

SCHEDA ALLENAMENTO FRANCESCO LI CAUSI RAGAZZO 02



SCHEDA DI ALLENAMENTO FRANCESCO LI CAUSI

SCHEDA 3 - INIZIO 22 MARZO

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](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

BICI

MINUTI: 15/20



CAMMINATA

MINUTI: 15/20



DORSALI

VERTICAL TRACTION

SERIE: 3X12

REST: 90 SECONDI



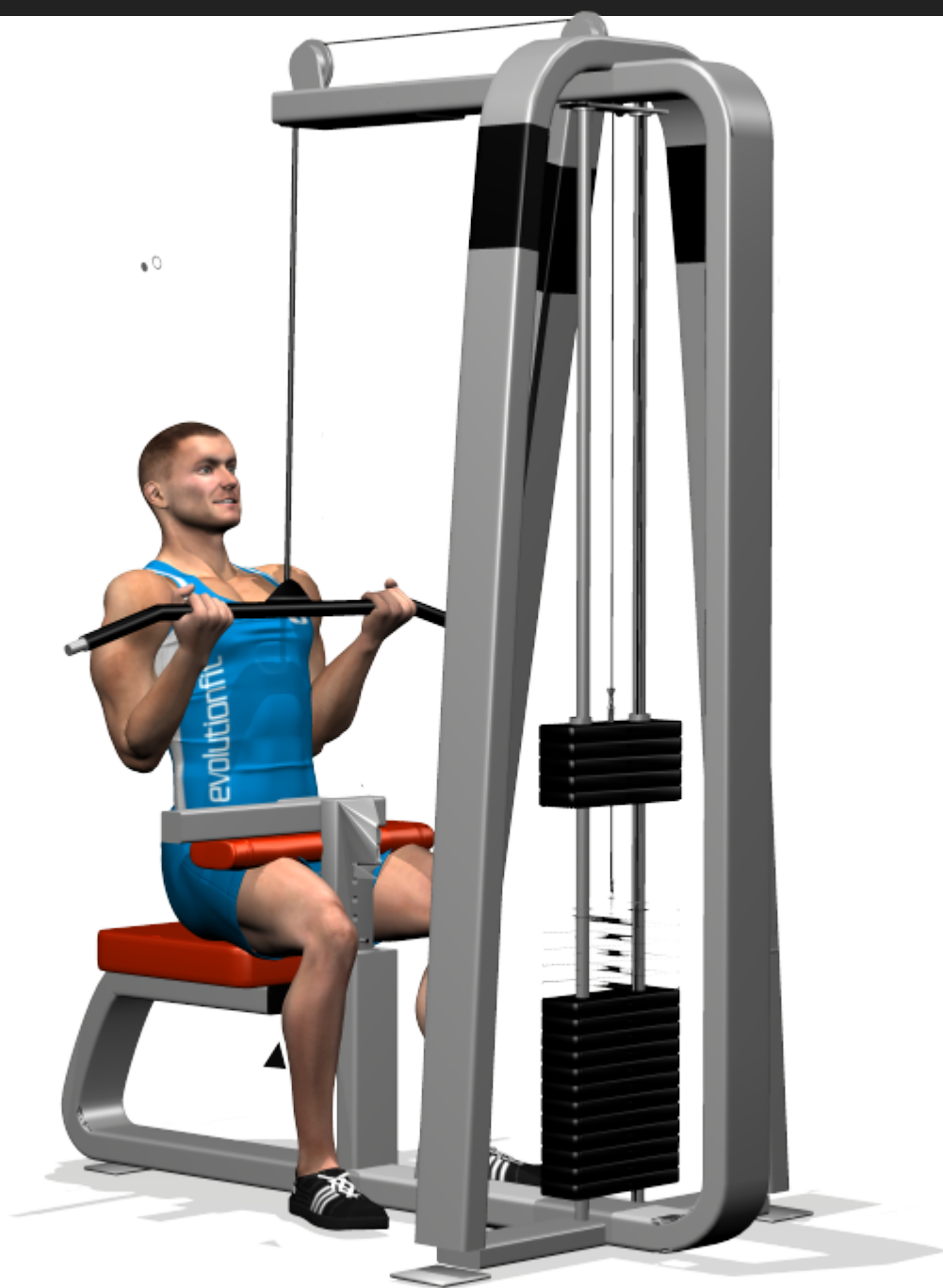


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

LAT MACHINE INVERSA

SERIE: 3X12

REST: 90 SECONDI

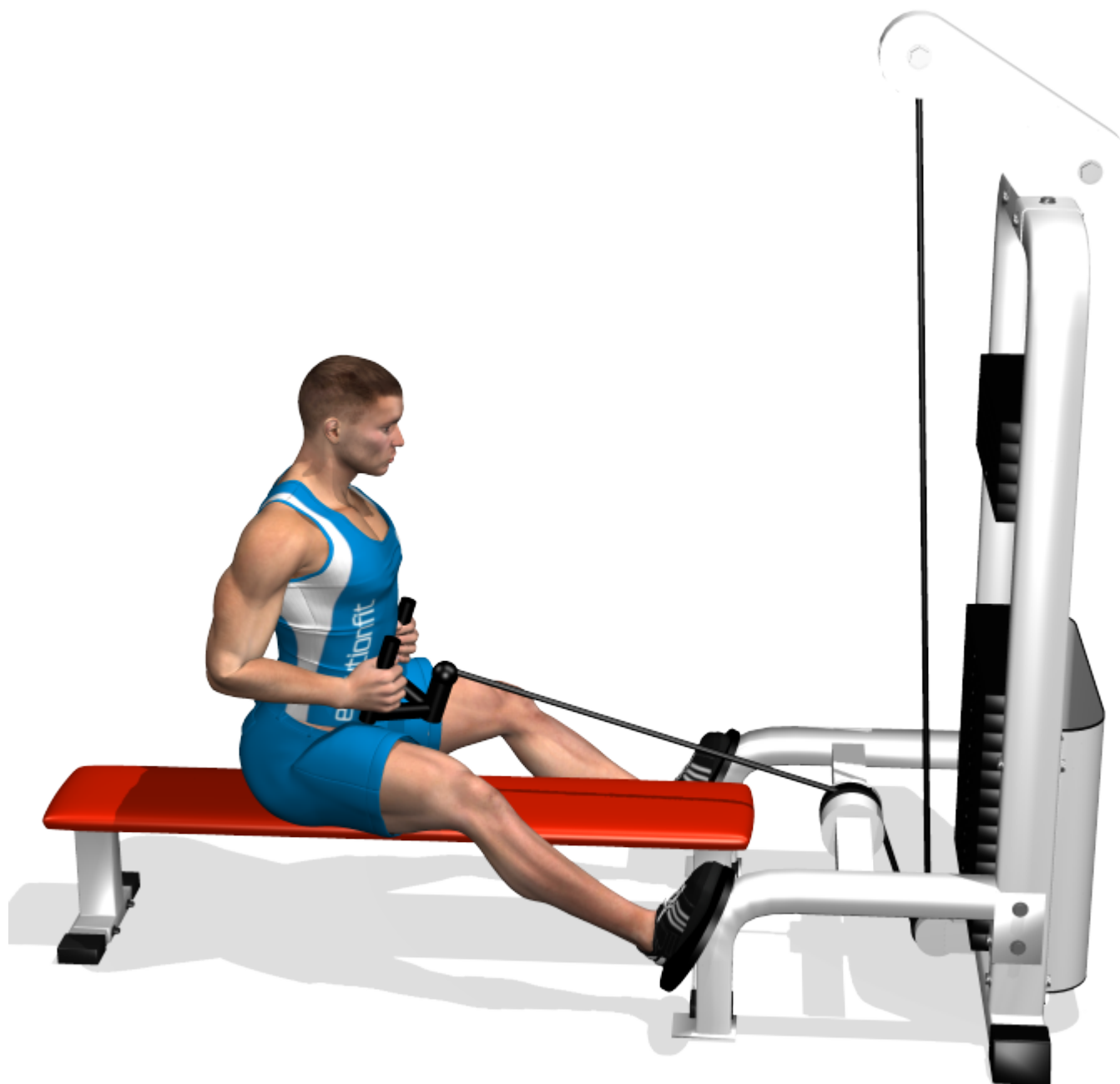




PULLEY BASSO

SERIE: 3X12

REST: 90 SECONDI





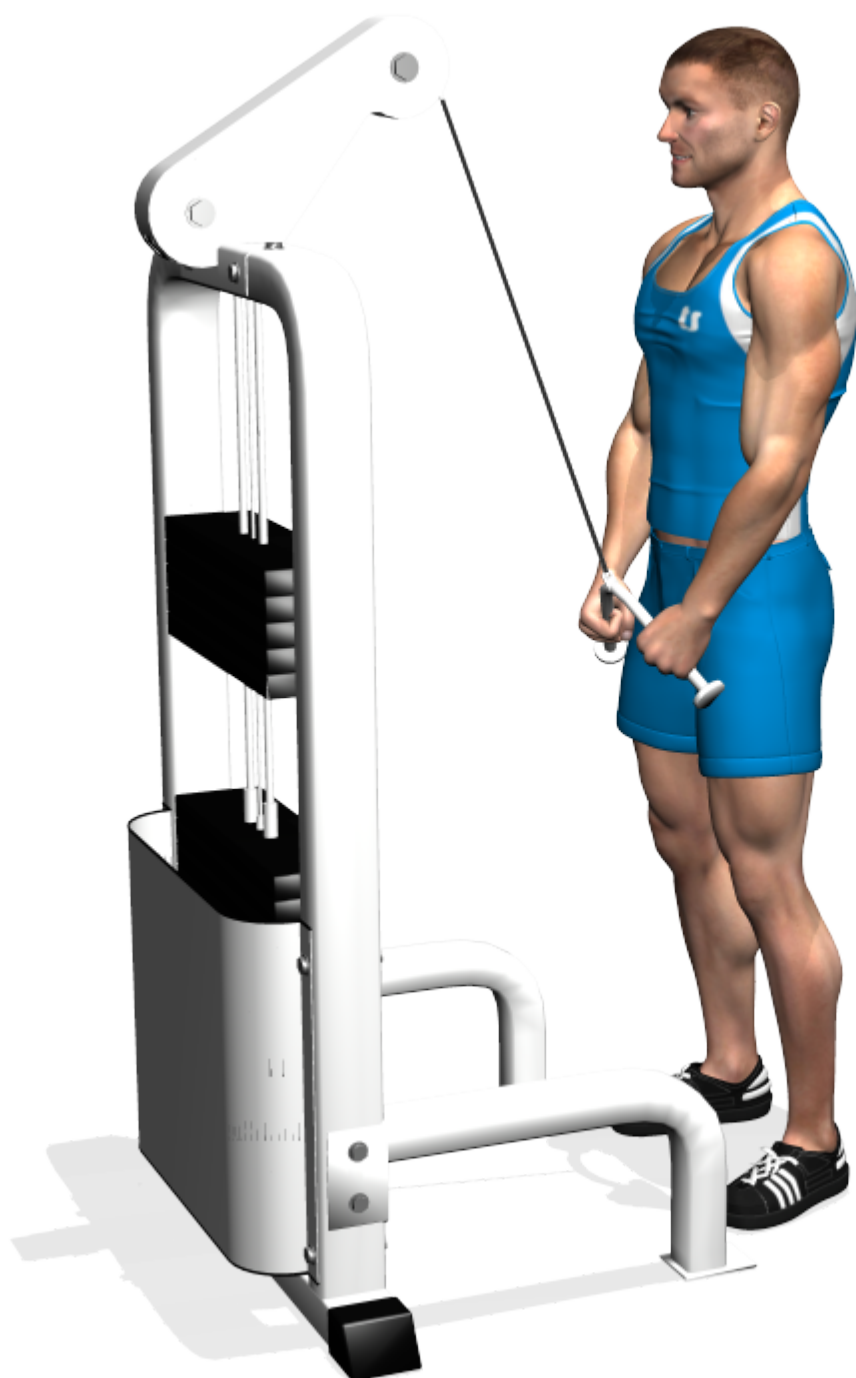
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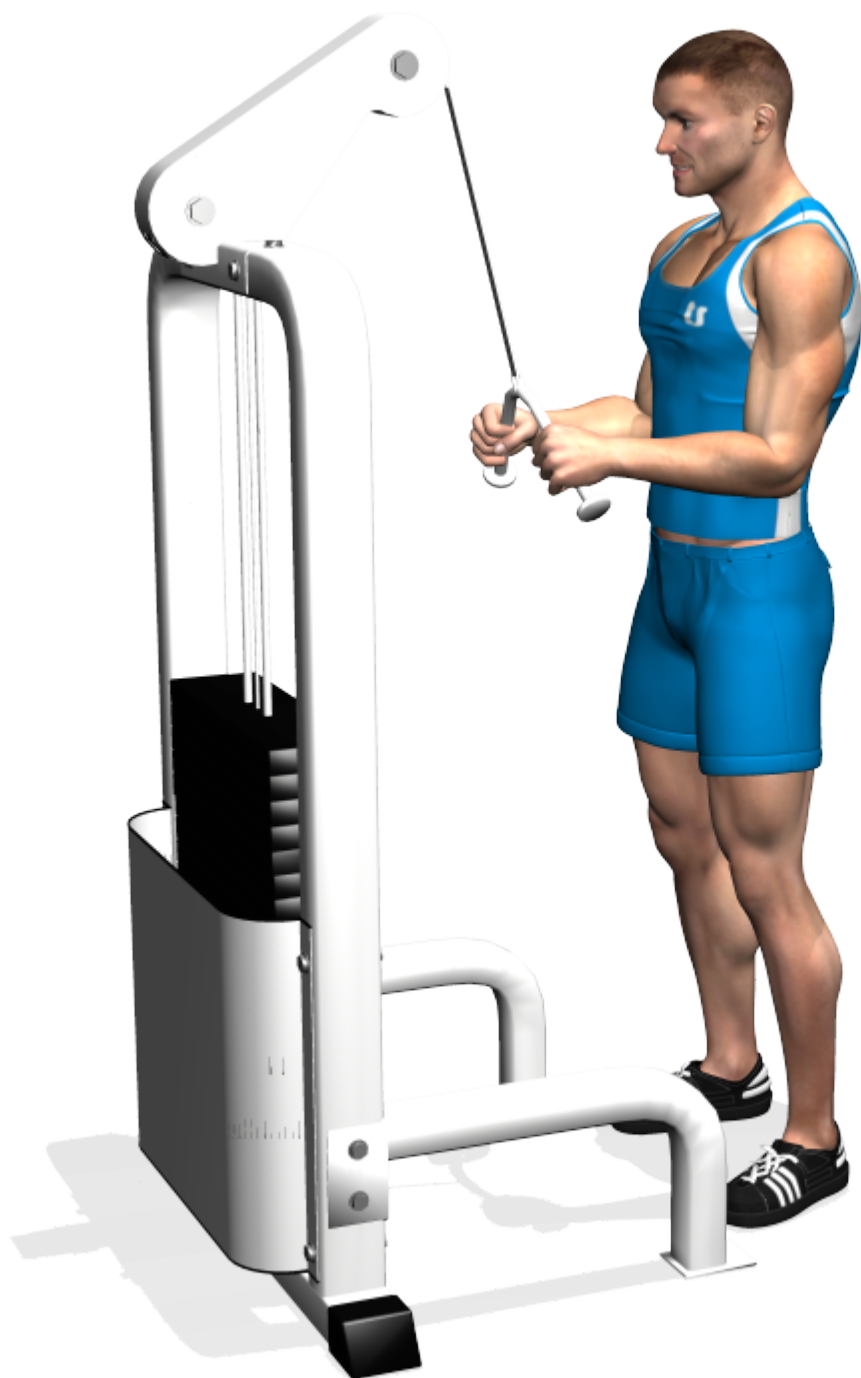
TRICIPITI

PULLEY ALTO CORDA

SERIE: 3X12

REST: 90 SECONDI





ESTENSIONI DIETRO LA NUCA

SERIE: 3X12

REST: 90 SECONDI





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

KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/KICK-BACK-UN-MANUBRIO.mp4>

ADDOMINALI

CRUNCH

SERIE: 3x15

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

BICI

MINUTI: 15/20



CAMMINATA

MINUTI: 15/20



SPALLE

SPINTE VERTICALI

SERIE: 3X12

REST: 90 SECONDI





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

ALZATE LATERALI

SERIE: 3X12

REST: 90 SECONDI





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

APERTURE 90°

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ALZATE-BUSTO-90°.mp4>

GAMBE

LEG CURL SEDUTO

SERIE: 3X15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2023/11/LEG-CURL-SEDUTO.mp4>

LEG EXTENSION

SERIE: 3X15

REST: 90 SECONDI





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

SQUAT CON PALLA

SERIE: 3X15

REST: 90 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3x12

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

BICI

MINUTI: 15/20



CAMMINATA

MINUTI: 15/20



PETTORALI

CHEST PRESS

SERIE: 3X12

REST: 90 SECONDI





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

CHEST INCLINATA

SERIE: 3X12

REST: 90 SECONDI





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

PECTORAL MACHINE

SERIE: 3X12

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL AL CAVO CON CORDA

SERIE: 3x12

REST: 90 SECONDI





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

CURL MANUBRI

SERIE: 3X12

REST: 90 SECONDI





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

ARM CURL MACHINE

SERIE: 3X12

REST: 90 SECONDI





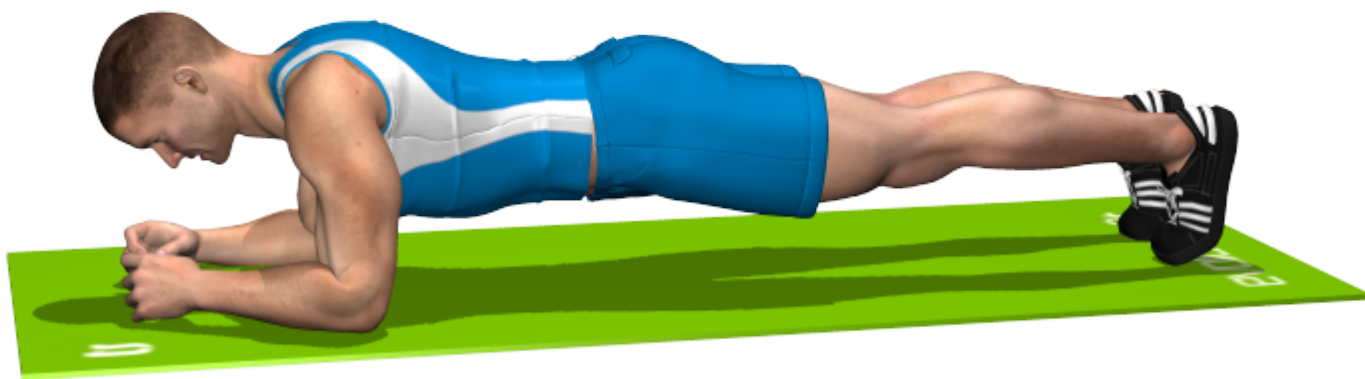
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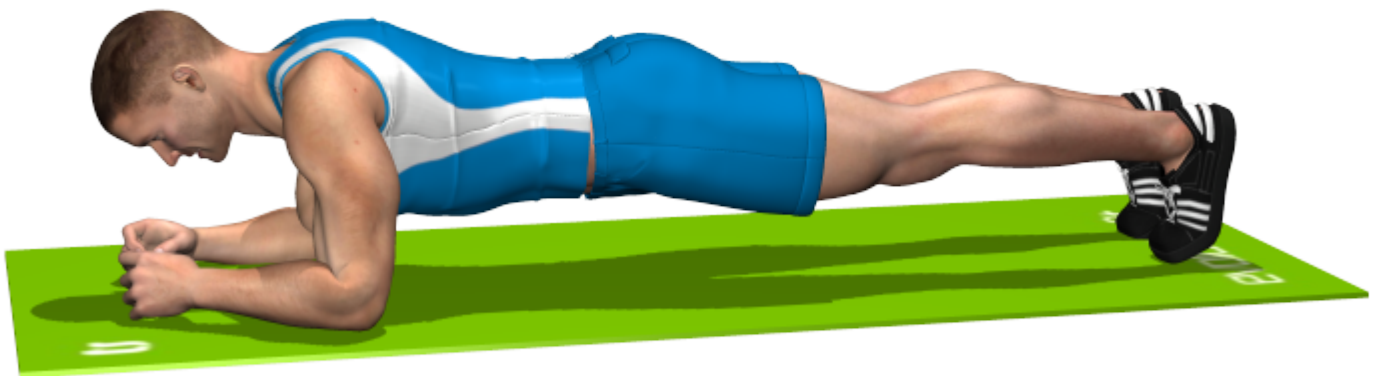
ADDOMINALI

PLANK

SERIE: 3x15 SECONDI

REST: 90 SECONDI





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

