

SCHEDA ALLENAMENTO FRANCESCA LO PORTO DONNA 09



SCHEDA DI ALLENAMENTO FRANCESCA LO PORTO

SCHEDA 1 - INIZIO 15 MARZO - SCADENZA 8 SETTIMANE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10



ADDOMINALI GIORNO 1

REVERSE CRUNCH

SERIE: 3x20 GIORNO

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





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

GAMBE GIORNO 1

GOBLET SQUAT

SERIE: 4X8

REST: 60 SECONDI



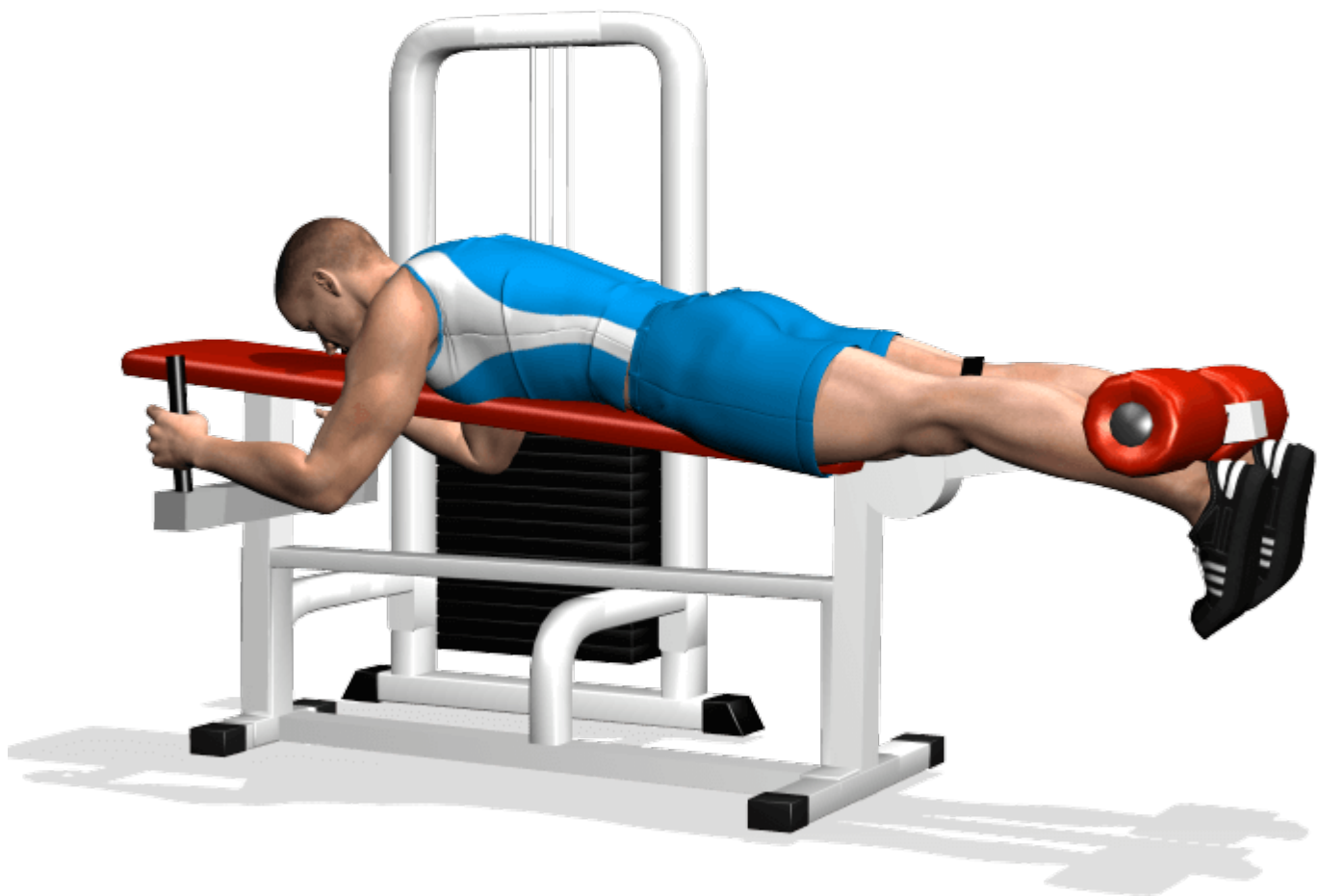


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

LEG CURL DISTESA

SERIE: 4X8

REST: 60 SECONDI





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

STANDING LEG CURL

SERIE: 4X8

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3X20

REST: 60 SECONDI





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

PETTORALI

CHEST INCLINE

SERIE: 4X8

REST: 60 SECONDI





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

PECTORAL MACHINE

SERIE: 3X12

REST: 60 SECONDI





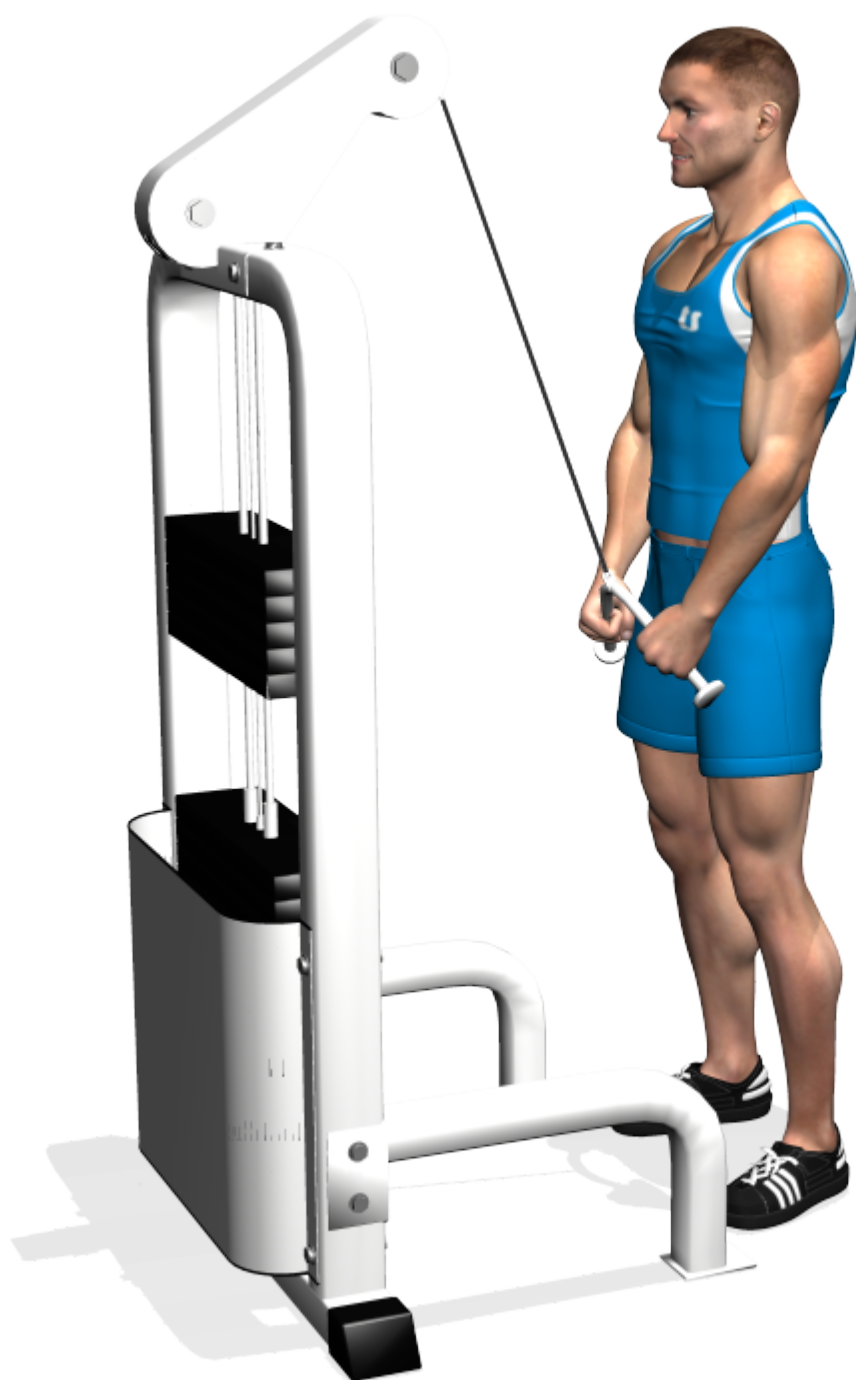
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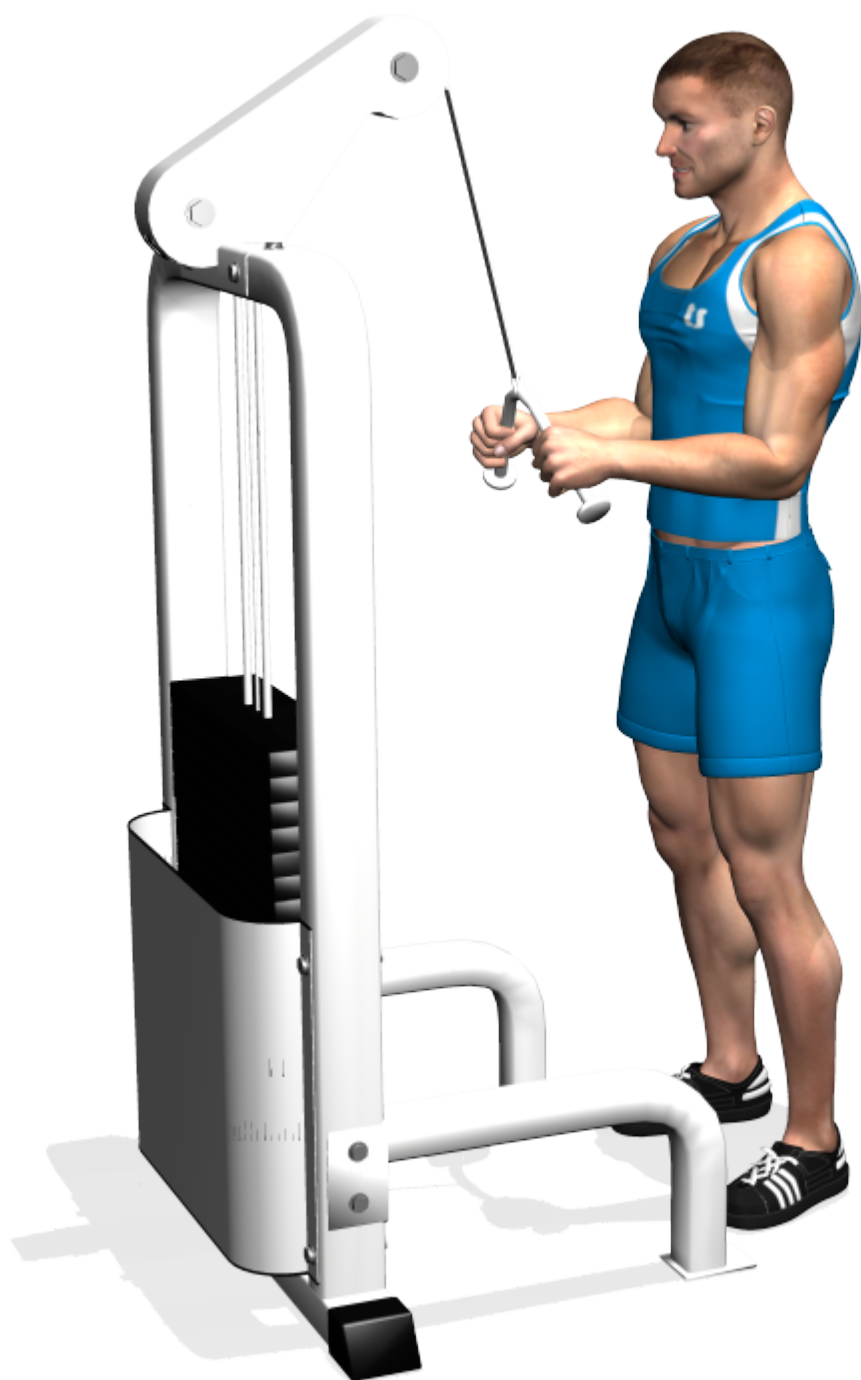
TRICIPITI

PULLEY ALTO

SERIE: 4X8

REST: 60 SECONDI





GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10



GAMBE GIORNO 2

LEG EXTENSION

SERIE: 4X8

REST: 60 SECONDI



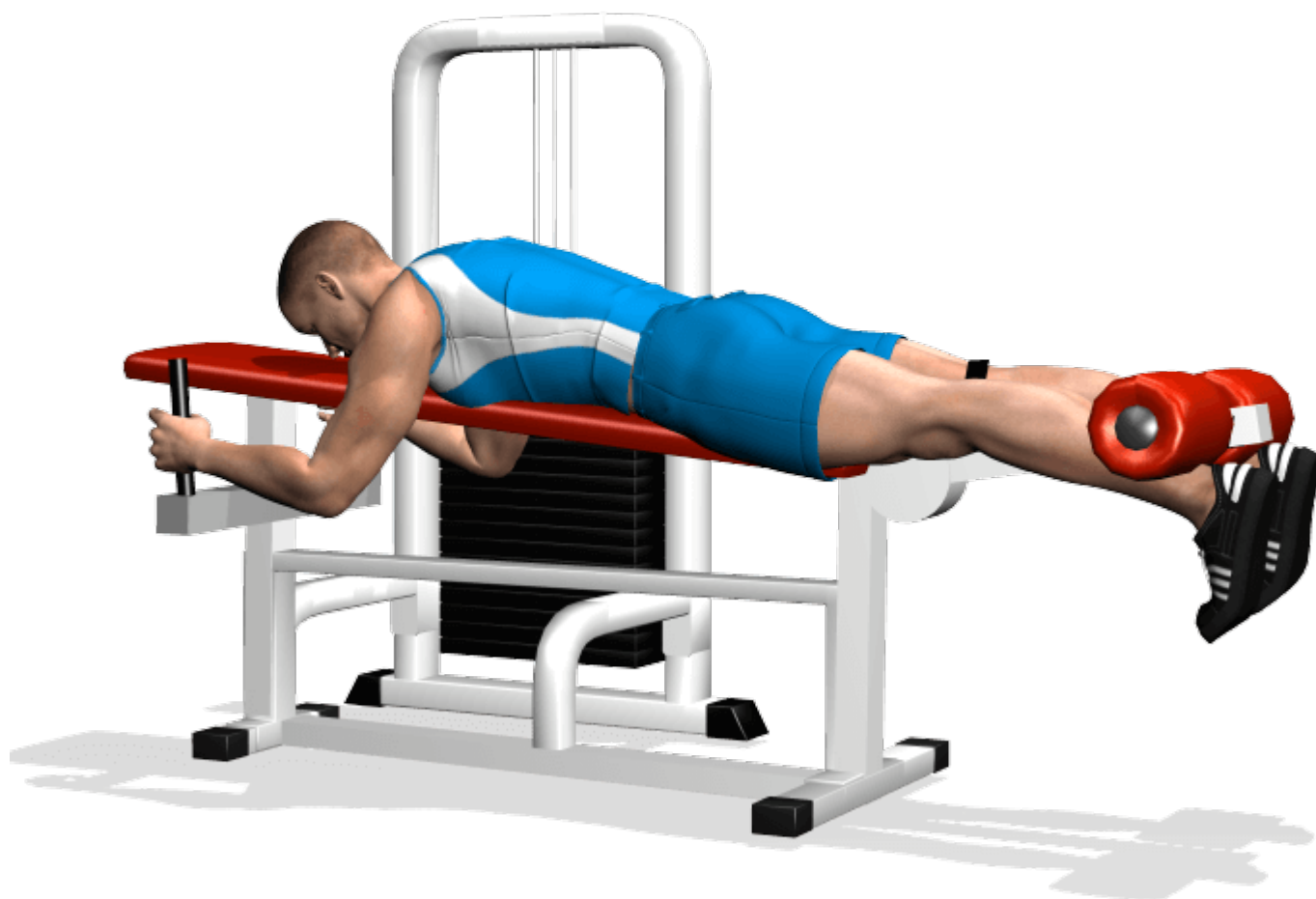


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL SEDUTA

SERIE: 4X8

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 4X8

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3X20

REST: 60 SECONDI





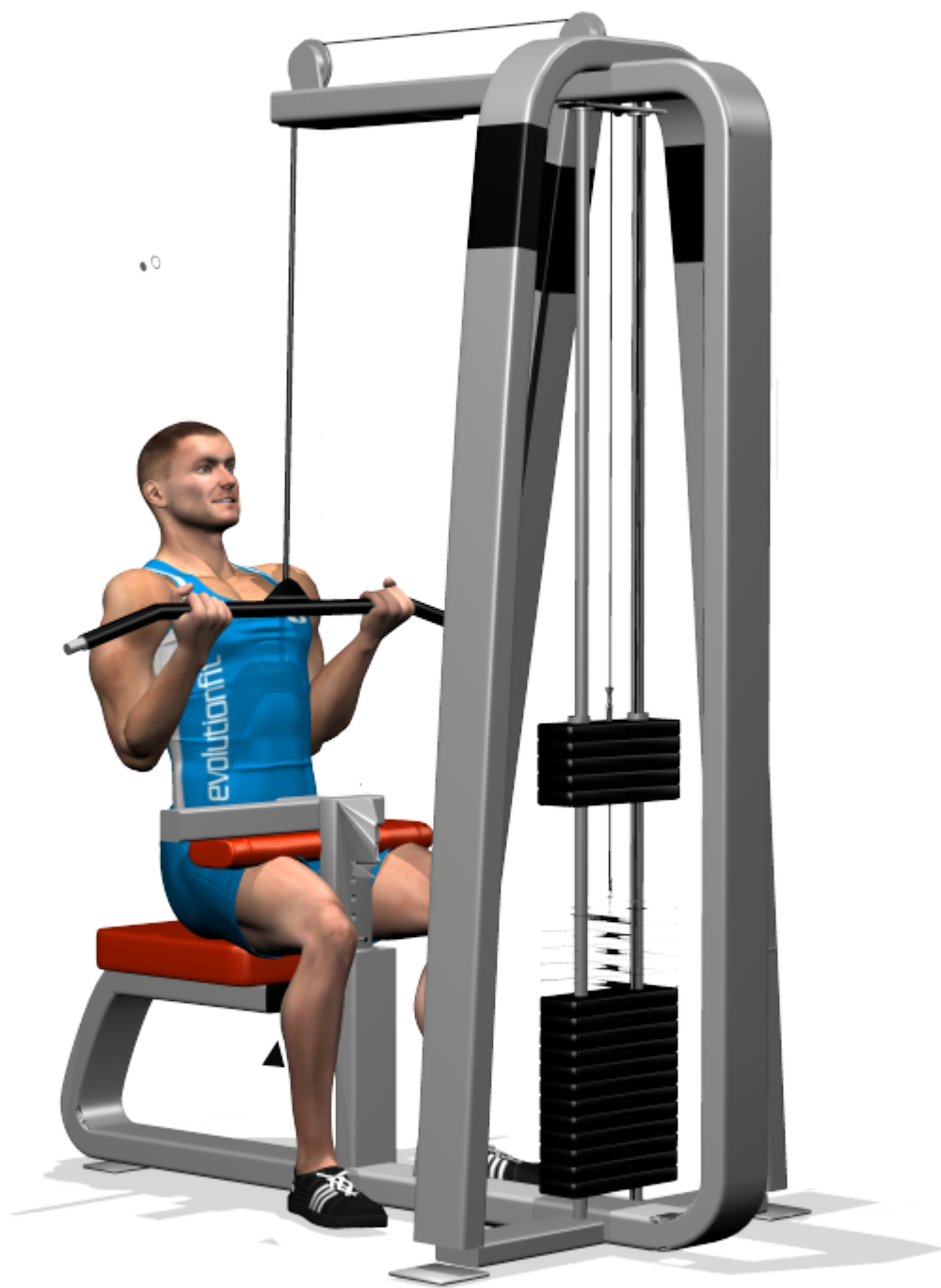
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

DORSALI

LAT MACHINE INVERSA

SERIE: 3X12

REST: 60 SECONDI



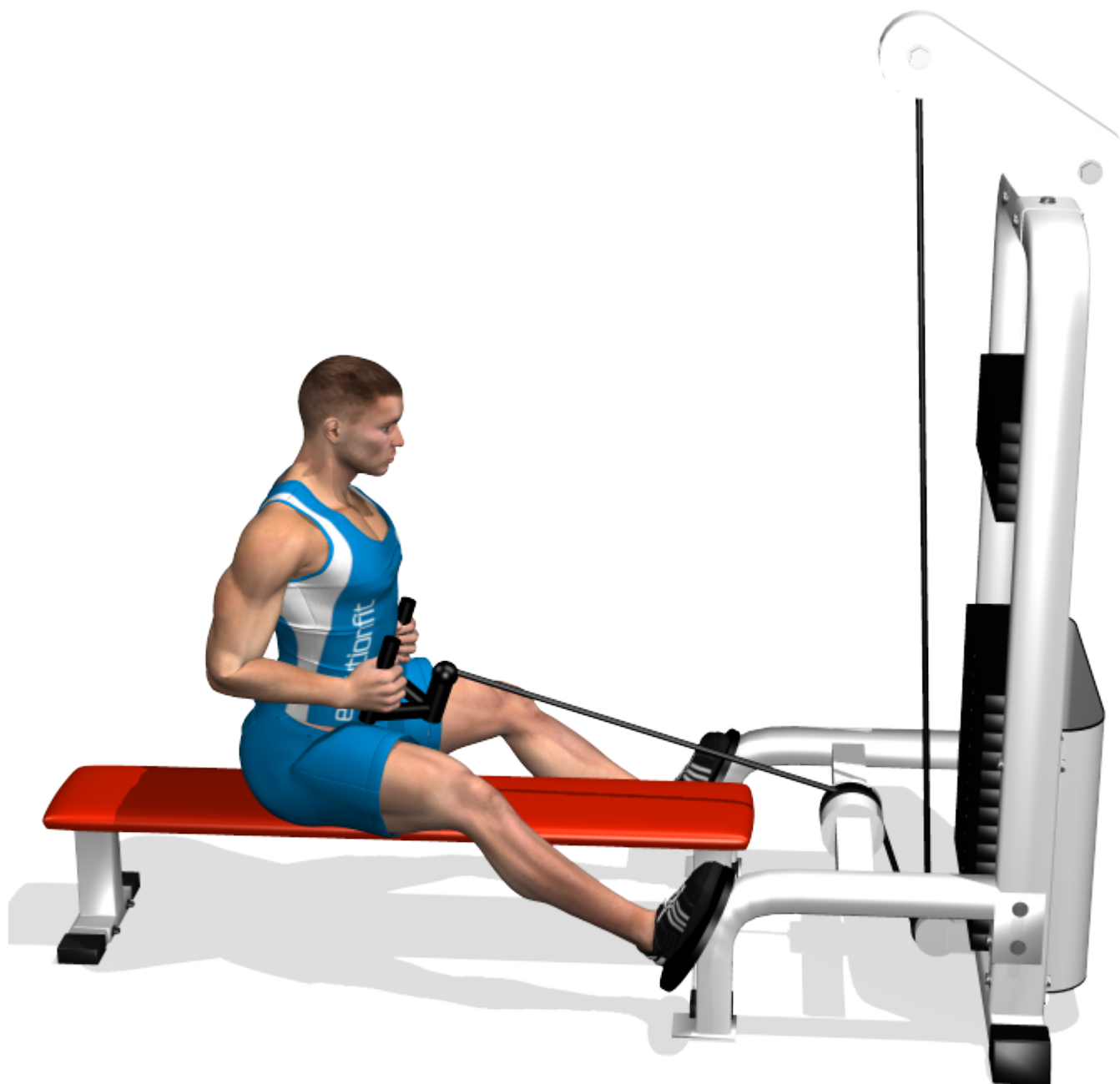


PULLEY ROW

SERIE: 4X8

REST: 60 SECONDI





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BICIPITI - AVAMBRACCI

CURL CAVO BASSO

SERIE: 4X8

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10



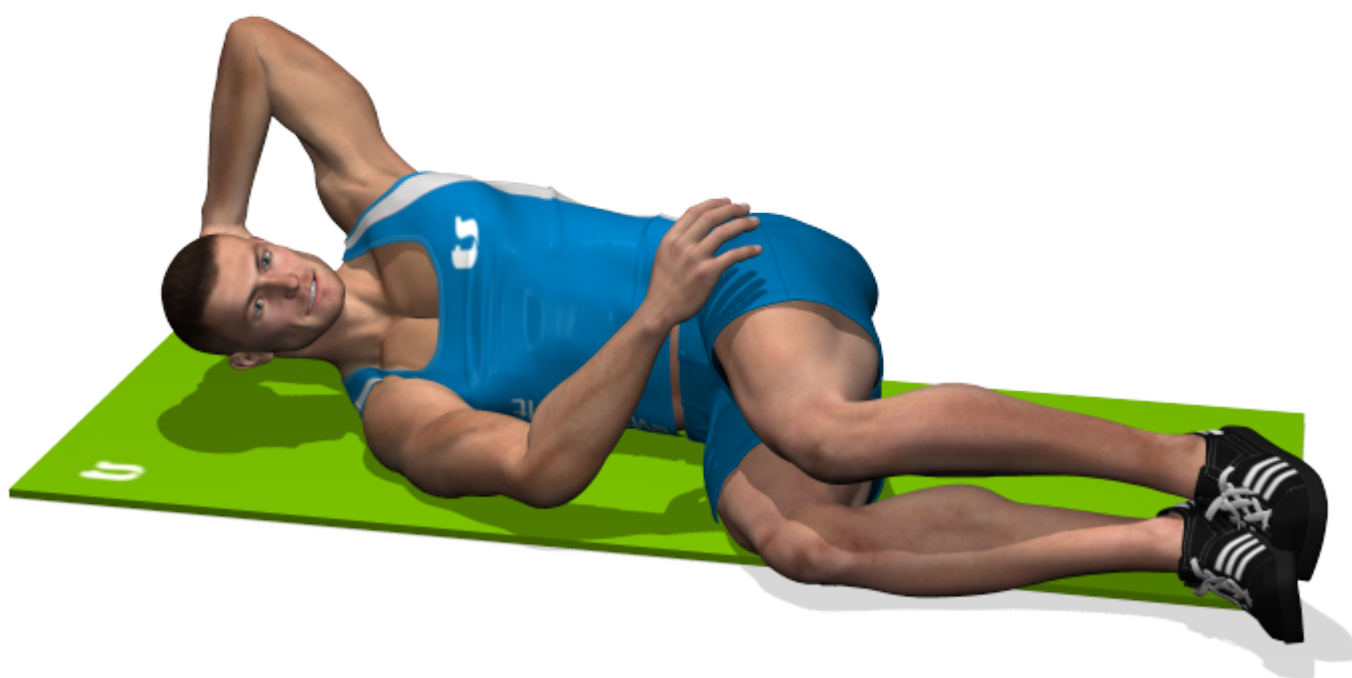
ADDOMINALI GIORNO 3

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)

GAMBE GIORNO 3

MEZZI STACCHI CON MANUBRI

SERIE: 4X8

REST: 60 SECONDI





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

AFFONDI SAGITTALI MANUBRI

SERIE: 4X8

REST: 60 SECONDI





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

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GLUTEI AI CAVI

SERIE: 4X8

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3X20

REST: 60 SECONDI





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

SPALLE

ALZATE FRONTALI

SERIE: 4X8

REST: 60 SECONDI





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ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI





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

ROWING TORSO

SERIE: 4X8

REST: 60 SECONDI





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

