

SCHEDA ALLENAMENTO FRANCESCO BILIO UOMO 18



SCHEDA DI ALLENAMENTO FRANCESCO BILIO

SCHEDA 6 - INIZIO 12 AGOSTO 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



DORSALI

LAT SNODATA

SERIE: 4X8 SUPERSERIE CON PULL OVER

REST: 60 SECONDI





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

PULL OVER

SERIE: 4X12

REST: 60 SECONDI



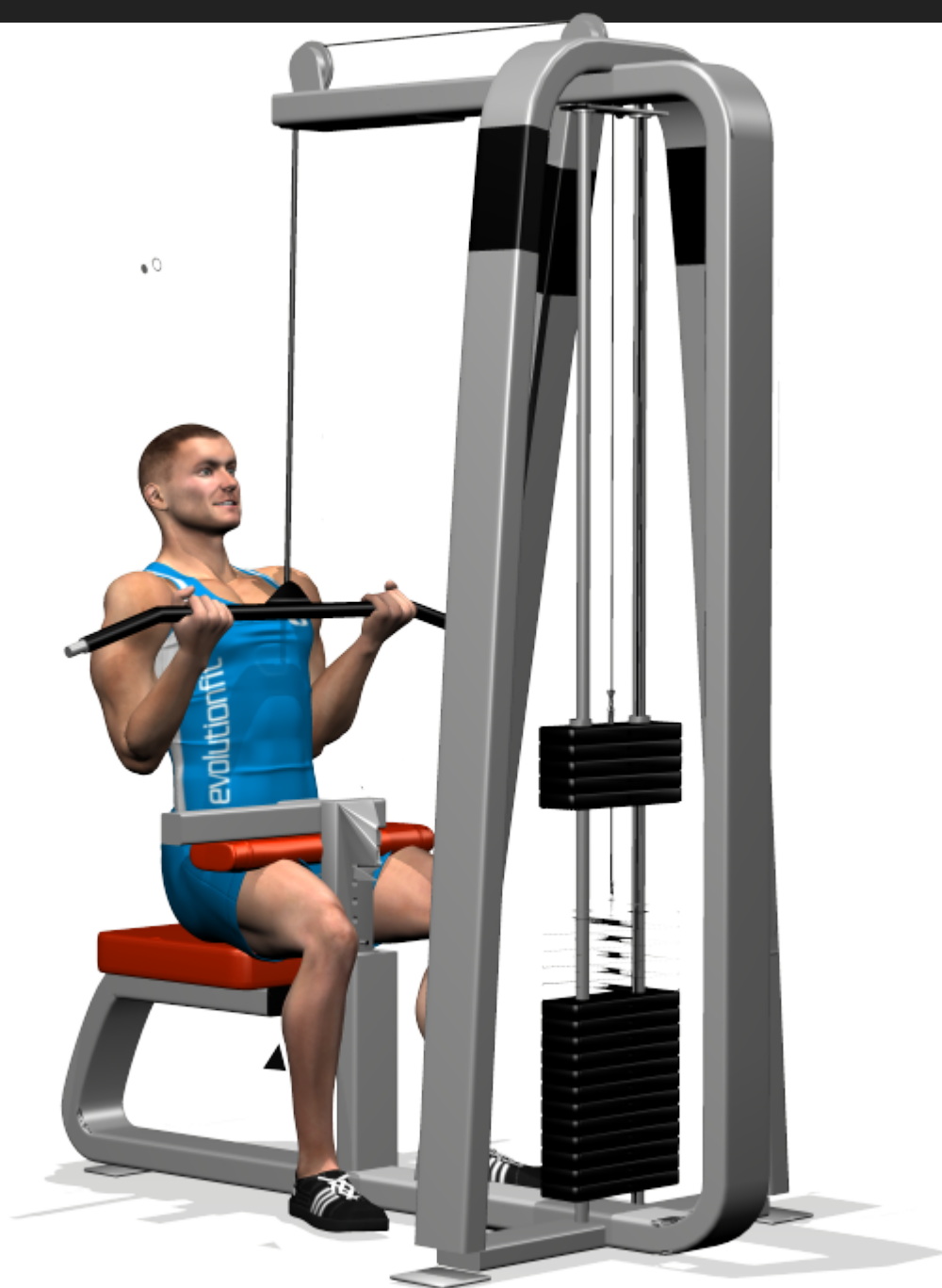


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/PULL-OVER.mp4>

LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI





TRICIPITI

FRENCH PRESS CON BILANCIERE

SERIE: 4x8 IN SUPERSERIE CON SPINTE PANCA PIANA CON BILANCIERE

REST: 60 SECONDI





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

SPINTE PANCA PIANA PRESA STRETTA CON BILANCIERE

SERIE: 4 MAX

REST: 60 SECONDI



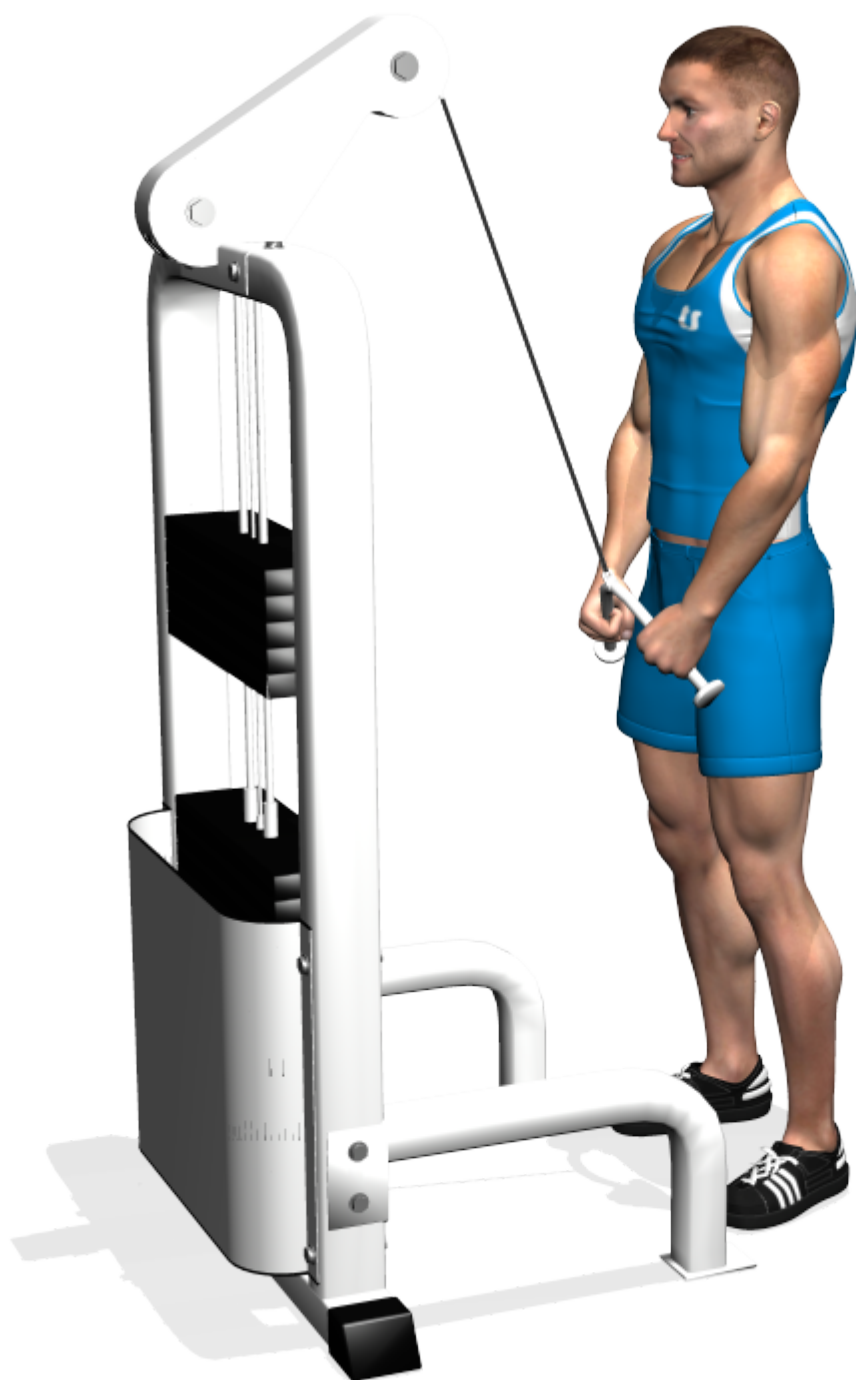


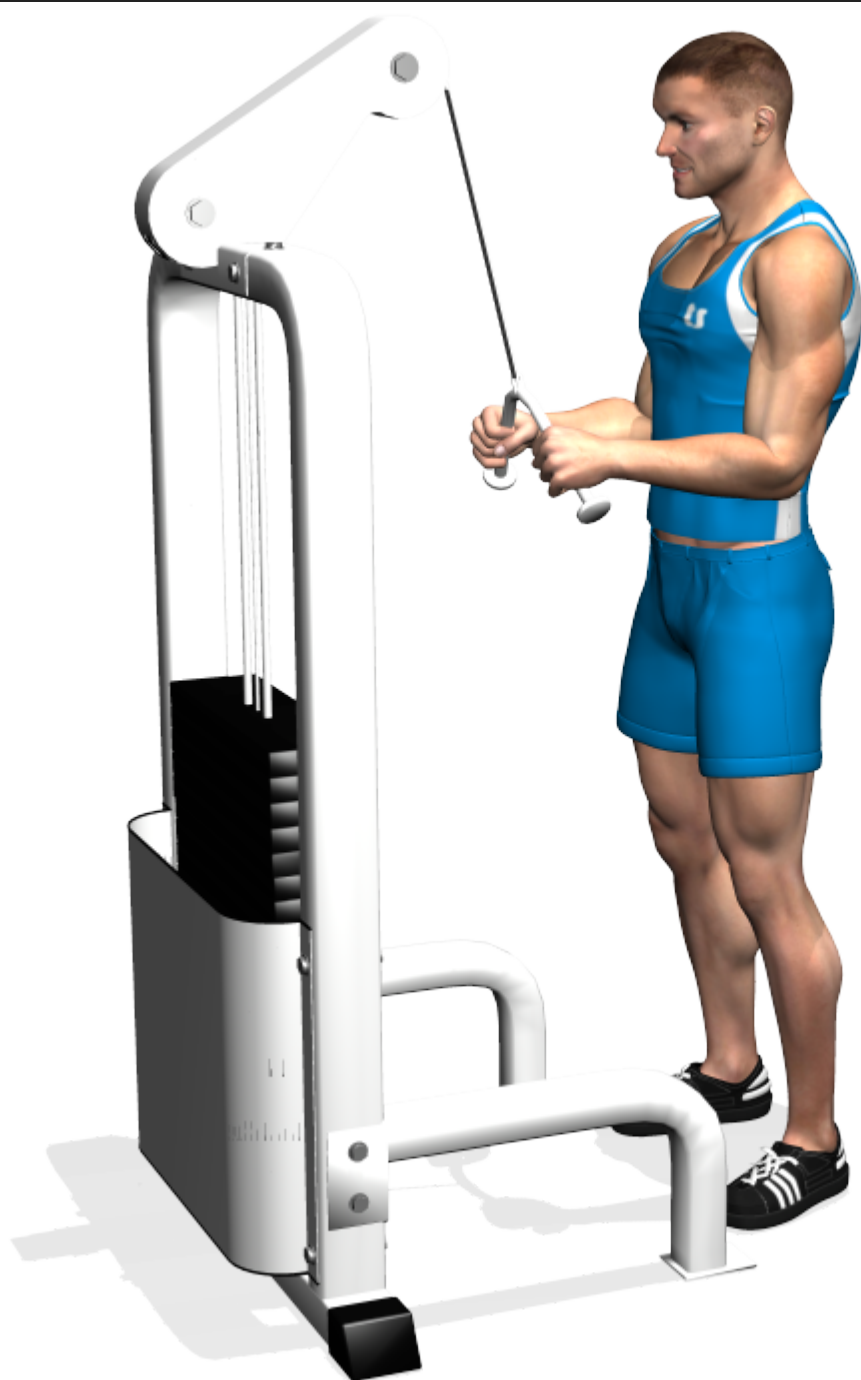
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

PULLEY ALTO

SERIE: 3X8

REST: 60 SECONDI



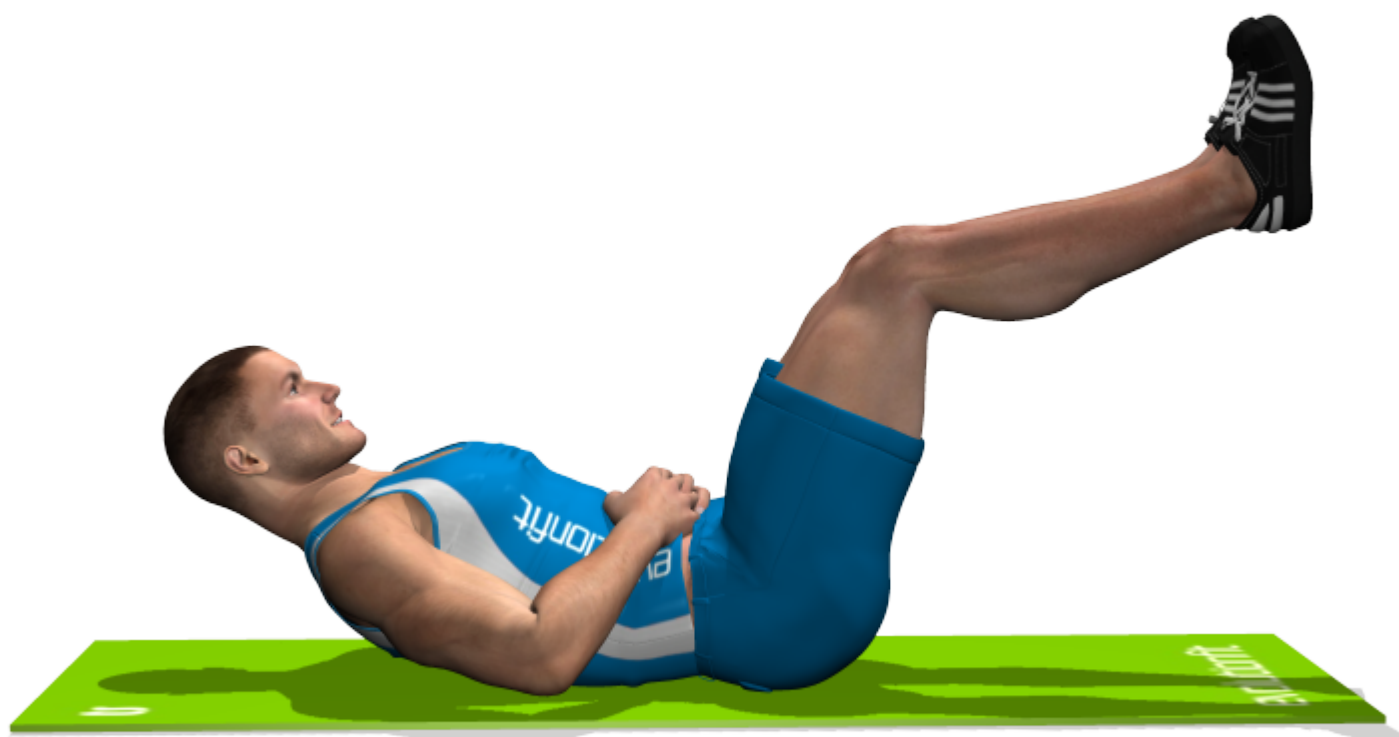


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x25 SUPERSERIE CON CRUNCH A TERRA

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



SPALLE

ALZATE FRONTALI

SERIE: 4x8 IN SUPERSERIE CON ALZATE LATERALI

REST: 60 SECONDI





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

ALZATE LATERALI

SERIE: 4X8

REST: 60 SECONDI





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

ROWING TORSO

SERIE: 4X10

REST: 60 SECONDI





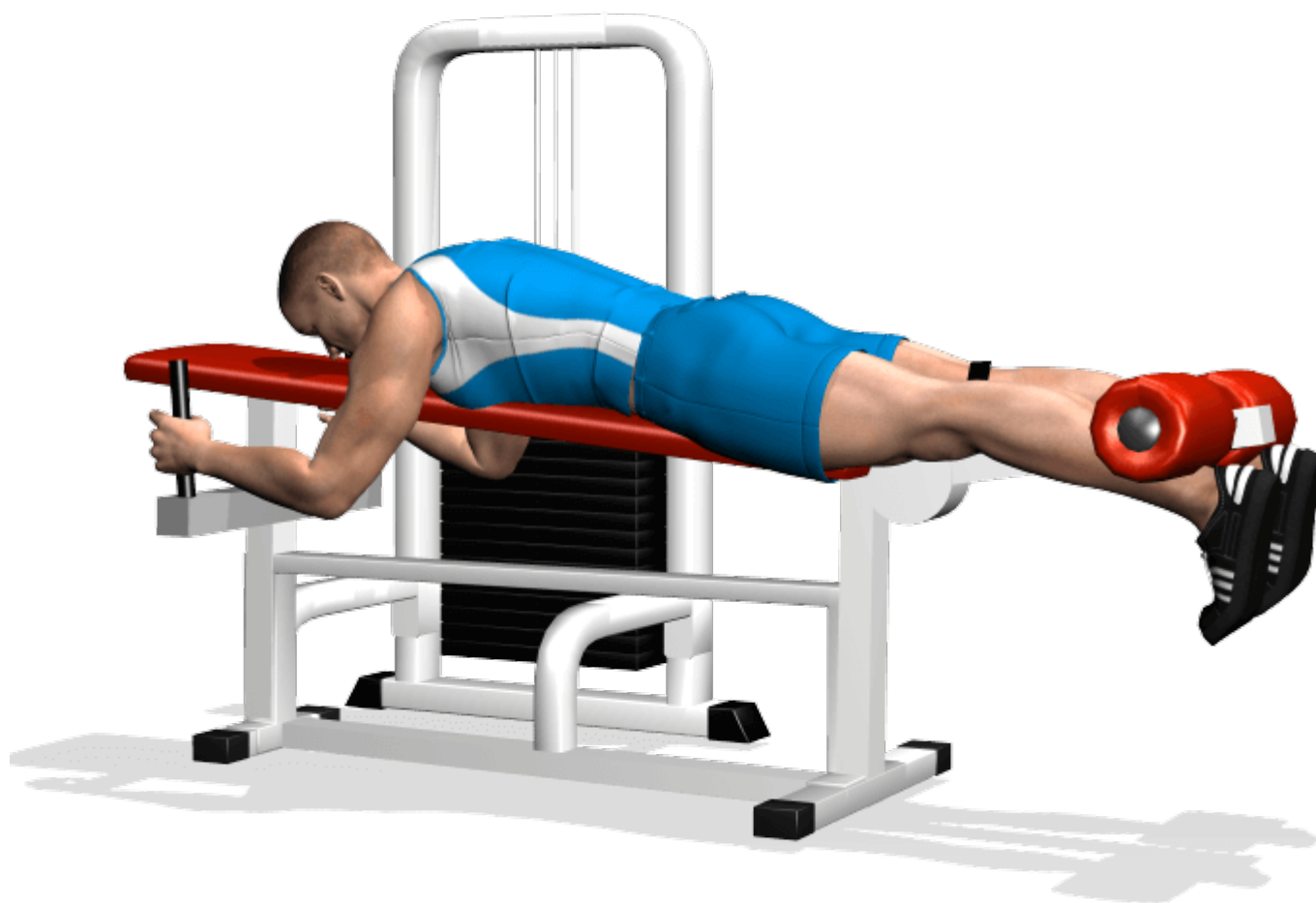
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ROWING-TORSO.mp4>

GAMBE

LEG CURL

SERIE: 4X8 IN SUPERSERIE CON STACCHI CON MANUBRI

REST: 60 SECONDI





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

STACCHI GAMBE TESE CON MANUBRI

SERIE: 4x10

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 4x10 IN SUPERSERIE CON SQUAT CON MANUBRI

REST: 60 SECONDI





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

SQUAT CON MANUBRI

SERIE: 4x10

REST: 60 SECONDI





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

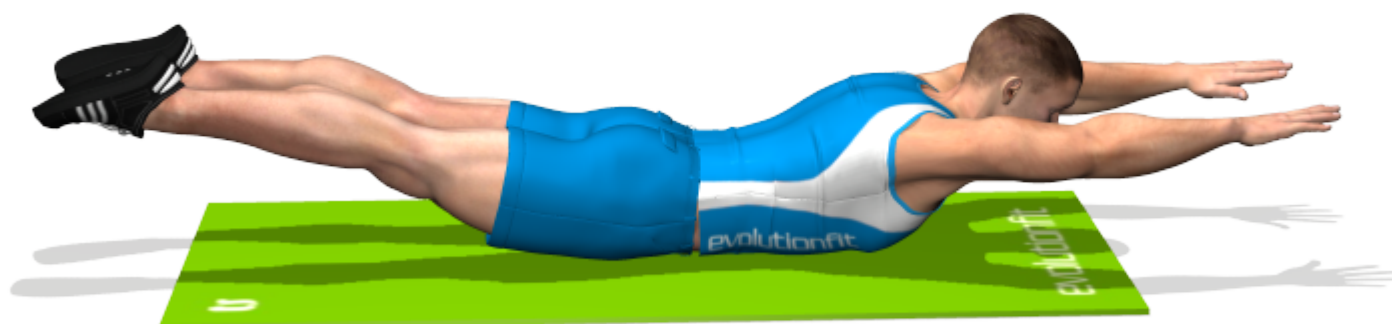
LOMBARI

LOMBARI

SERIE: 3x15

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



PETTORALI

CROCI MANUBRI PANCA PIANA

SERIE: 4x8 IN SUPERSERIE CON PANCA PIANA

REST: 60 SECONDI





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

PANCA PIANA BILANCIERE

SERIE: 4x6

REST: 60 SECONDI





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

CHEST INCLINE

SERIE: 3X12

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI

SERIE: 4x10 IN SUPERSERIE CON CURL CON BIALNCIERE

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APP-OGGIO.mp4>

CURL BILANCIERE EZ

SERIE: 4X8

REST: 60 SECONDI





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

CURL PULLEY BASSO CORDA

SERIE: 3X12

REST: 60 SECONDI





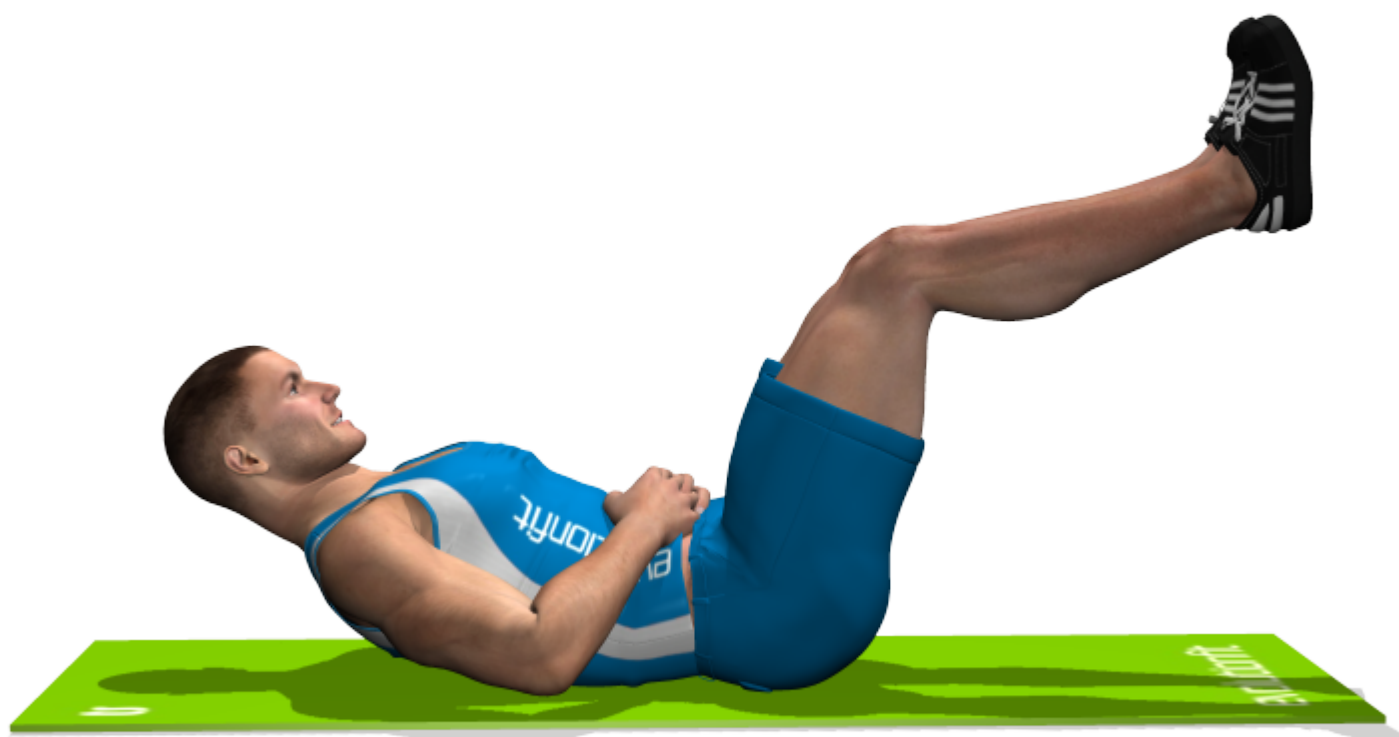
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CAVO-BASSO.mp4>

ADDOMINALI

REVERSE CRUNCH

SERIE: 3x25 SUPERSERIE CON CRUNCH A TERRA

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI





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

