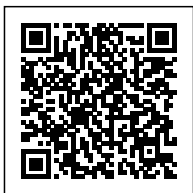


# SCHEDA ALLENAMENTO GAIA NOTO DONNA 09



# SCHEDA DI ALLENAMENTO GAIA NOTO

## SCHEDA 3 - INIZIO 10 GENNAIO - SCADENZA 6 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





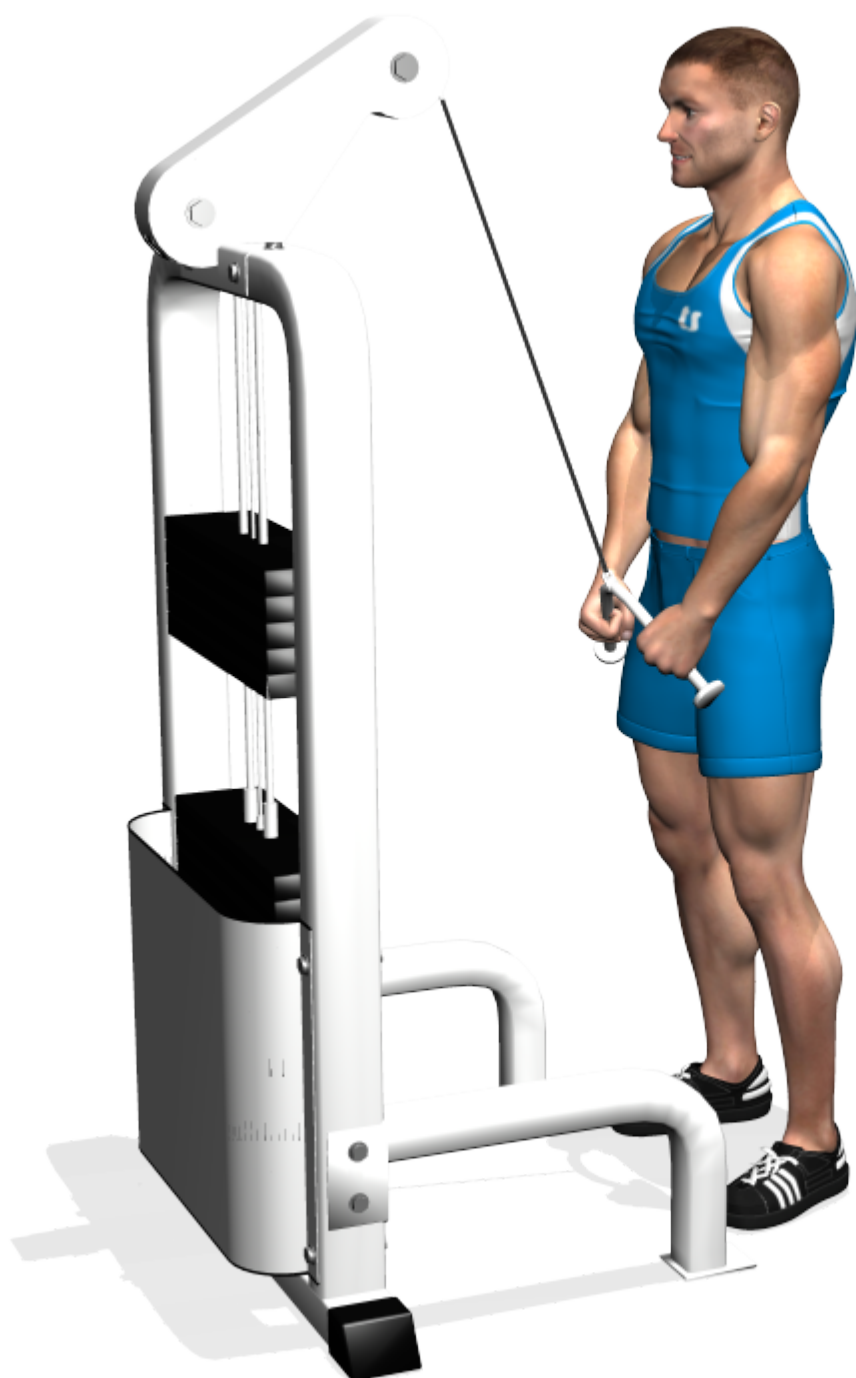
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PECTORAL-MACHINE.mp4>

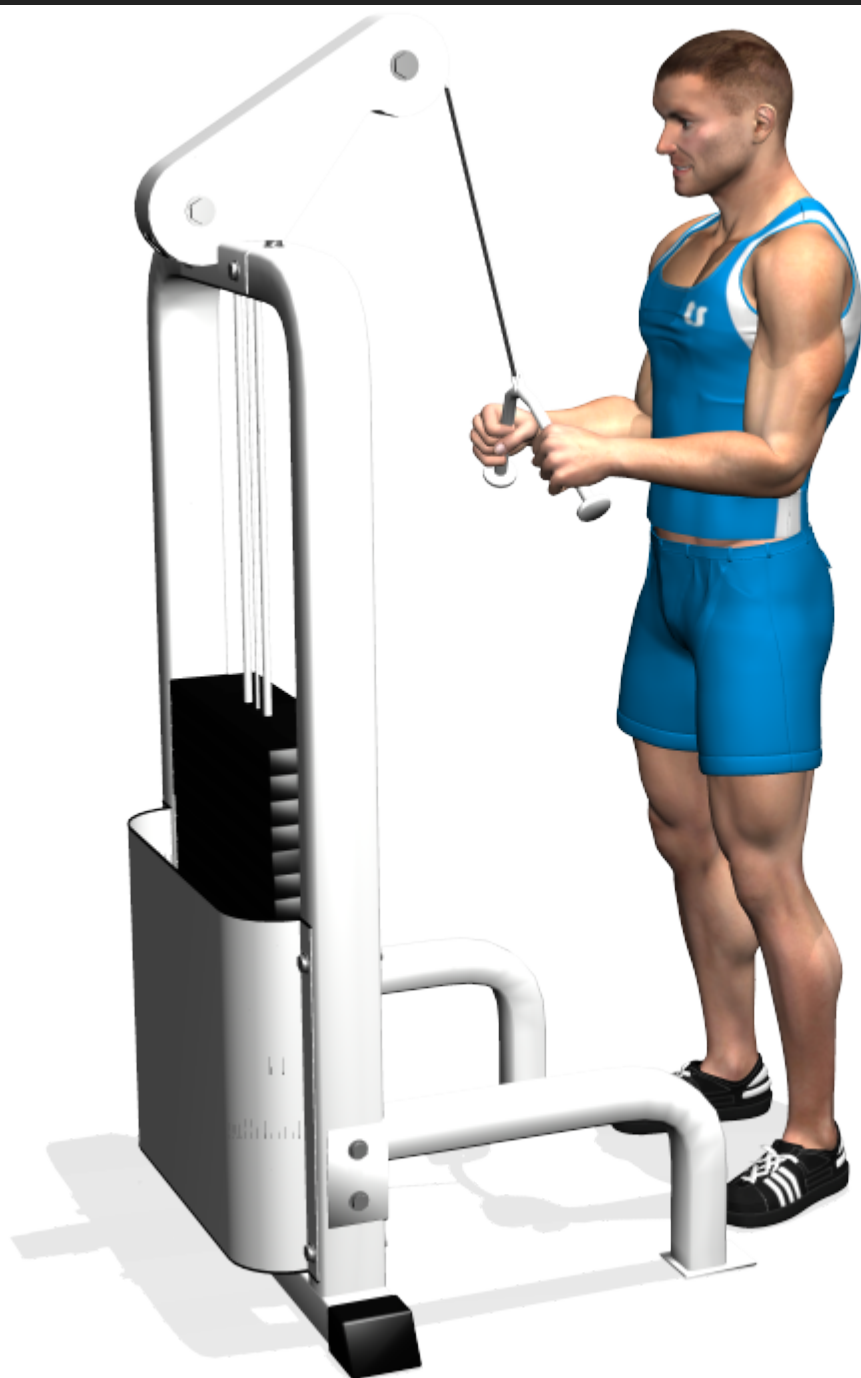
## TRICIPITI

## PULLEY ALTO

SERIE: 4X8

REST: 60 SECONDI





## GIORNO 2

# CARDIO - RISCALDAMENTO

## ELLITTICA

MINUTI: 10



## **GAMBE GIORNO 2**

### **LEG EXTENSION**

SERIE: 4X8

REST: 60 SECONDI



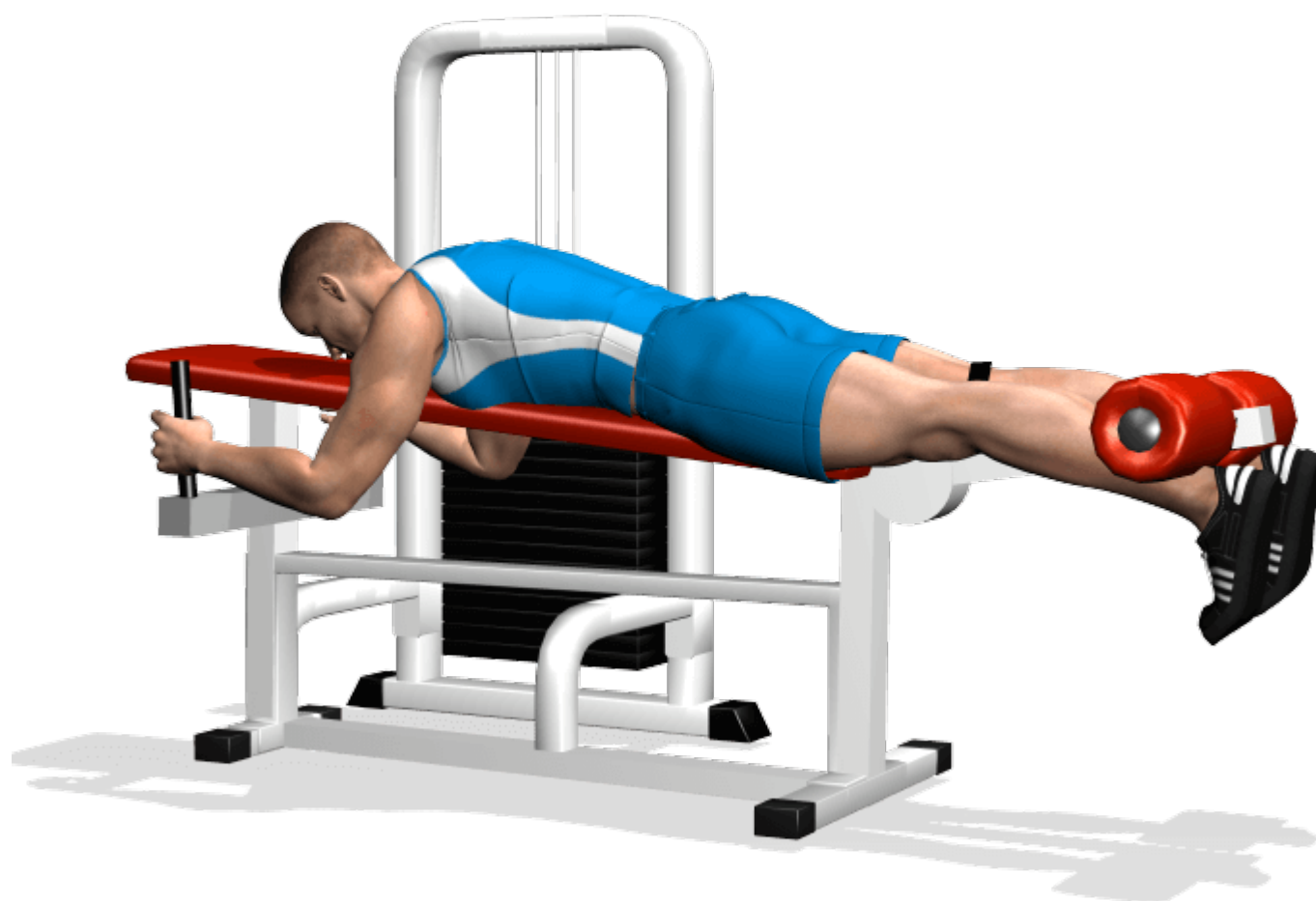


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

## 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





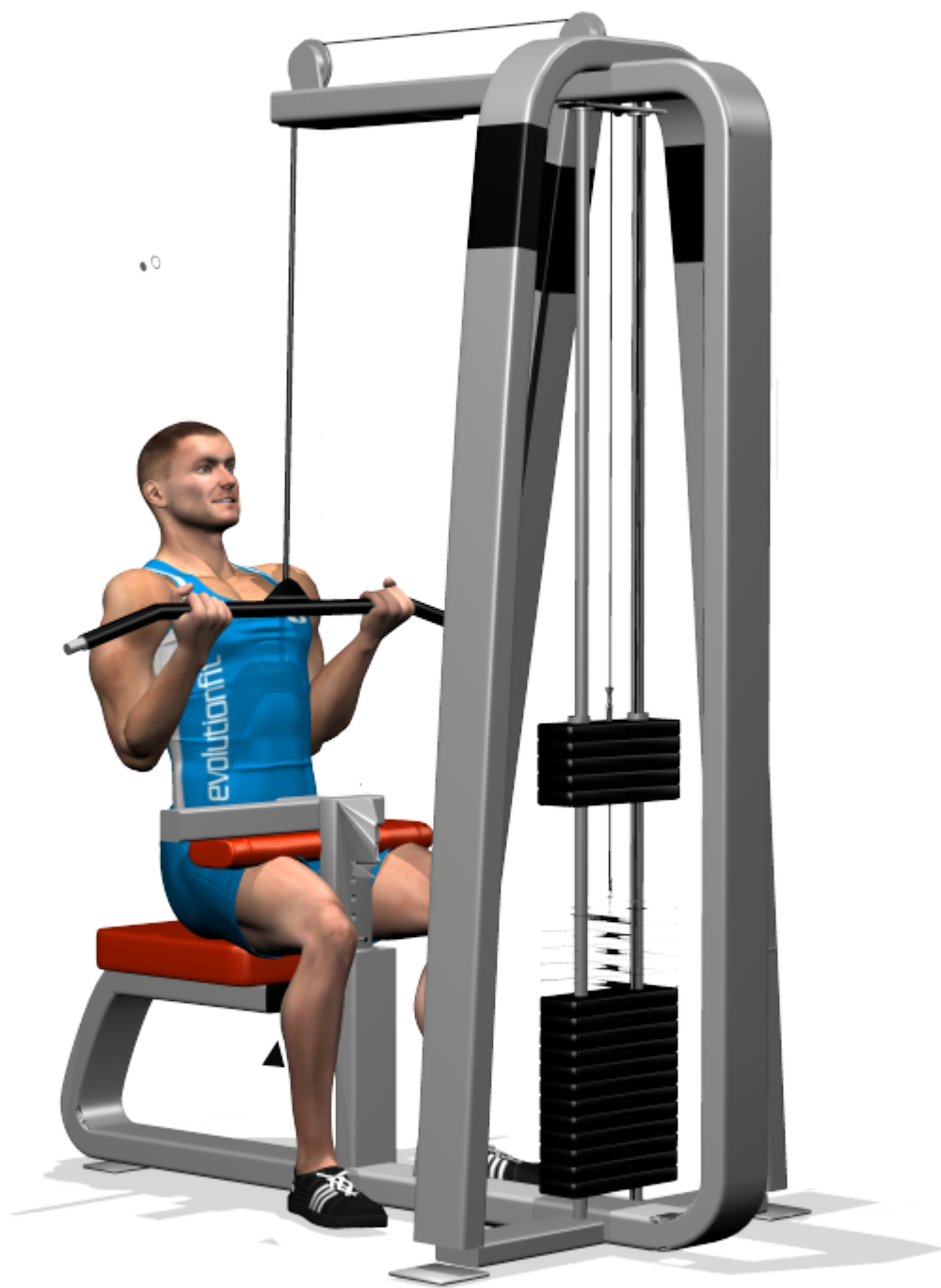
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

## DORSALI

## LAT MACHINE INVERSA

SERIE: 3X12

REST: 60 SECONDI





## PULLEY ROW

SERIE: 4X8

REST: 60 SECONDI





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

## **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



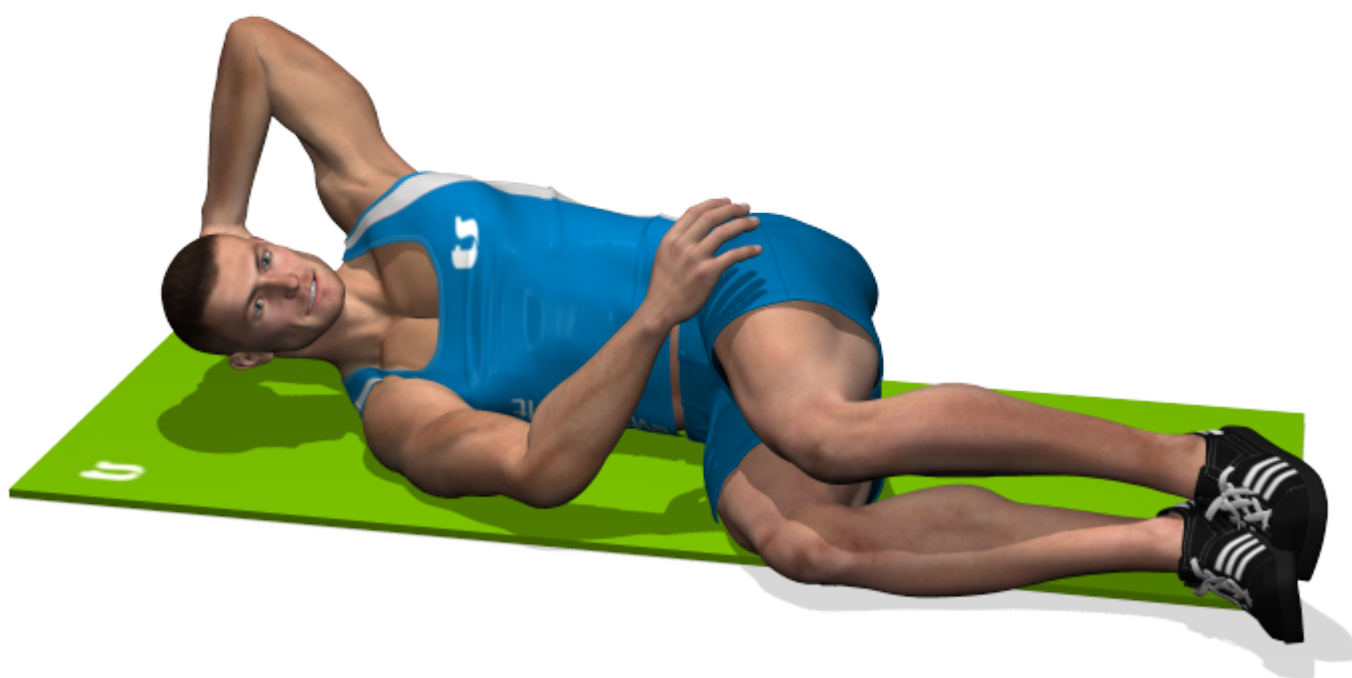
# **ADDOMINALI GIORNO 3**

## **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>

4

## 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





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

## 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>

