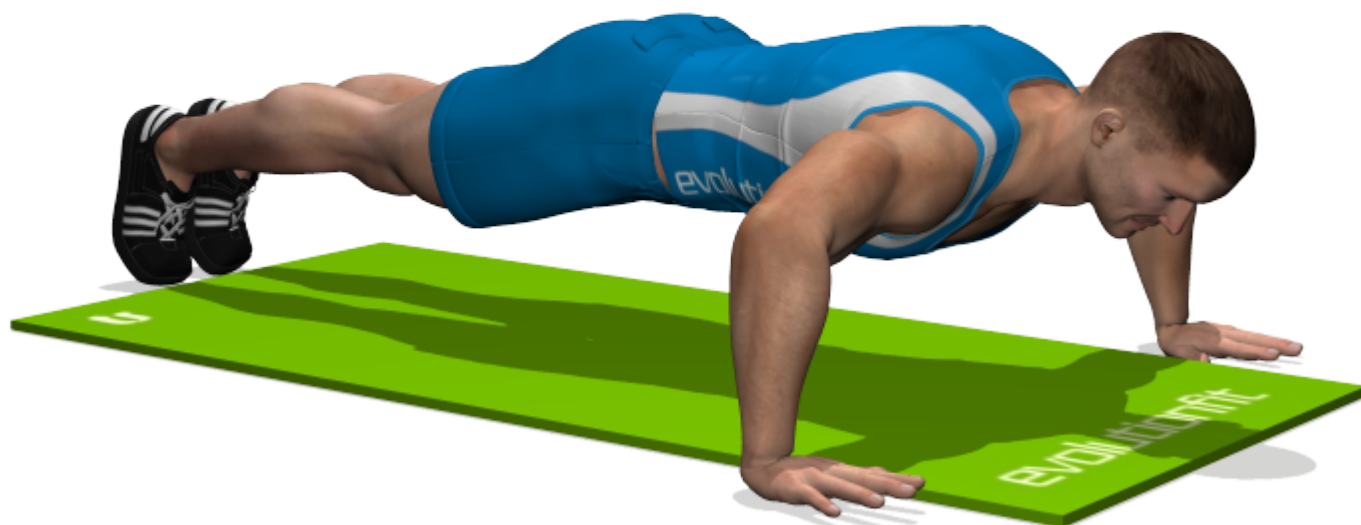
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PETTORALI

PIEGAMENTI

SERIE: 3x10

REST: 60 SECONDI





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

PECTORAL MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

TRICIPITI

FRENCH PRESS SEDUTO

SERIE: 3x15

REST: 60 SECONDI





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

ADDOMINALI GIORNO 1

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI





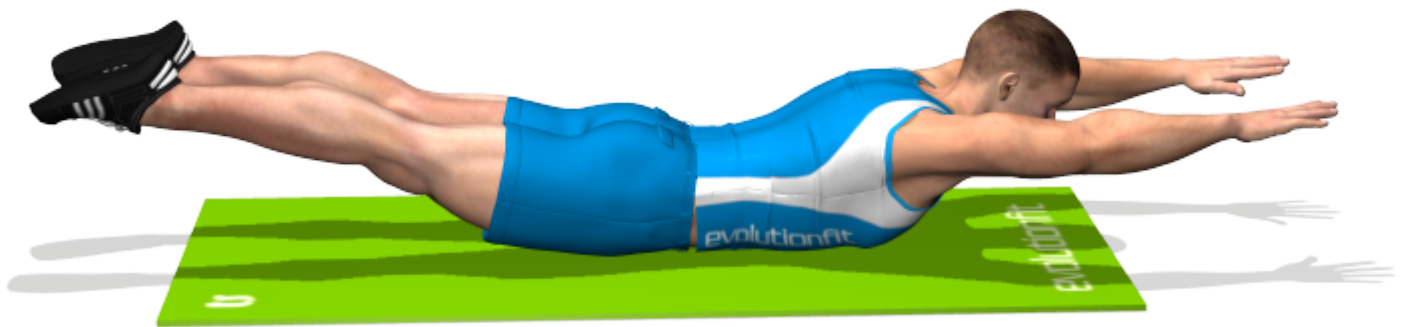
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LOMBARI

SERIE: 3x10

REST: 60 SECONDI





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

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI



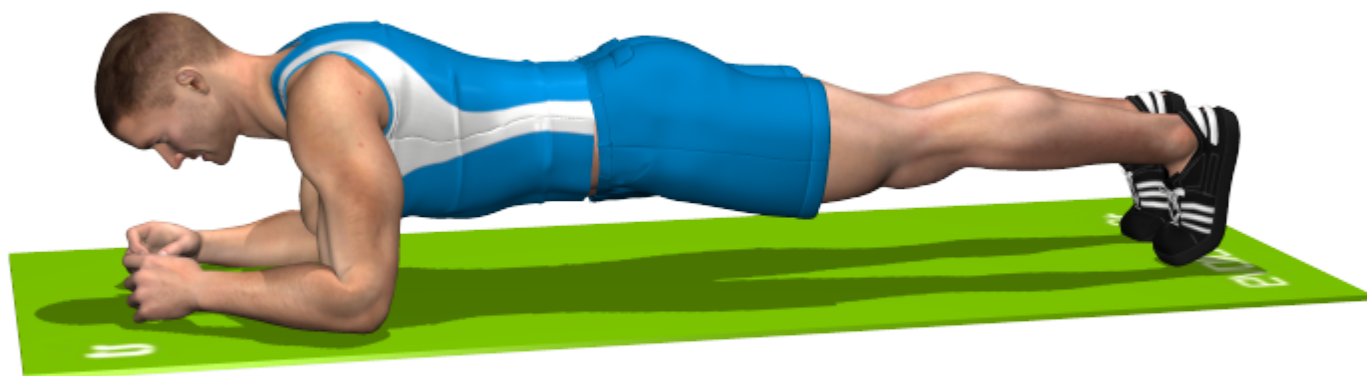


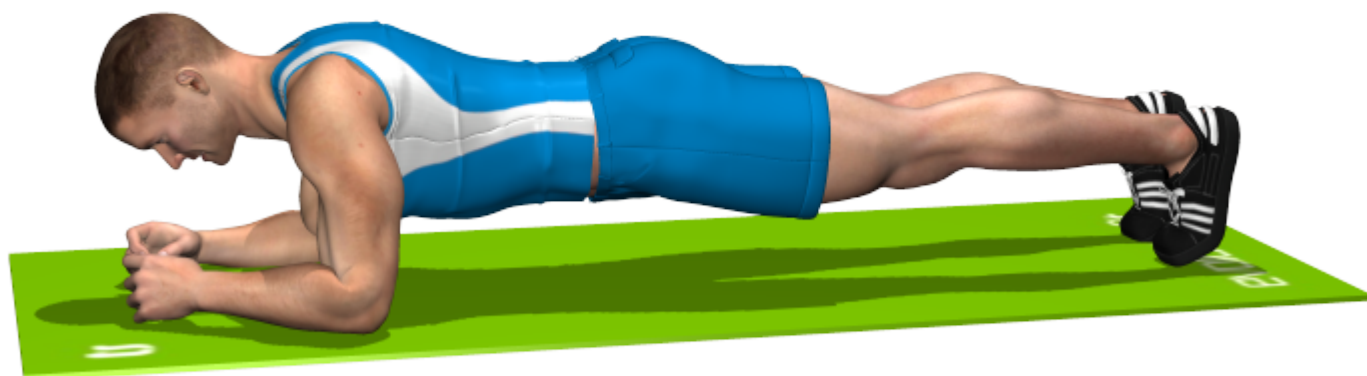
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PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10



GAMBE GIORNO 2

AFFONDI SAGITTALI MANUBRI

SERIE: 3X15

REST: 60 SECONDI





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

4

LEG EXTENSION

SERIE: 4X10

REST: 60 SECONDI





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

GLUTEI AI CAVI

SERIE: 3X12

REST: 60 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 3x12

REST: 60 SECONDI





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

ROWING TORSO

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI GIORNO 2

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI





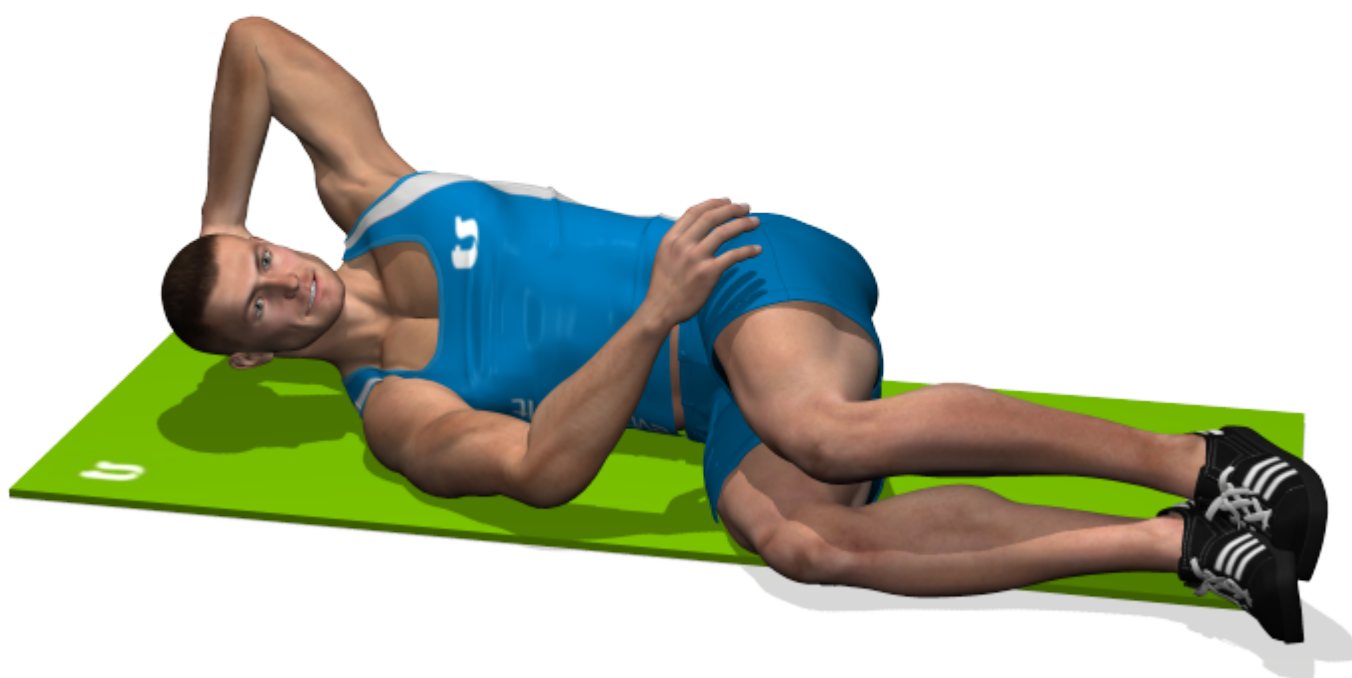
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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4)

CRUNCH GAMBE DI LATO

SERIE: 3x15

REST: 60 SECONDI





CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4)

GIORNO 3

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10



CORSA SU TAPPETO

MINUTI: 10



GAMBE GIORNO 3

SUMO SQUAT

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/SUMO-SQUAT1.mp4>

LEG PRESS ORIZZONTALE

SERIE: 3x12

REST: 60 SECONDI



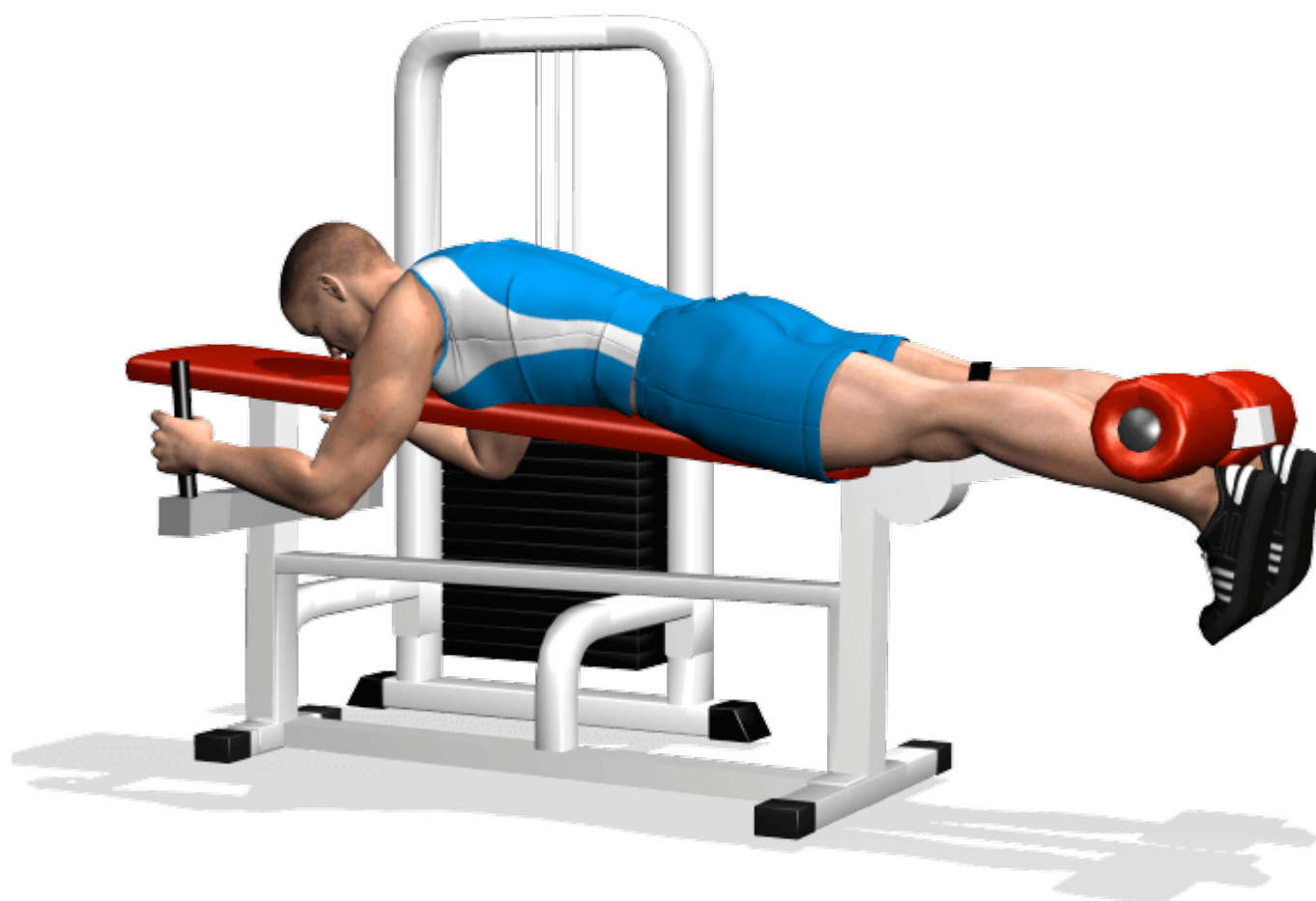


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SEDUTA

SERIE: 4X10

REST: 60 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3X20

REST: 60 SECONDI





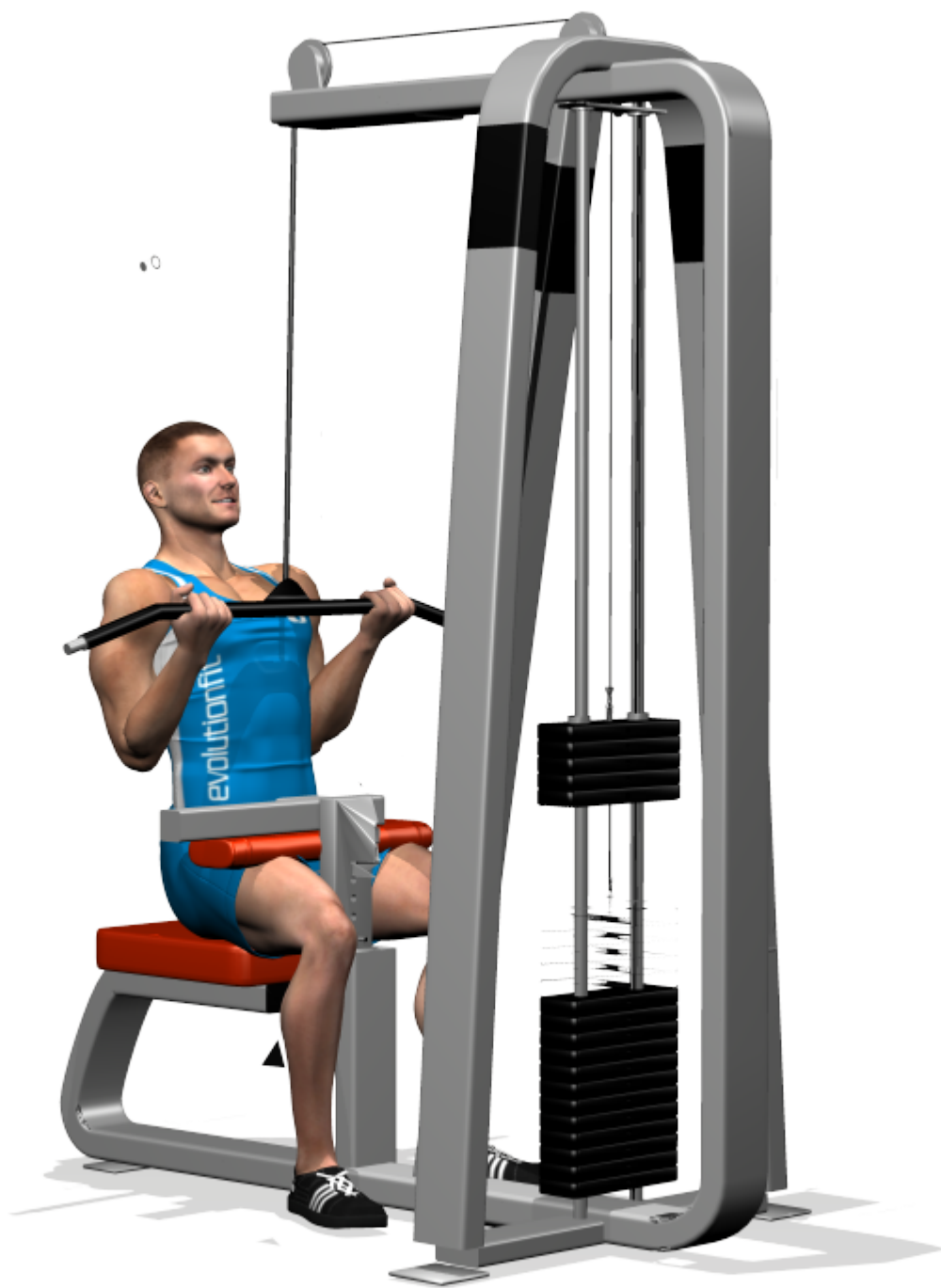
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DORSALI

LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI





BICIPITI - AVAMBRACCI

CURL CAVO BASSO

SERIE: 3x15

REST: 60 SECONDI





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

ADDOMINALI GIORNO 3

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI





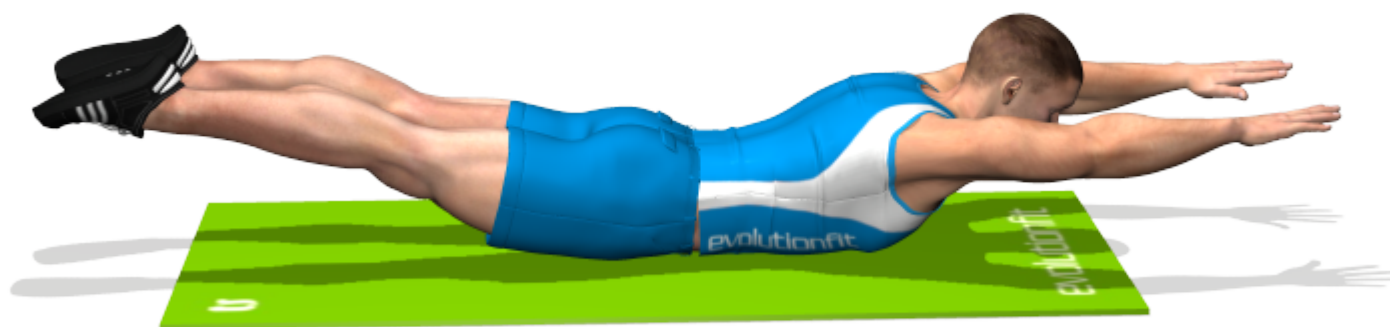
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LOMBARI

SERIE: 3x10

REST: 60 SECONDI





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

CRUNCH GAMBE IN ALTO

SERIE: 3X15

REST: 60 SECONDI



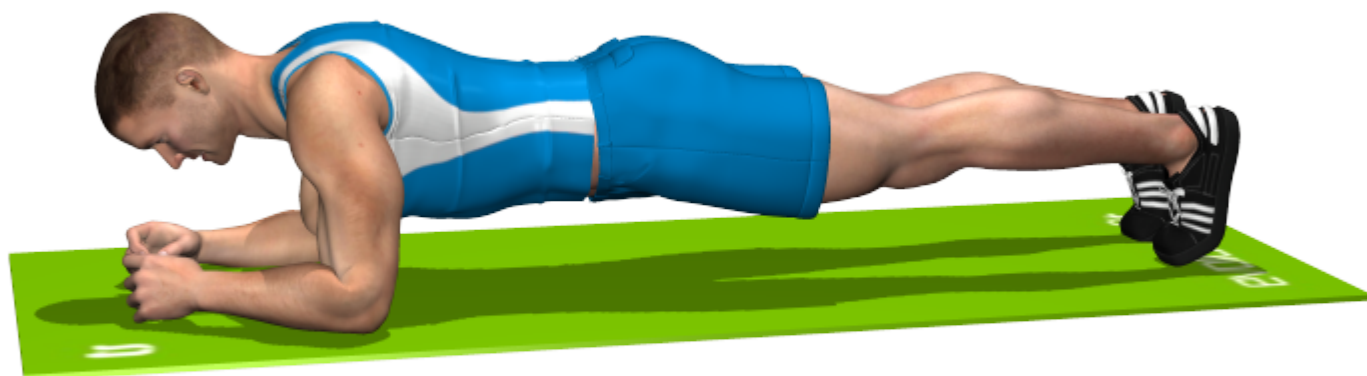


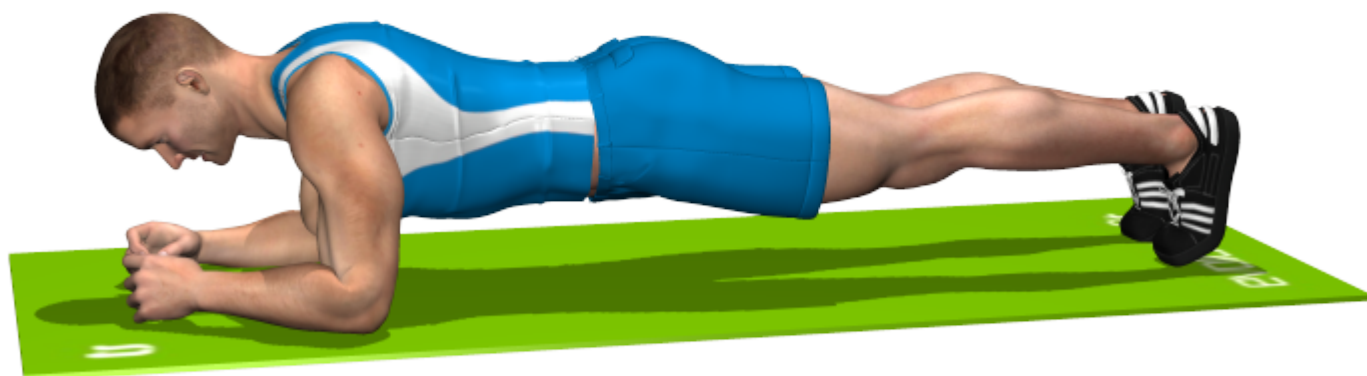
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

PLANK

SERIE: 3x15 SECONDI

REST: 60 SECONDI





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

