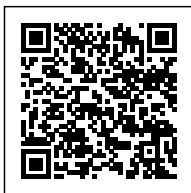


SCHEDA ALLENAMENTO GERARDO CARDELLA BASE 7



SCHEDA DI ALLENAMENTO GERARDO CARDELLA

SCHEDA 1 - INIZIO 8 DICEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

- [CARDIO](#)
[RISCALDAMENTO](#)
[Clicca qui](#)

- [ADDOMINALI](#)
[Clicca qui](#)

- [DORSALI](#)
[Clicca qui](#)

- [TRICIPITI](#)
[Clicca qui](#)

- [POLPACCI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[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

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: 3x25

REST: 90 SECONDI





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

DORSALI

LAT MACHINE AVANTI

SERIE: 4X6

REST: 90 SECONDI





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

REMATORE T-BAR

SERIE: 4X6

REST: 90 SECONDI



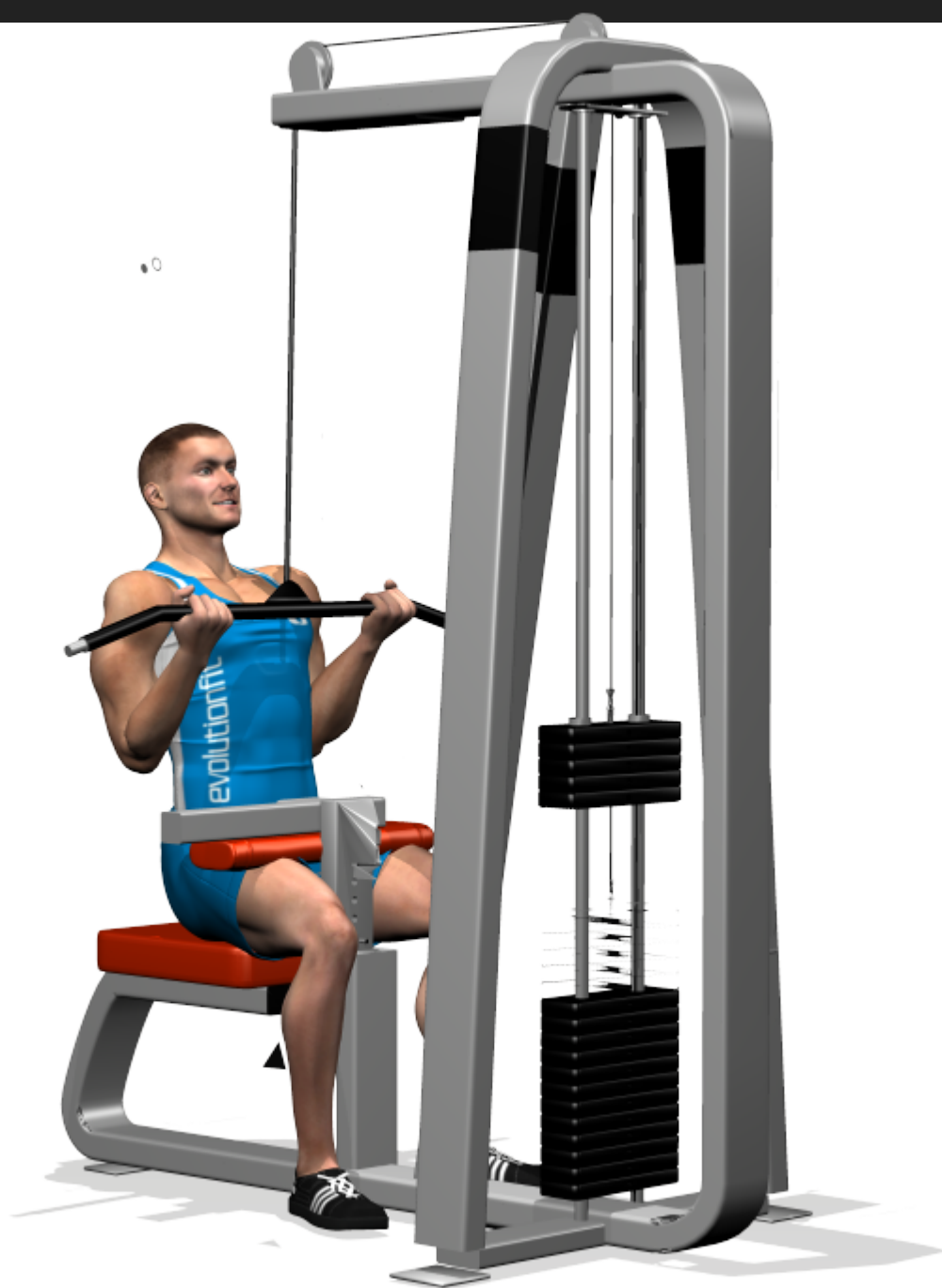


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/T-BAR.mp4>

LAT MACHINE INVERSA CON TRIANGOLO

SERIE: 4X6

REST: 90 SECONDI





PULL OVER

SERIE: 2X12

REST: 90 SECONDI





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

TRICIPITI

DIPS

SERIE: 4X6

REST: 90 SECONDI



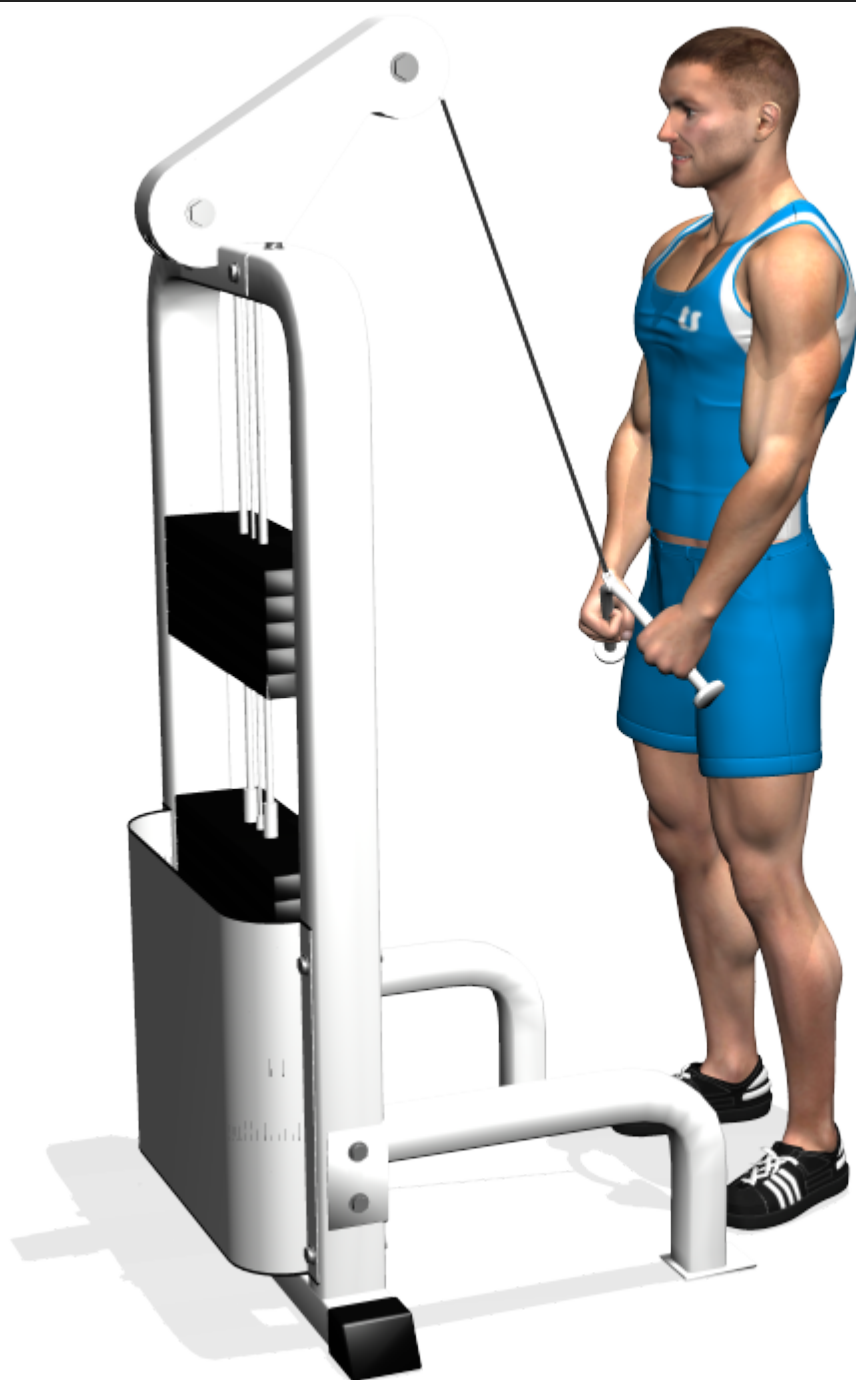


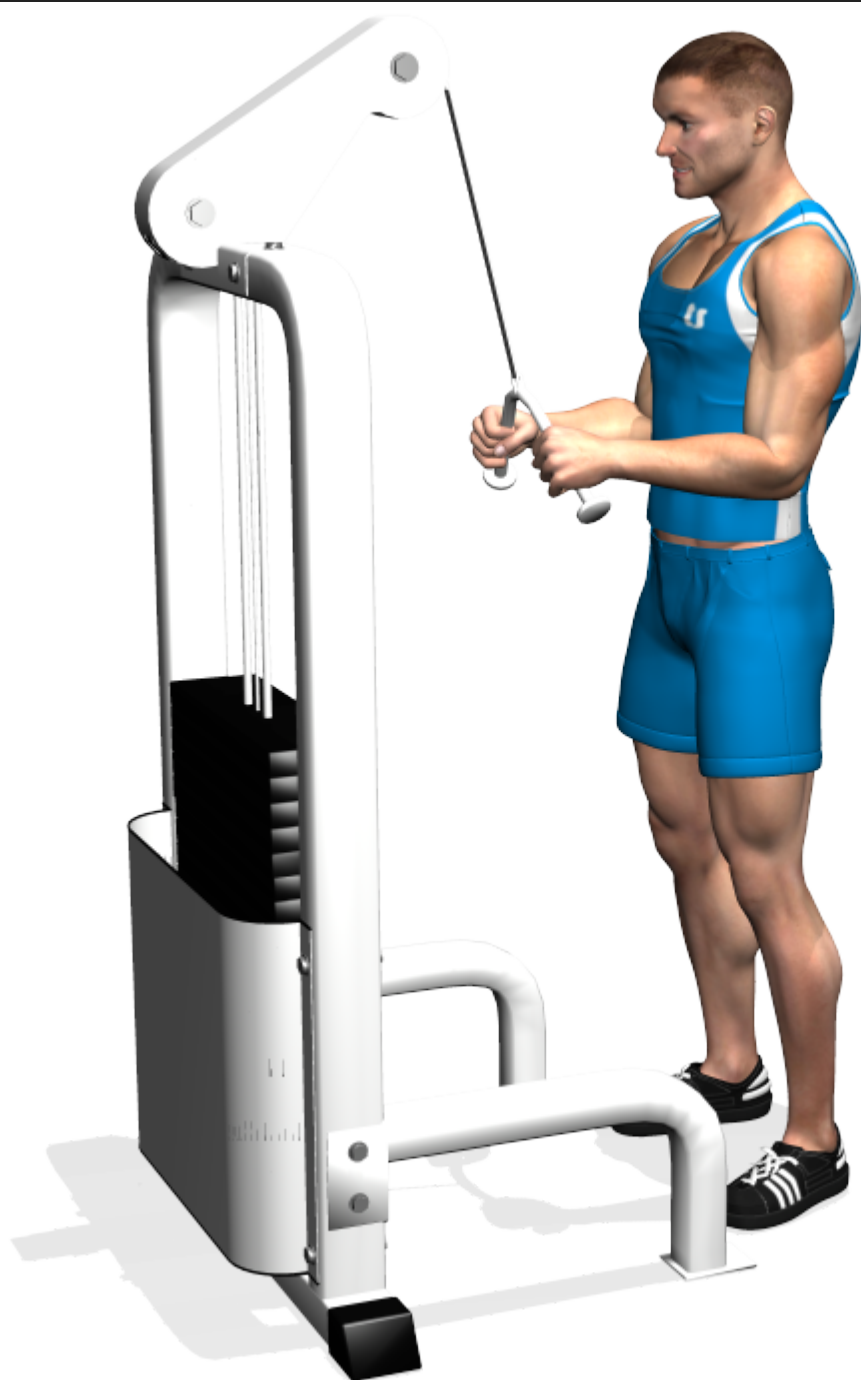
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

PULLEY ALTO CON CORDA

SERIE: 4X6

REST: 90 SECONDI





FRENCH PRESS SEDUTO

SERIE: 3x12

REST: 90 SECONDI





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

POLPACCI

CALF MACHINE SEDUTO

SERIE: 3X12

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



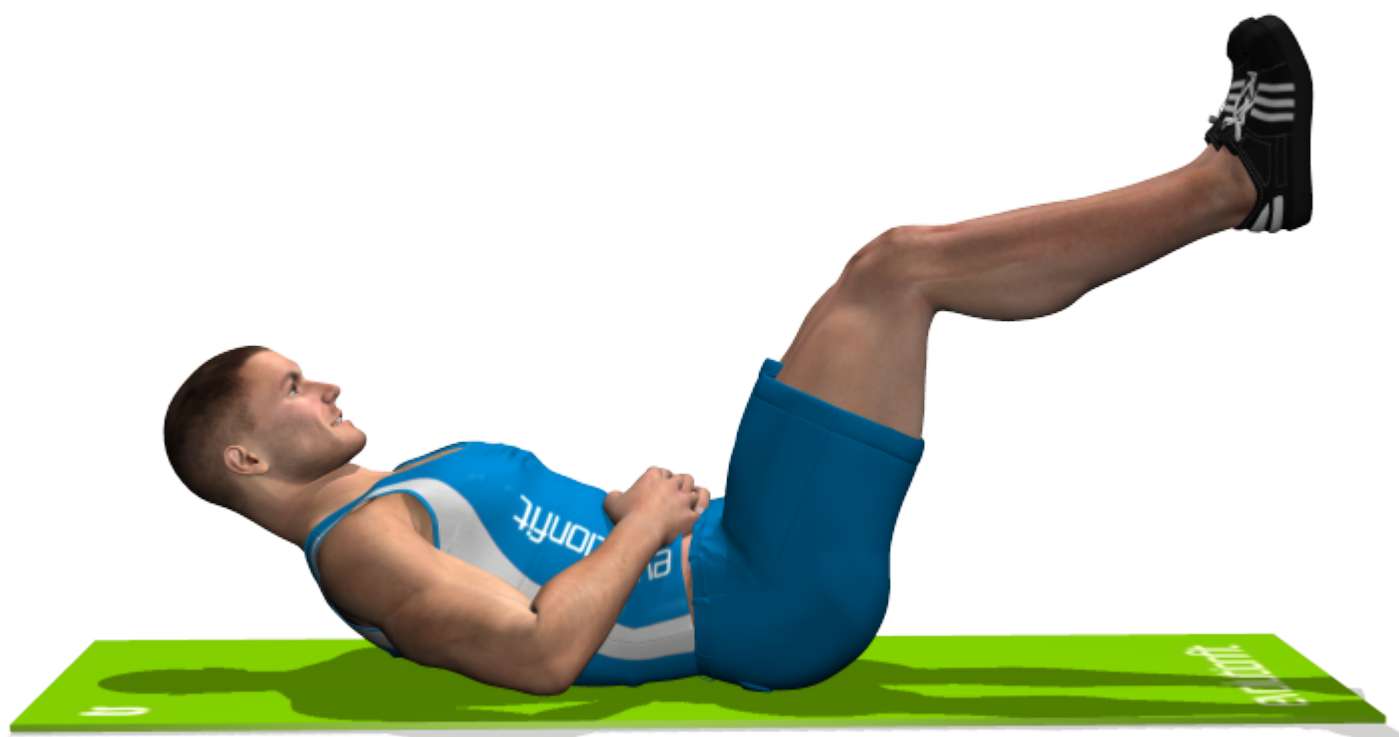


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x25

REST: 90 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

SERIE: 4X6

REST: 90 SECONDI





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

CHEST INCLINE

SERIE: 4X6

REST: 90 SECONDI





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

CROCI MANUBRI PANCA PIANA

SERIE: 4X6

REST: 90 SECONDI





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

CROCI MANUBRI PANCA RECLINATA

SERIE: 2x12

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

ARM CURL MACHINE

SERIE: 4X6

REST: 90 SECONDI





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

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 4X6

REST: 90 SECONDI





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

CURL PANCA SCOTT

SERIE: 3x12

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



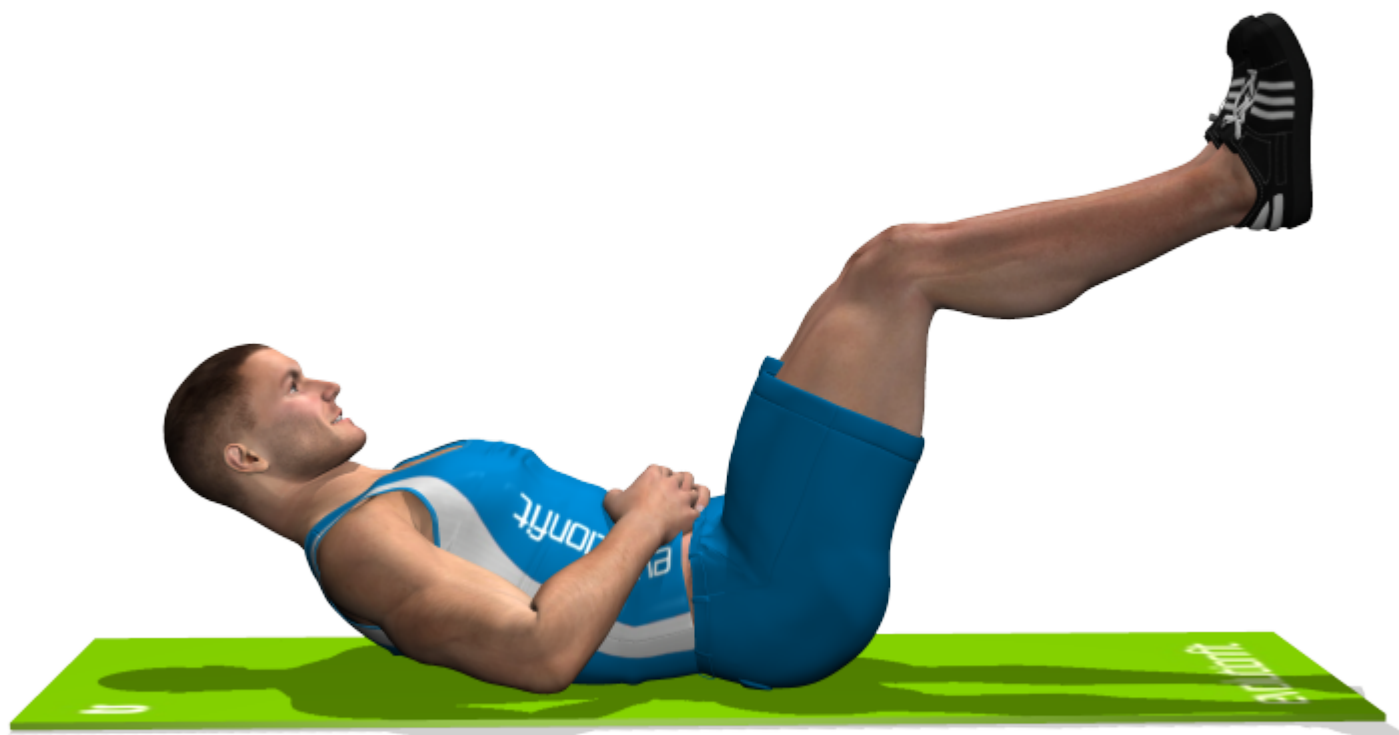


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x25

REST: 90 SECONDI





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

GAMBE

SQUAT MANUBRIO

SERIE: 4X6

REST: 90 SECONDI





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

LEG EXTENSION

SERIE: 4X6

REST: 90 SECONDI





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

MEZZI STACCHI

SERIE: 3X12

REST: 90 SECONDI





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

SPALLE

ROWING TORSO

SERIE: 4X6

REST: 90 SECONDI





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

SHOULDER PRESS MACHINE

SERIE: 4X6

REST: 90 SECONDI





ALZATE LATERALI

SERIE: 4X6

REST: 90 SECONDI





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

ARNOLD PRESS

SERIE: 3x12

REST: 90 SECONDI





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

