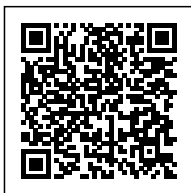


SCHEDA ALLENAMENTO FRANCESCO FERRANTE BASE 8



SCHEDA DI ALLENAMENTO FRANCESCO FERRANTE

SCHEDA 2 - INIZIO 10 GENNAIO 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](#)

- GAMBE

[Clicca qui](#)

- POLPACCI

[Clicca qui](#)

- SPALLE

[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: 5X8

REST: 60 SECONDI





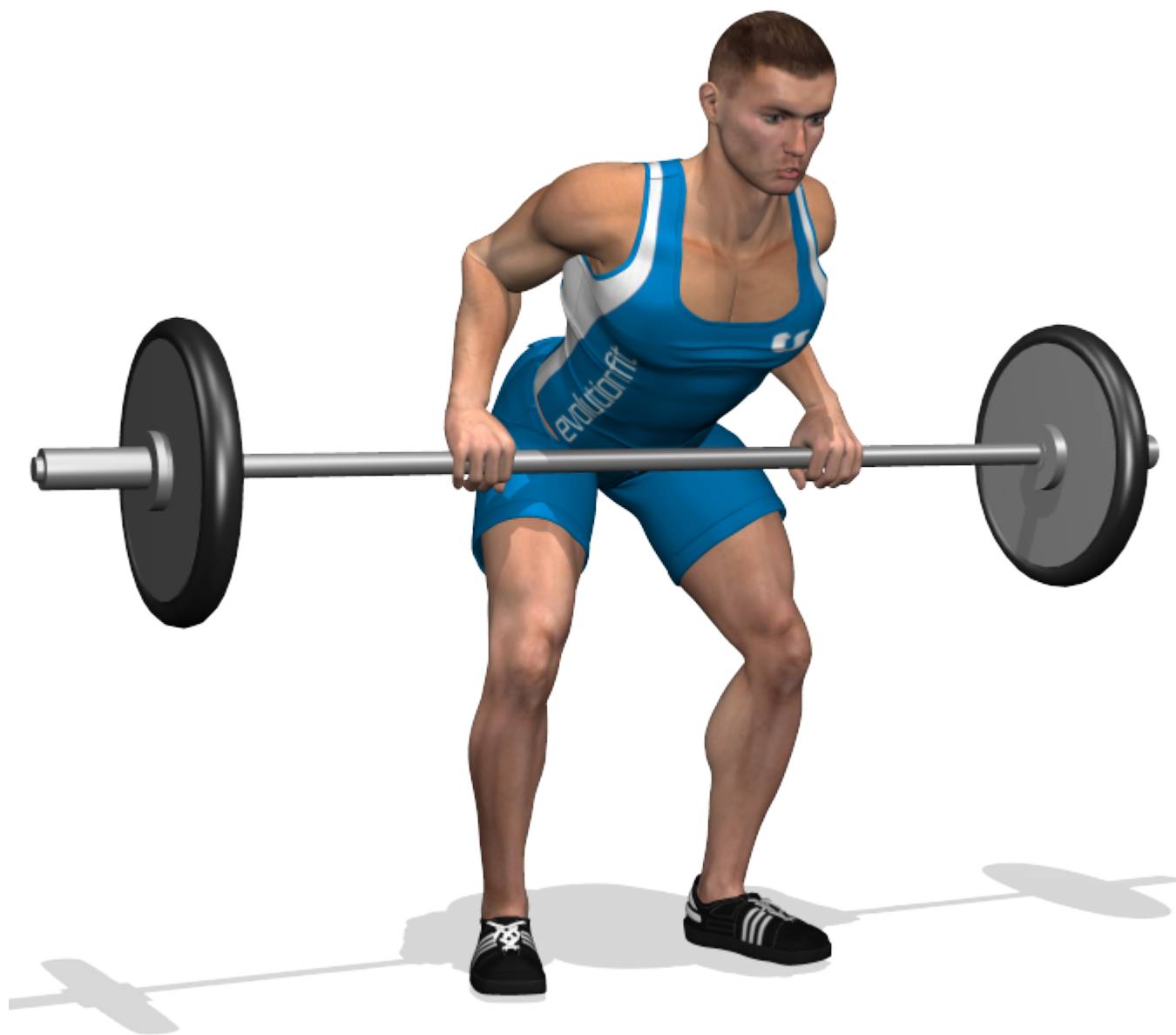
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

REMATORE BILANCIERE

SERIE: 5X8

REST: 60 SECONDI





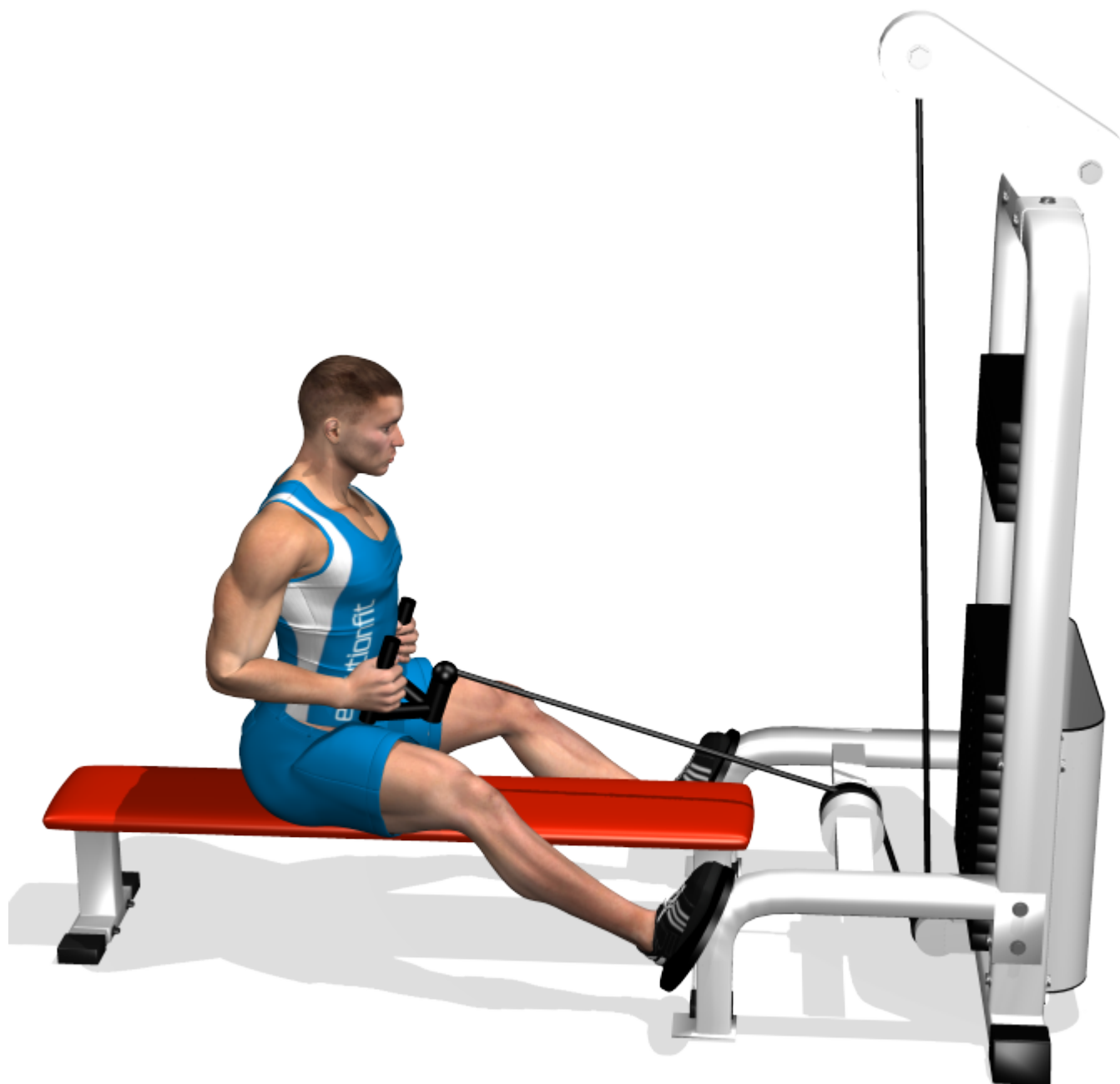
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-BILANCIERE.mp4>

PULLEY BASSO

SERIE: 3x8

REST: 60 SECONDI





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

LAT MACHINE AVANTI

SERIE: 3X8

REST: 60 SECONDI





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

TRICIPITI

SPINTE PANCA PIANA PRESA STRETTA CON MANUBRI

SERIE: 5X8

REST: 60 SECONDI



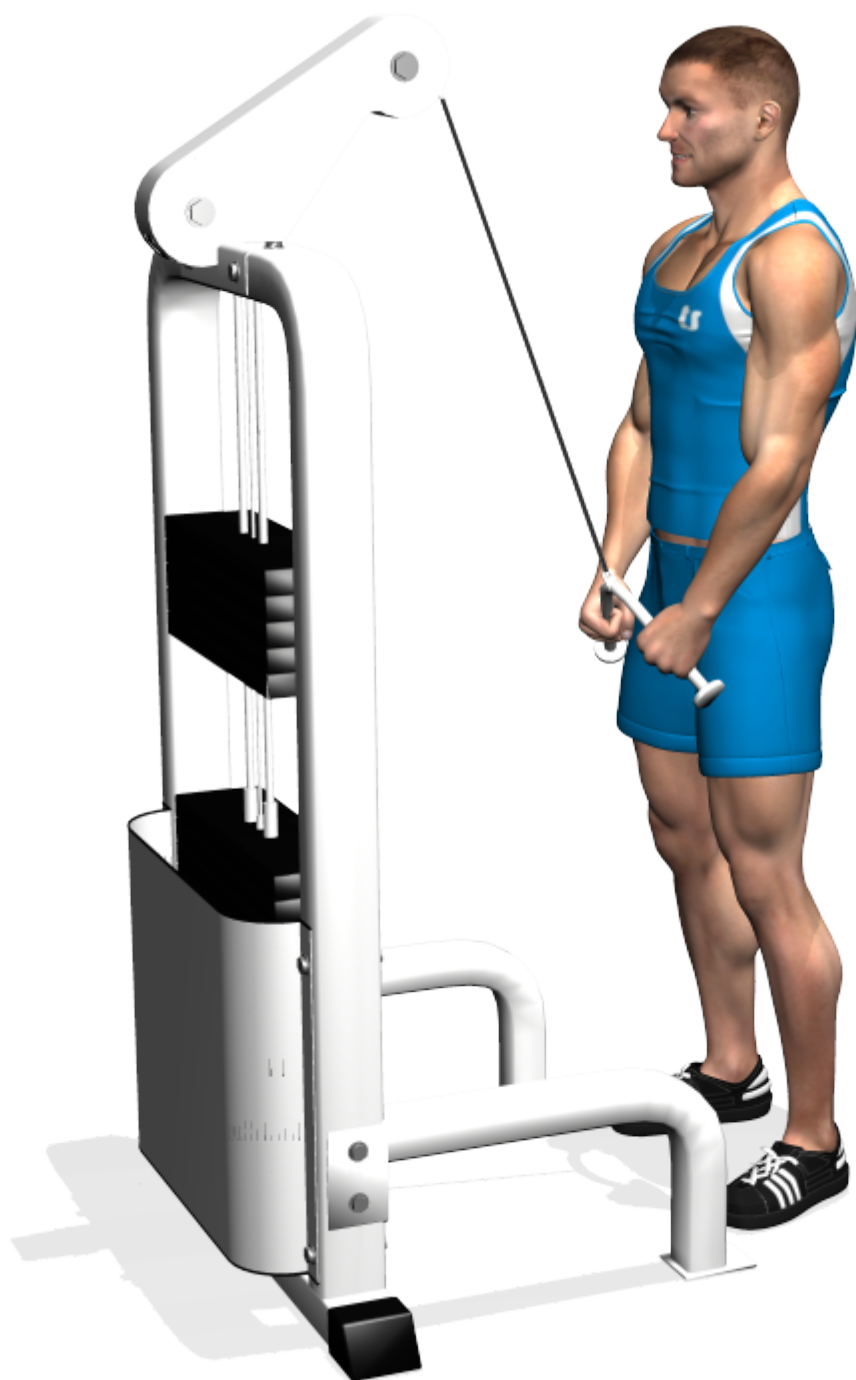


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

PULLEY ALTO CON CORDA

SERIE: 5X8

REST: 60 SECONDI





DIPS

SERIE: 3 MAX

REST: 60 SECONDI





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

ADDOMINALI

ABDOMINAL MACHINE

SERIE: 4X15

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



GAMBE

LEG PRESS ORIZZONTALE

SERIE: 5X8

REST: 60 SECONDI



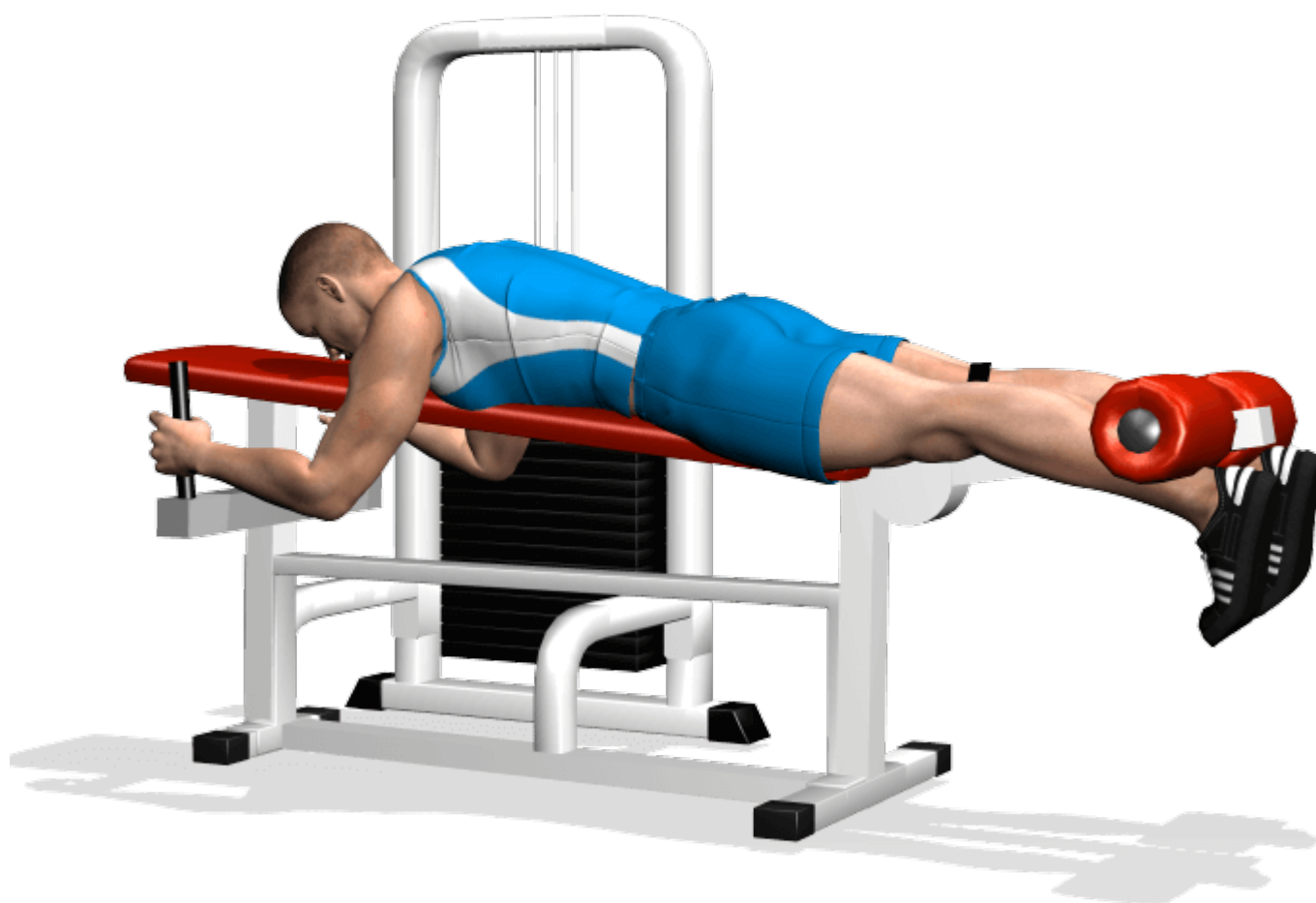


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL

SERIE: 5X8

REST: 60 SECONDI





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

HACK SQUAT

SERIE: 4X8

REST: 60 SECONDI





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

POLPACCI

CALF MACHINE SEDUTO

SERIE: 3X12

REST: 60 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 5X8

REST: 60 SECONDI





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

ALZATE LATERALI

SERIE: 3X8

REST: 60 SECONDI





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

ALZATE FRONTALI

SERIE: 3x8

REST: 60 SECONDI





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

ROWING TORSO

SERIE: 3X8

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



PETTORALI

CHEST INCLINE

SERIE: 5X8

REST: 60 SECONDI





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

SPINTE MANUBRI PANCA PIANA

SERIE: 5X8

REST: 60 SECONDI





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

CROCI MANUBRI PANCA RECLINATA

SERIE: 3X8

REST: 60 SECONDI





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

PECTORAL MACHINE

SERIE: 3x8

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL BILANCIERE EZ

SERIE: 5X8

REST: 60 SECONDI





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

CURL PULLEY BASSO

SERIE: 5X8

REST: 60 SECONDI





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

CURL MANUBRI MARTELLO

SERIE: 3x8

REST: 60 SECONDI





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

ADDOMINALI

ABDOMINAL MACHINE

SERIE: 4X15

REST: 60 SECONDI





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

