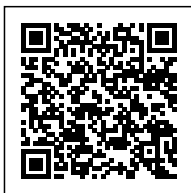


SCHEDA ALLENAMENTO FRANCESCO SCALICI ROB 8



SCHEDA DI ALLENAMENTO FRANCESCO SCALICI

SCHEDA 1 - INIZIO 16 OTTOBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

- POLPACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI





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

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



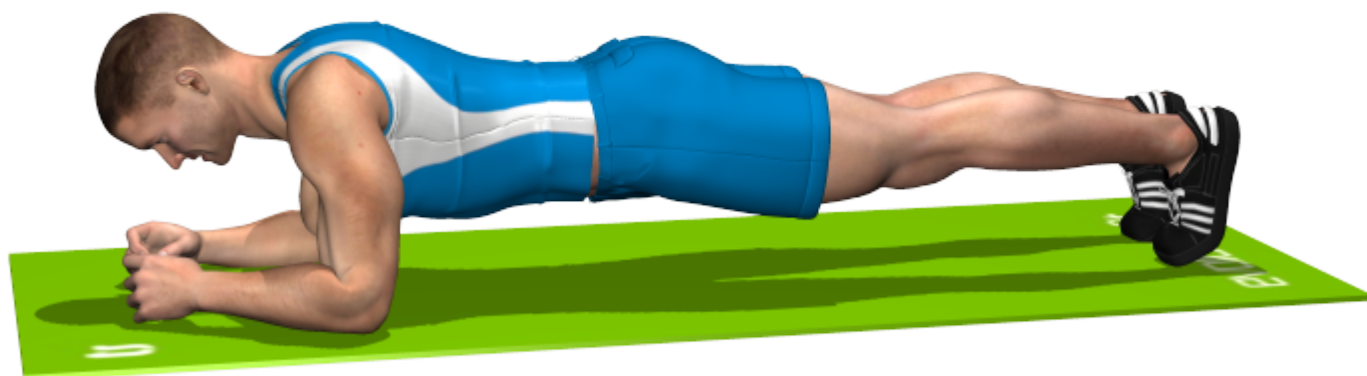


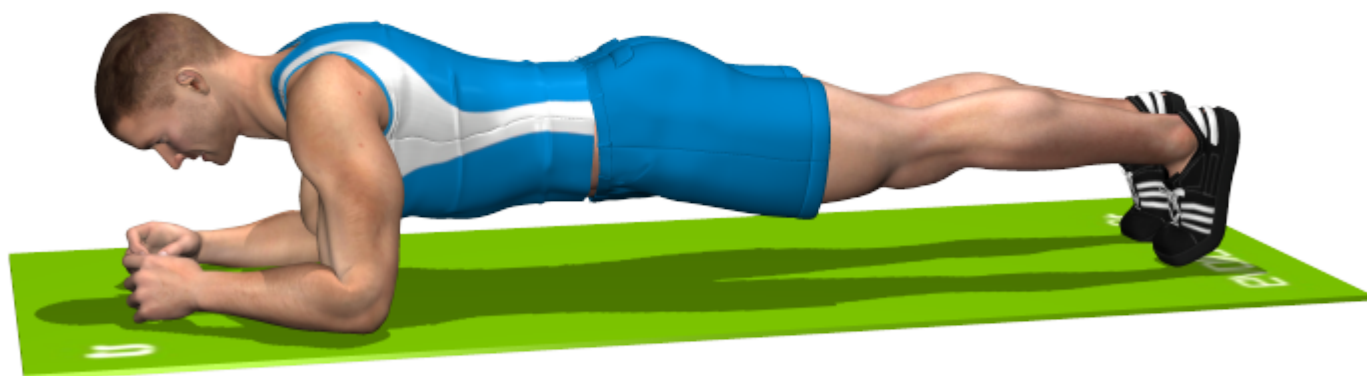
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

GAMBE

GOBLET SQUAT

SERIE: 5X6

REST: 90 SECONDI





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

LEG PRESS GAMBE STRETTE

SERIE: 5X8

REST: 90 SECONDI



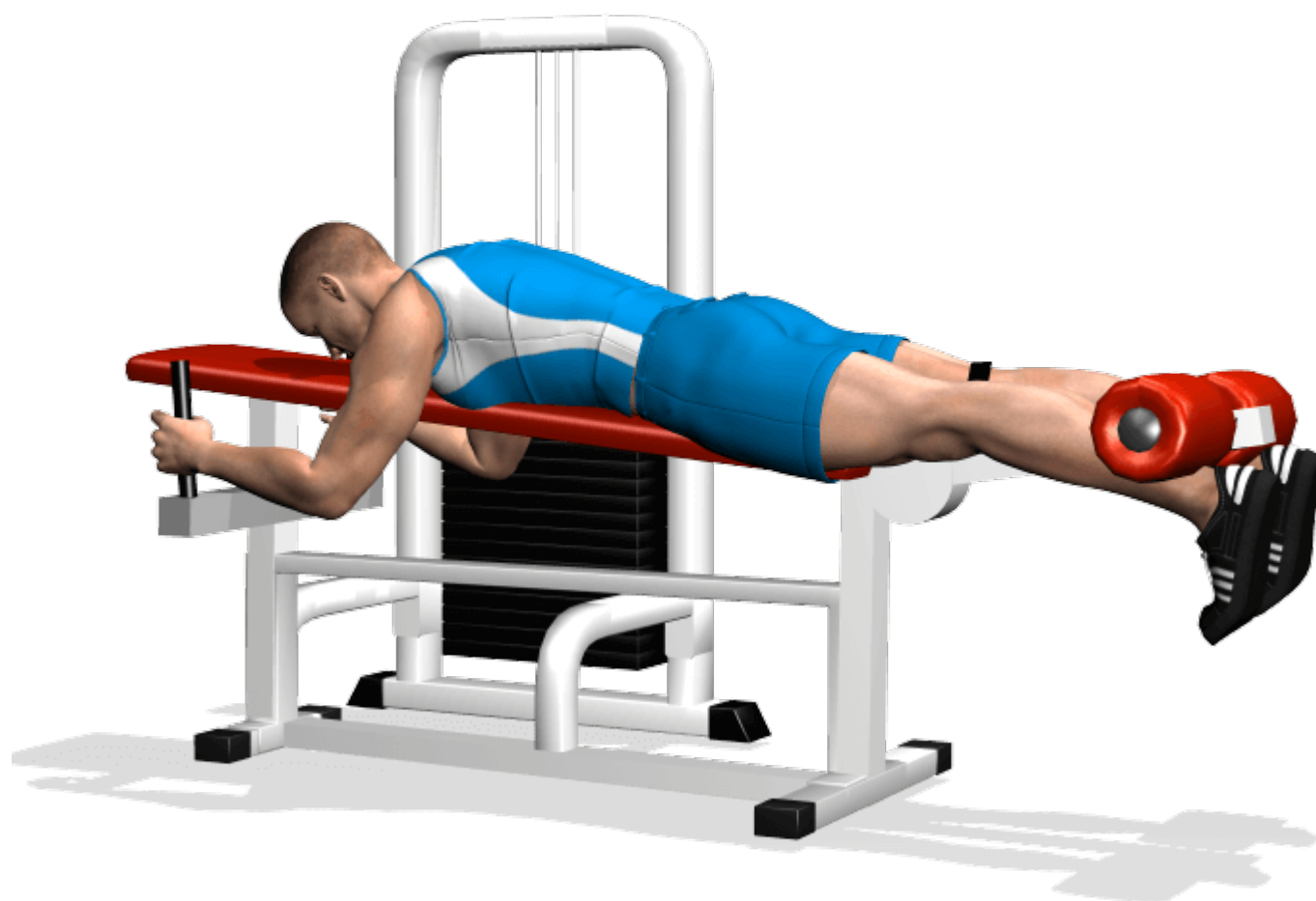


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SDRAIATO

SERIE: 4X8

REST: 90 SECONDI



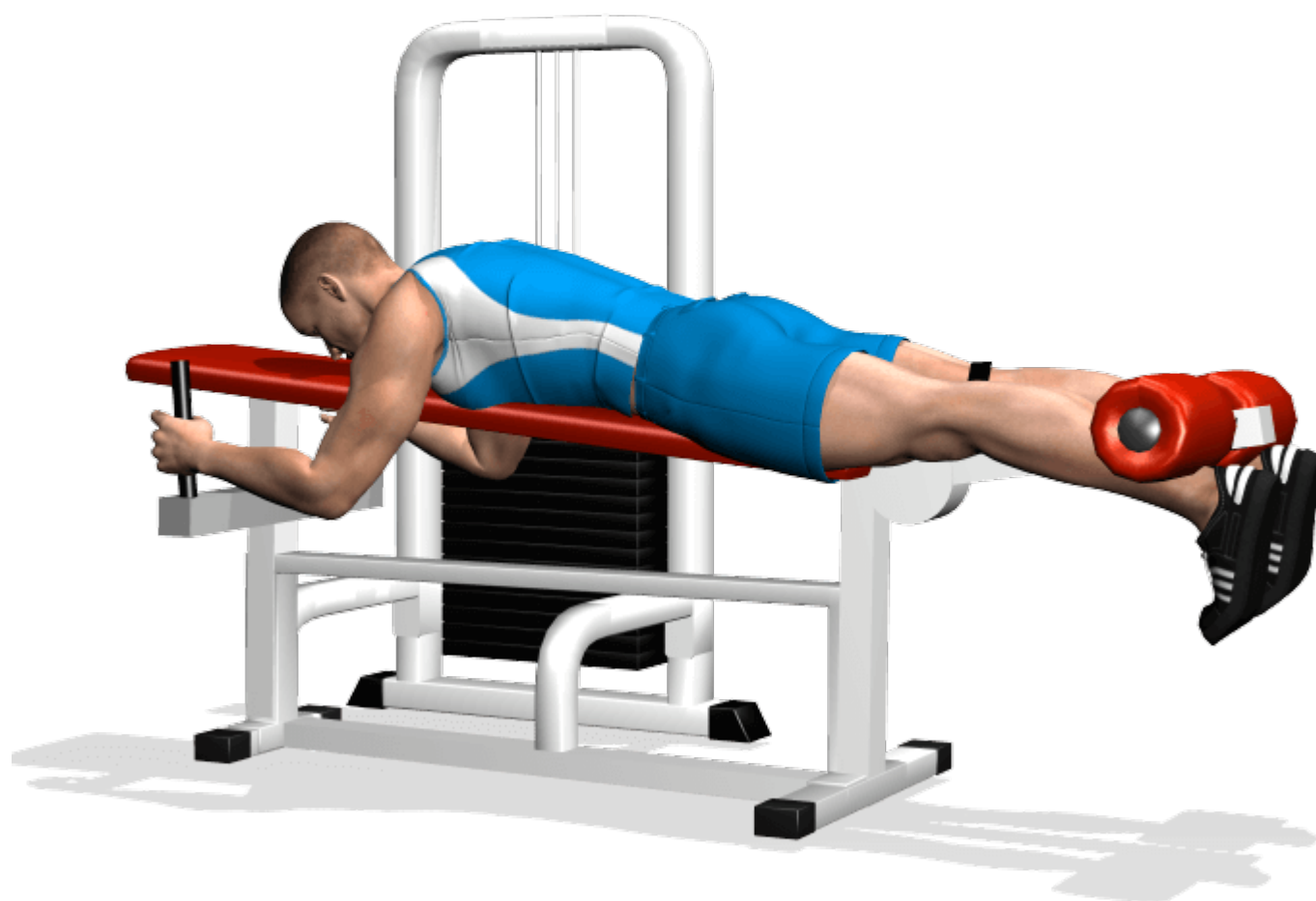


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-CURL-SDRAIATO.mp4>

LEG CURL SEDUTO

SERIE: 4X10

REST: 90 SECONDI





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

LEG EXTENSION

SERIE: 4X10

REST: 90 SECONDI





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

STACCHI

SERIE: 5X6

REST: 90 SECONDI





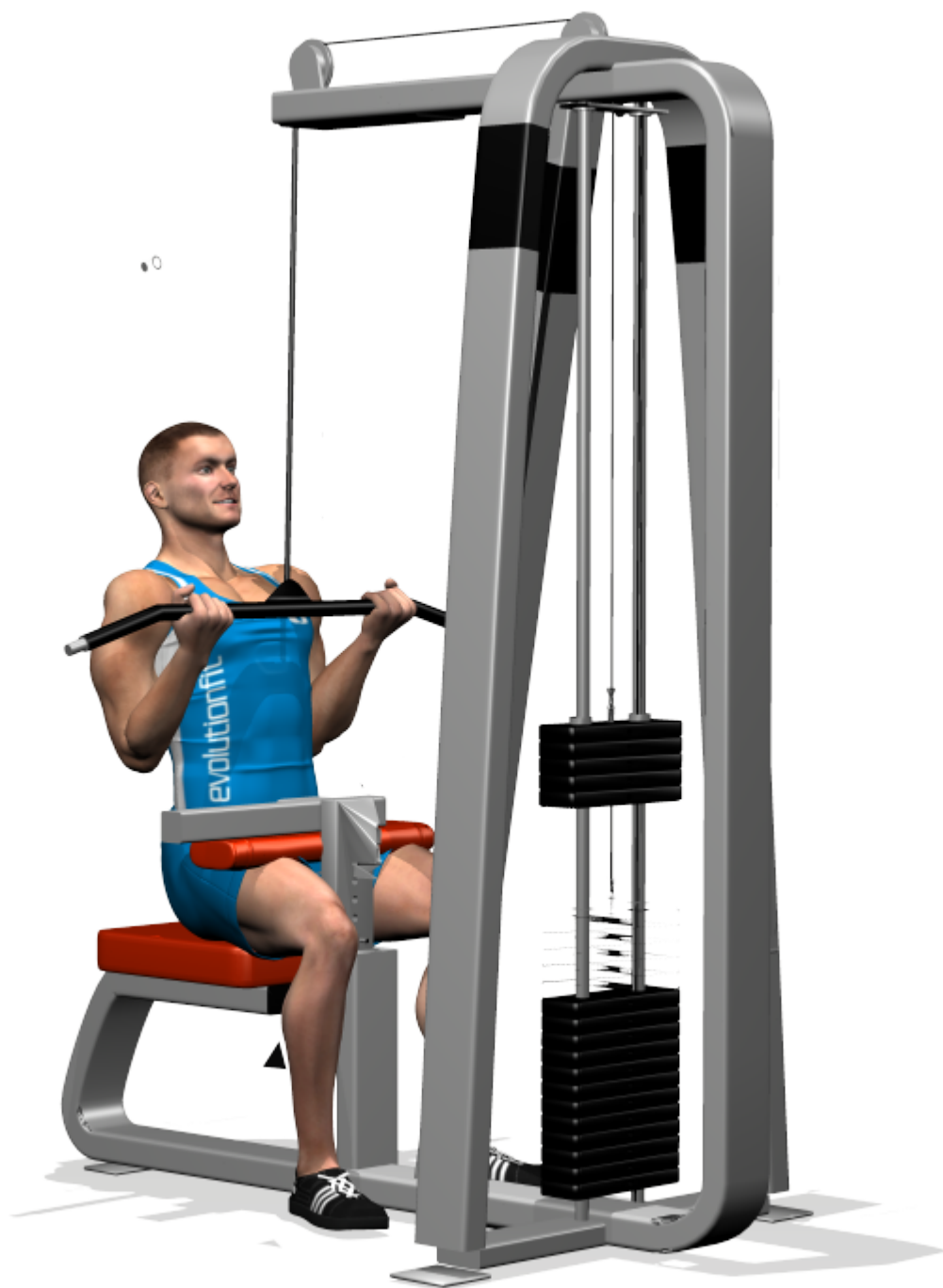
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4>

DORSALI

LAT MACHINE INVERSA

SERIE: 3X6

REST: 90 SECONDI





TRAZIONI ALLA SBARRA

SERIE: 4 MAX

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TRAZIONI-ALLA-SBARRA.mp4>

LAT MACHINE AVANTI

SERIE: 4X8

REST: 90 SECONDI





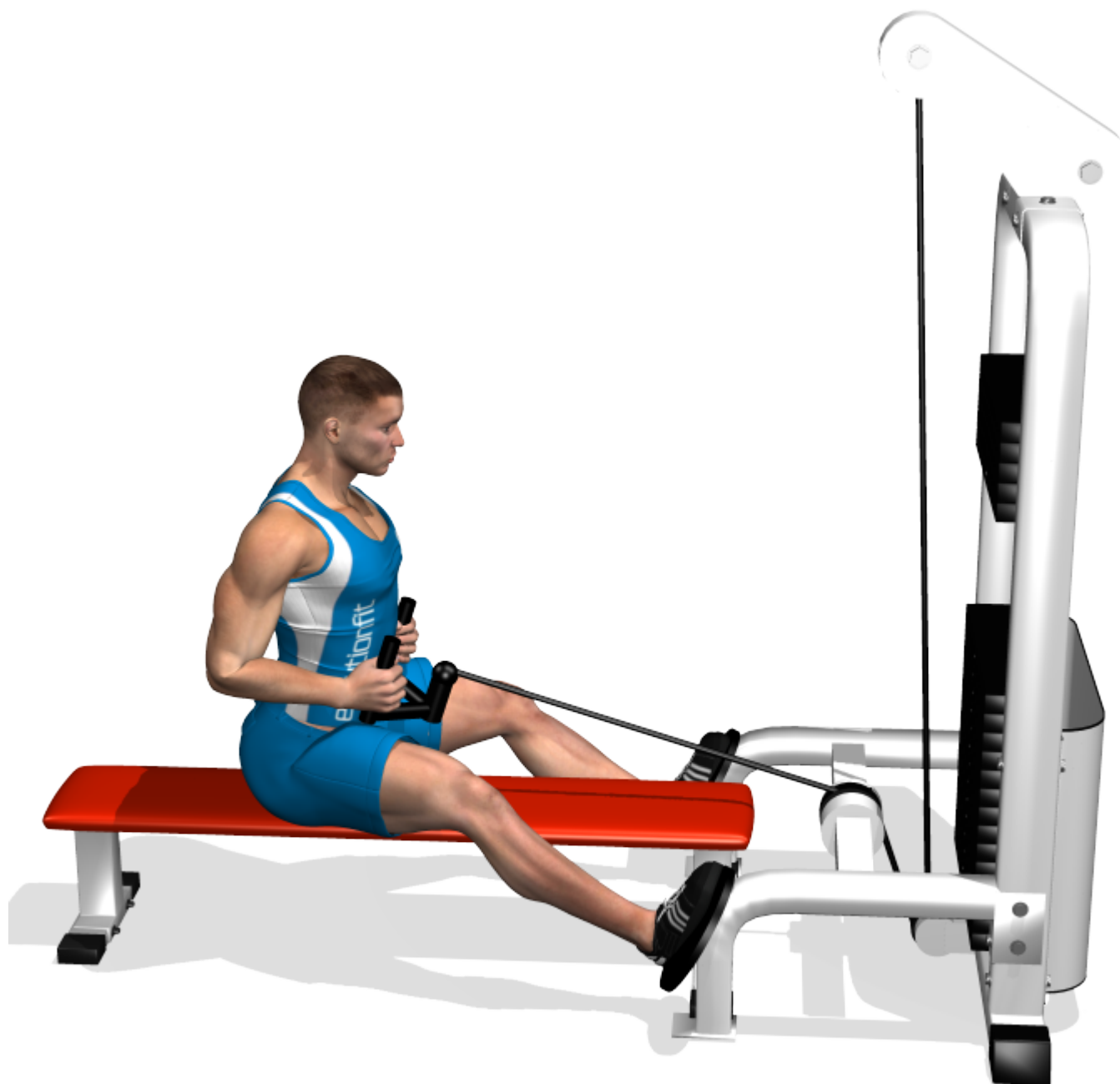
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

PULLEY ROW

SERIE: 4X8

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



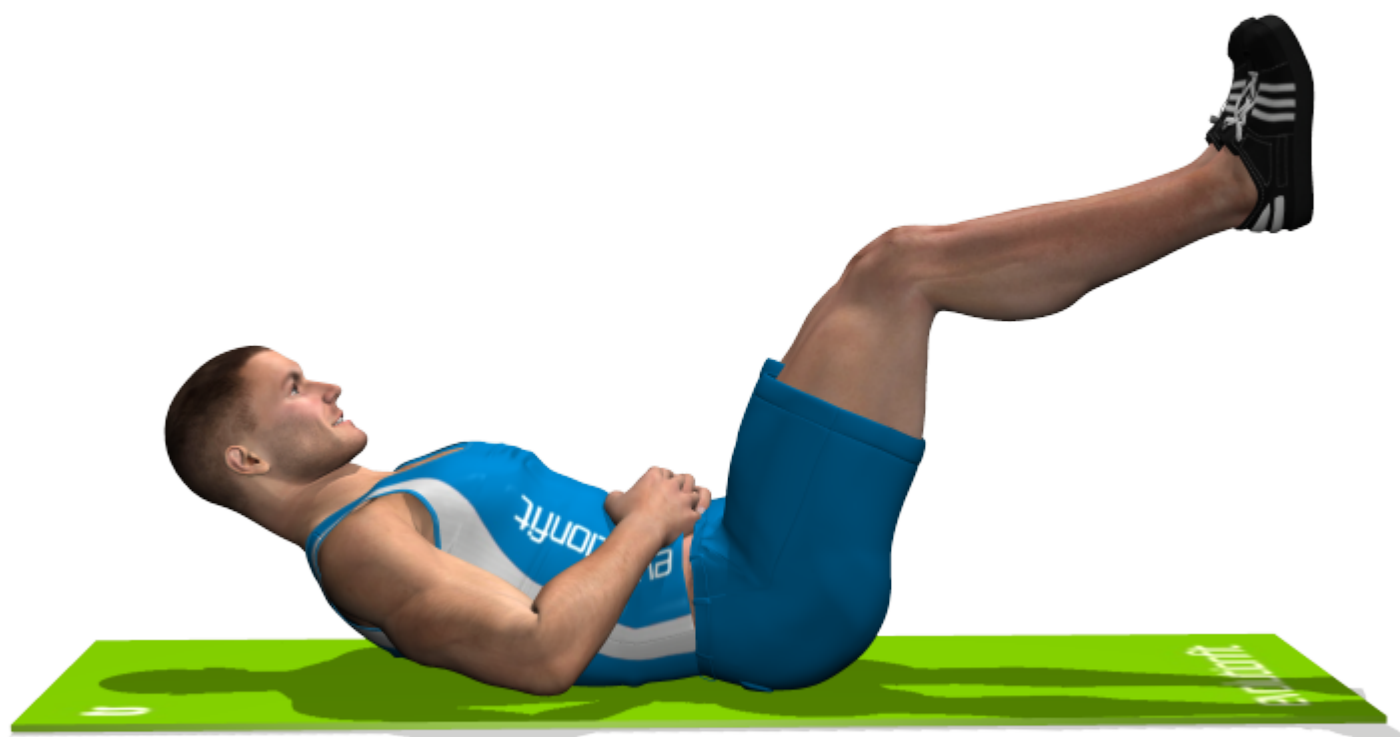


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



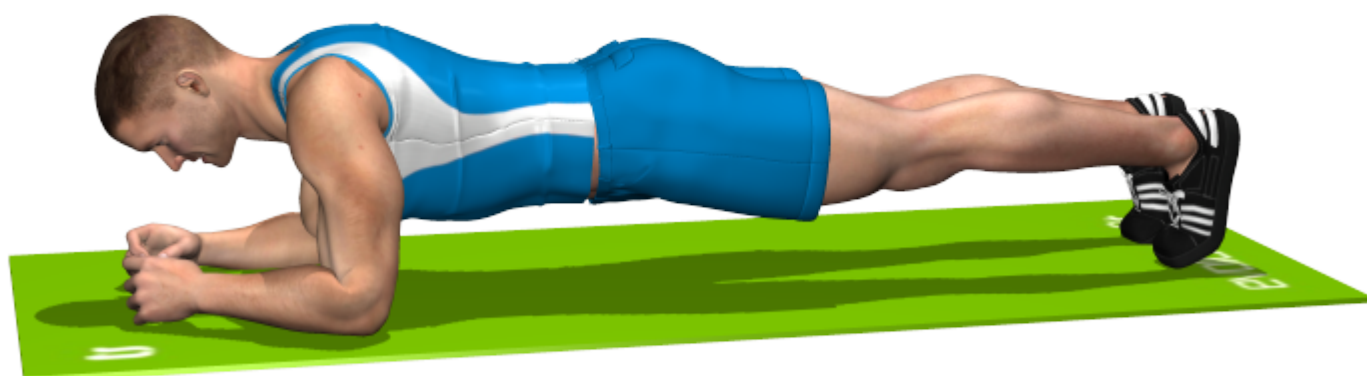


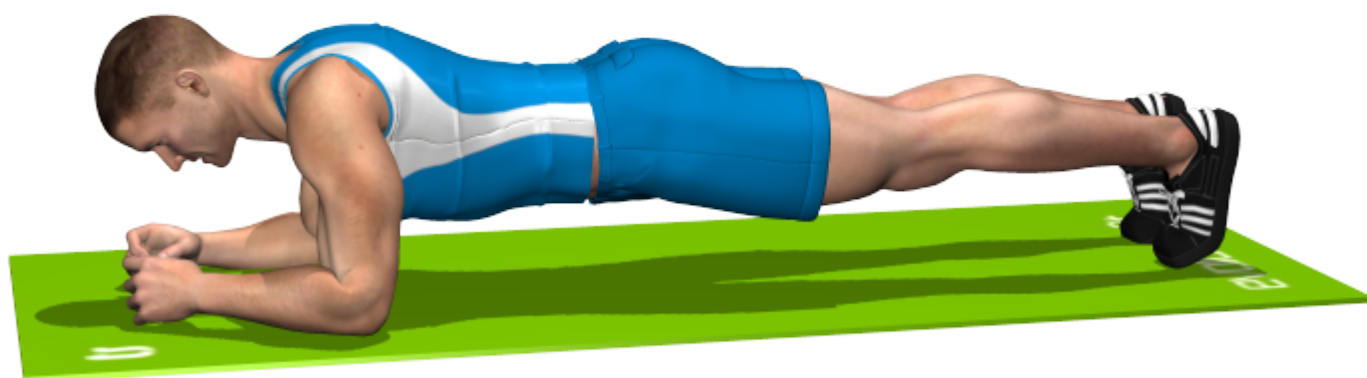
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

PETTORALI

PANCA INCLINATA BILANCIERE

SERIE: 5X6

REST: 90 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4)

SPINTE MANUBRI PANCA PIANA

SERIE: 5X6

REST: 90 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

SERIE: 4X8

REST: 90 SECONDI





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

CAVI ALTI

SERIE: 4X8

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CHIUSURE-AI-CAVI.mp4>

TRICIPITI

DIPS

SERIE: 3x10

REST: 90 SECONDI



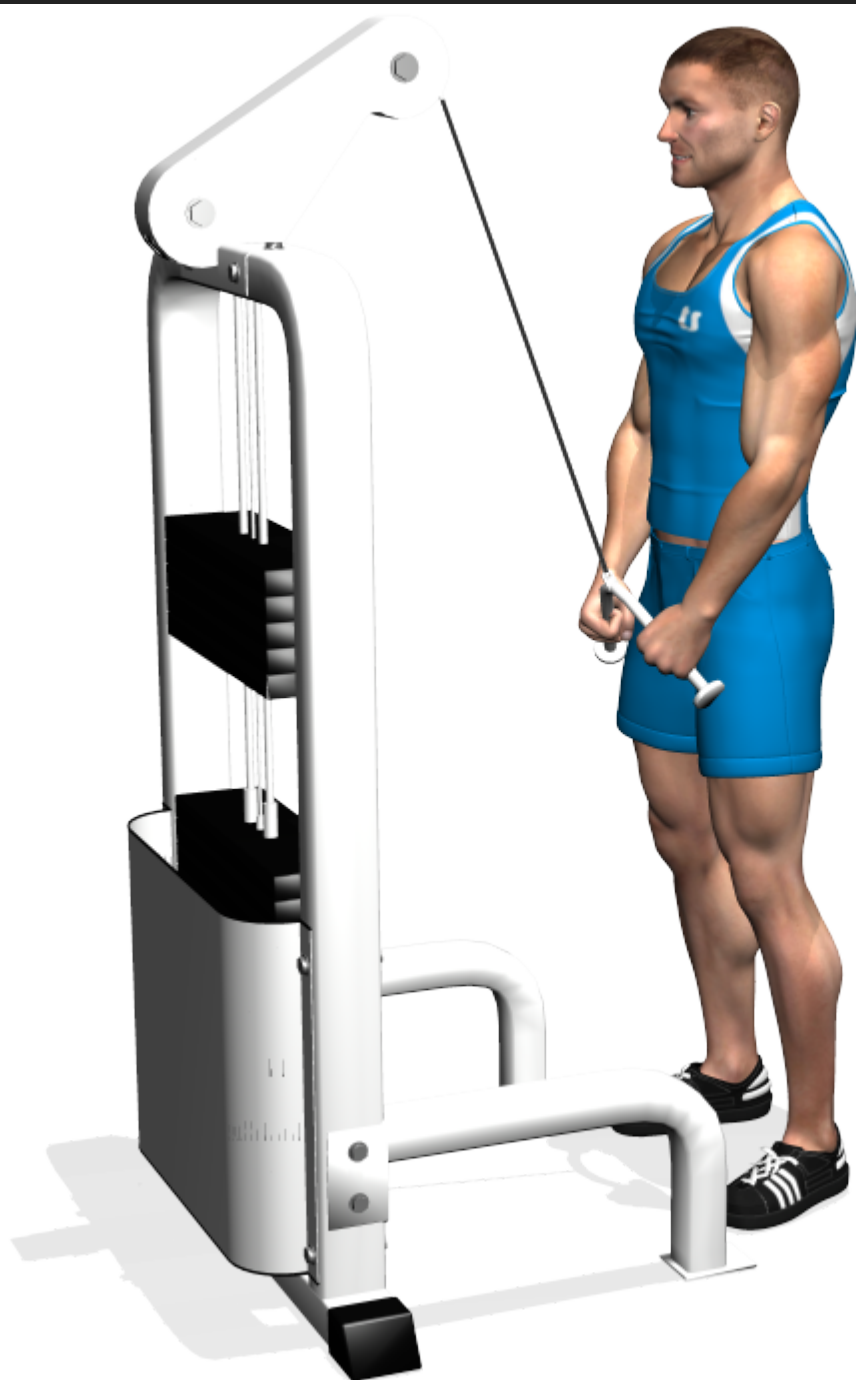


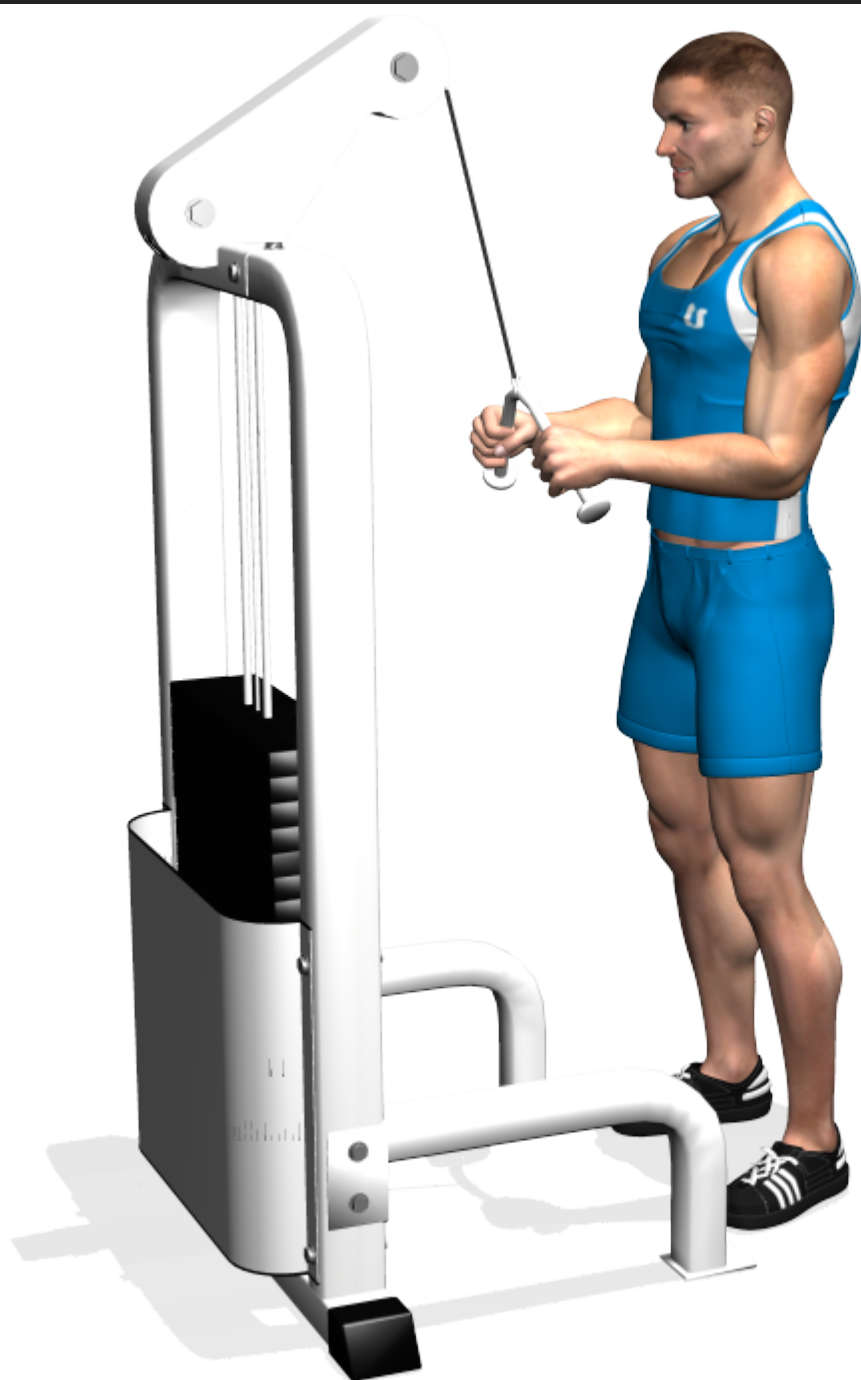
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

PULLEY ALTO

SERIE: 5X6

REST: 90 SECONDI





FRENCH PRESS SEDUTO

SERIE: 4X8

REST: 90 SECONDI



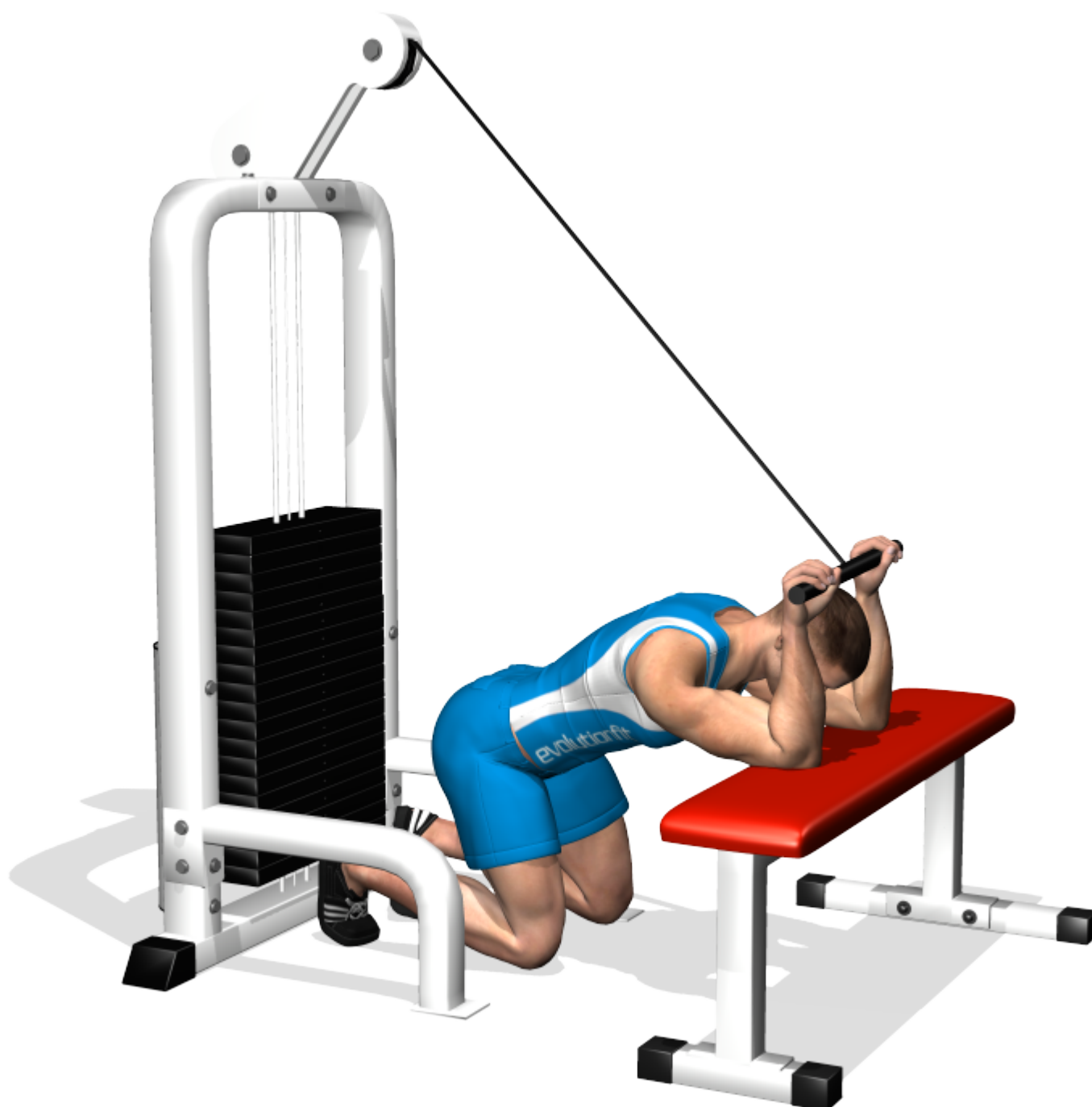


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/FRENCH-PRESS-SEDUTO.mp4>

FRENCH PRESS CORDA

SERIE: 4X8

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/FRENCH-PRESS-CORDA.mp4>

POLPACCI

CALF MACHINE SEDUTO

SERIE: 3X20

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



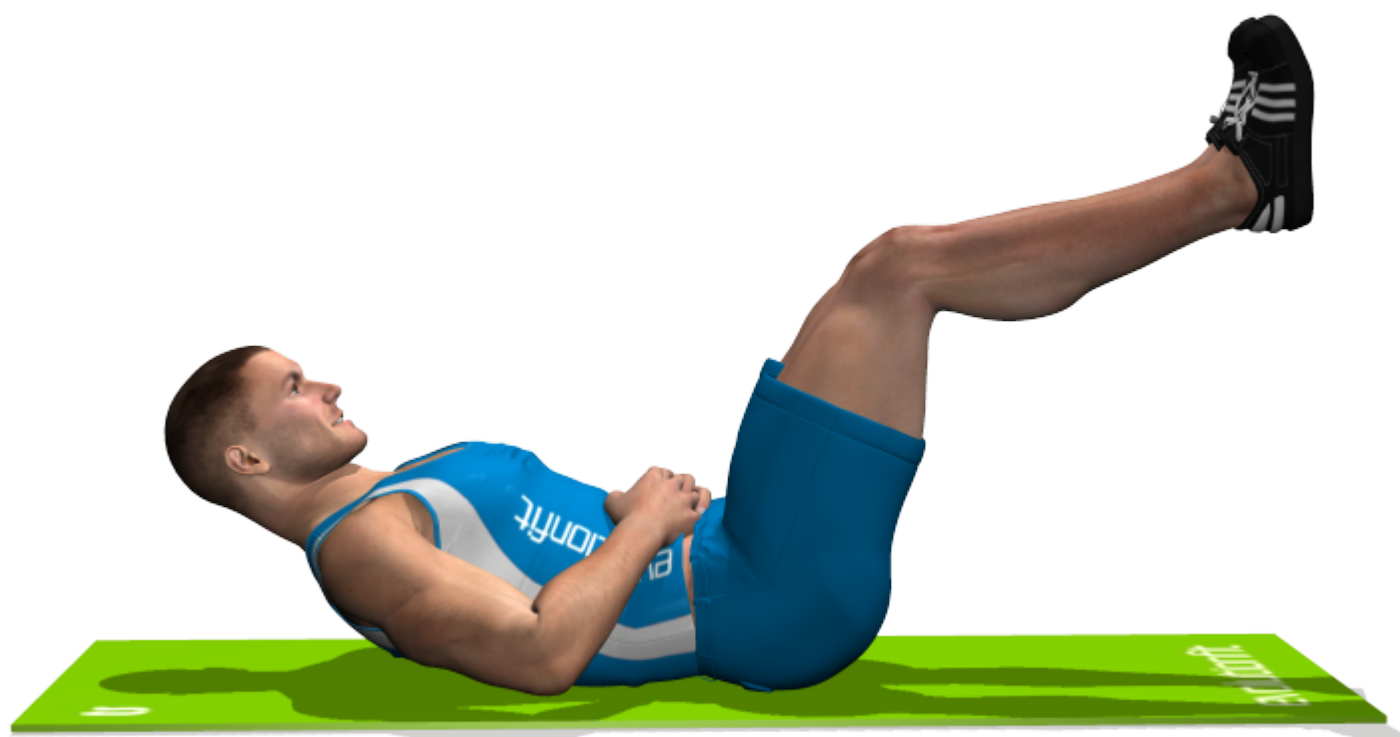


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



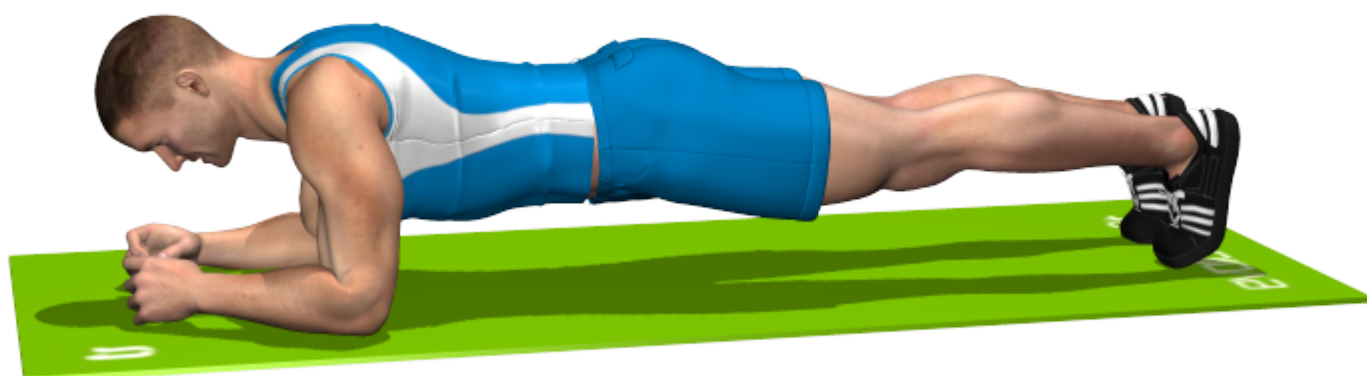


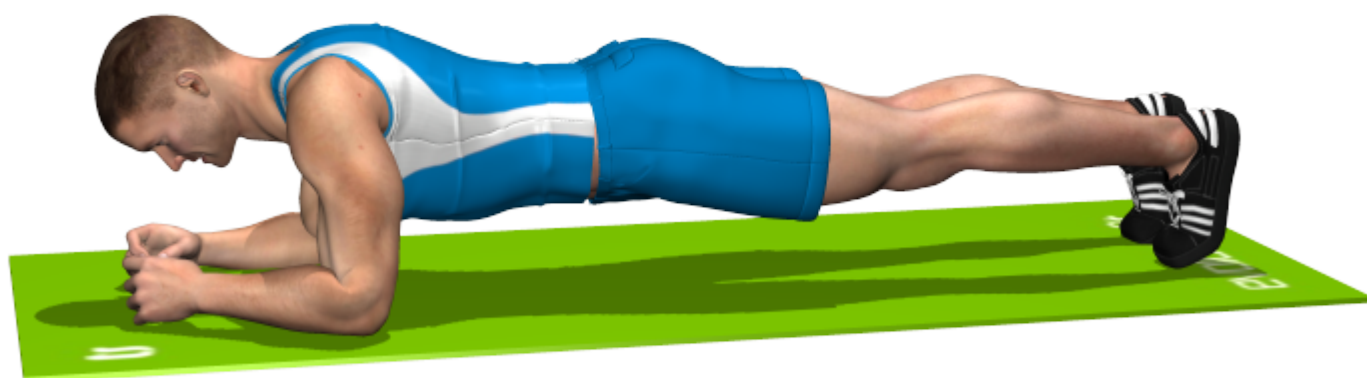
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 5X8

REST: 90 SECONDI





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

ALZATE LATERALI SEDUTO

SERIE: 4X10

REST: 90 SECONDI





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

ALZATE FRONTALI PANCA INCLINATA

SERIE: 5X8

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-FRONTALI-PANCA-INCLINATA-2-MANUBRI-.mp4>

CROCI INVERSE PANCA INCLINATA

SERIE: 4X8

REST: 90 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT
A.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT-A.mp4)

ROWING TORSO GOMITI 90°

SERIE: 4X6

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI MARTELLO

SERIE: 5X6

REST: 90 SECONDI





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

CURL CONCENTRATO UN MANUBRIO

SERIE: 4X8

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4>

CURL CAVO BASSO

SERIE: 4X8 DISCESA LENTA 5 SECONDI

REST: 90 SECONDI





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

