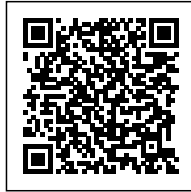


SCHEDA ALLENAMENTO GIADA PERNA DONNA 12



SCHEDA DI ALLENAMENTO GIADA PERNA

SCHEDA 1 - INIZIO 17 OTTOBRE - DURATA 6 SETTIMANE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

[- BICIPITI](#)
[- AVAMBRACCI](#)
[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 15 BUON PASSO



CORSA SU TAPPETO

MINUTI: 15/20 BUON PASSO

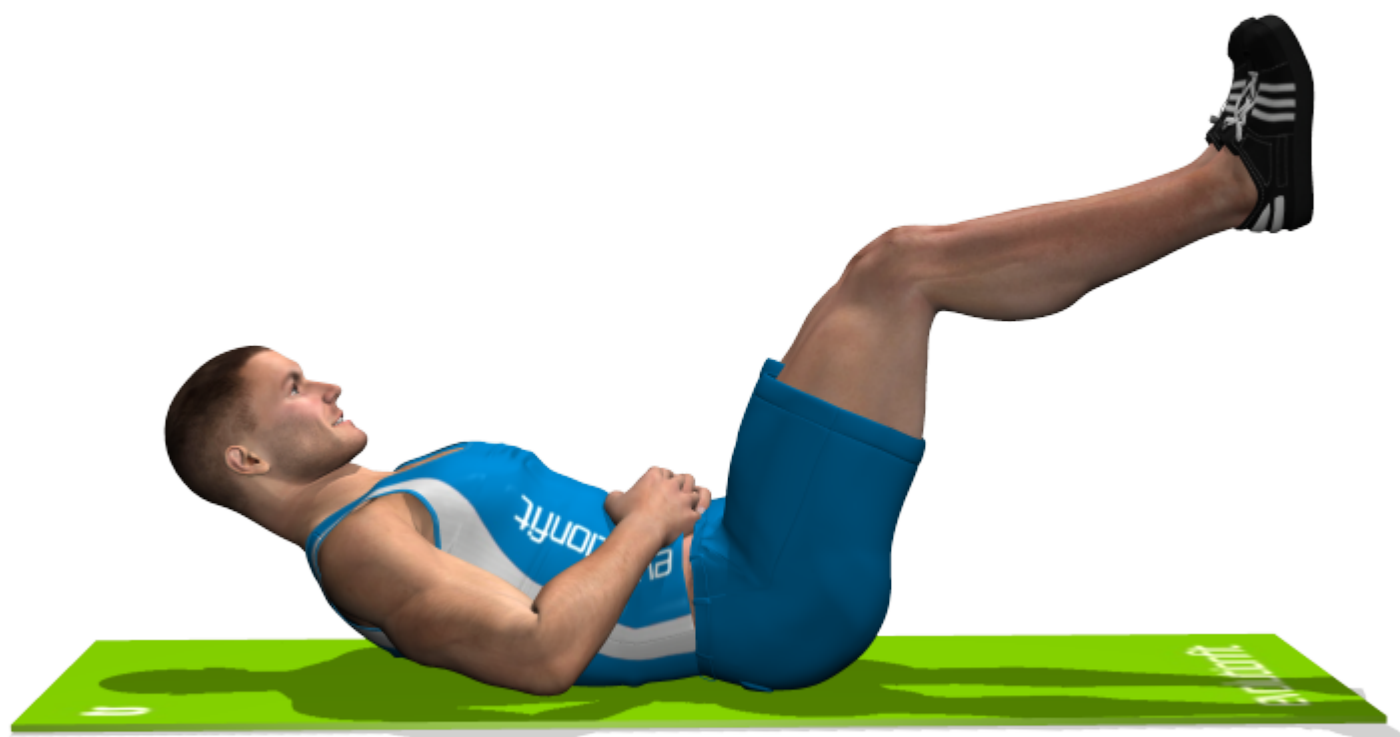


ADDOMINALI GIORNO 1

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI



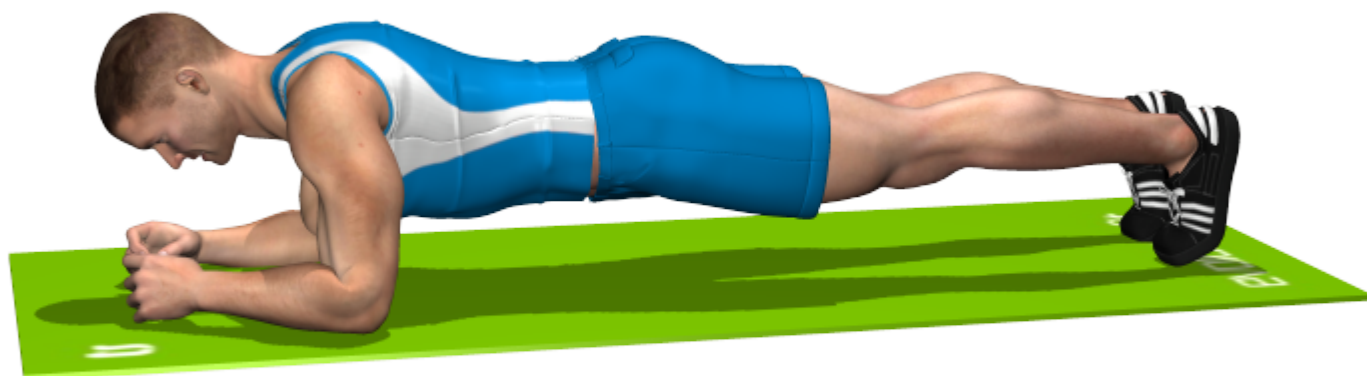


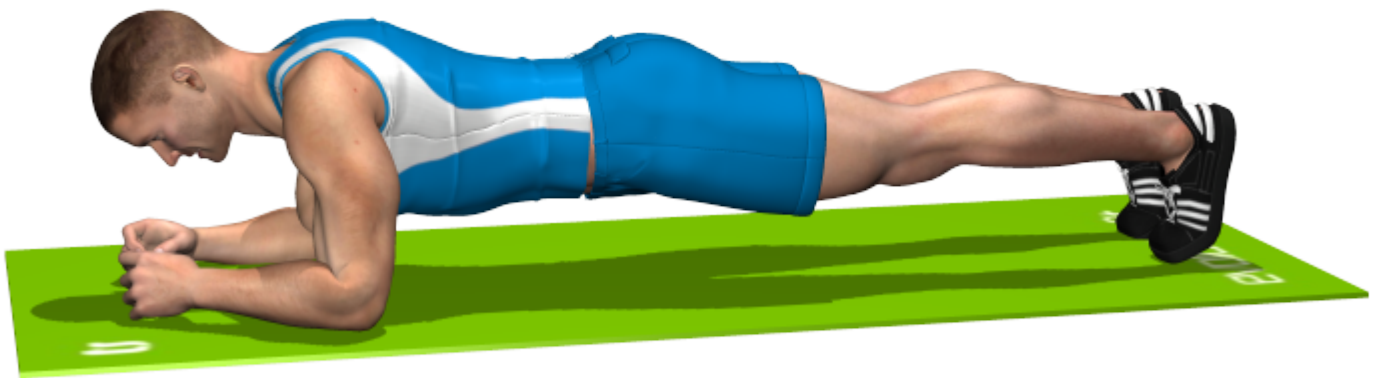
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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PLANK

SERIE: 3x1 MINUTO

REST: 60 SECONDI





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

GAMBE GIORNO 1

GOBLET SQUAT

REPS: 12-10-8-8

REST: 60 SECONDI



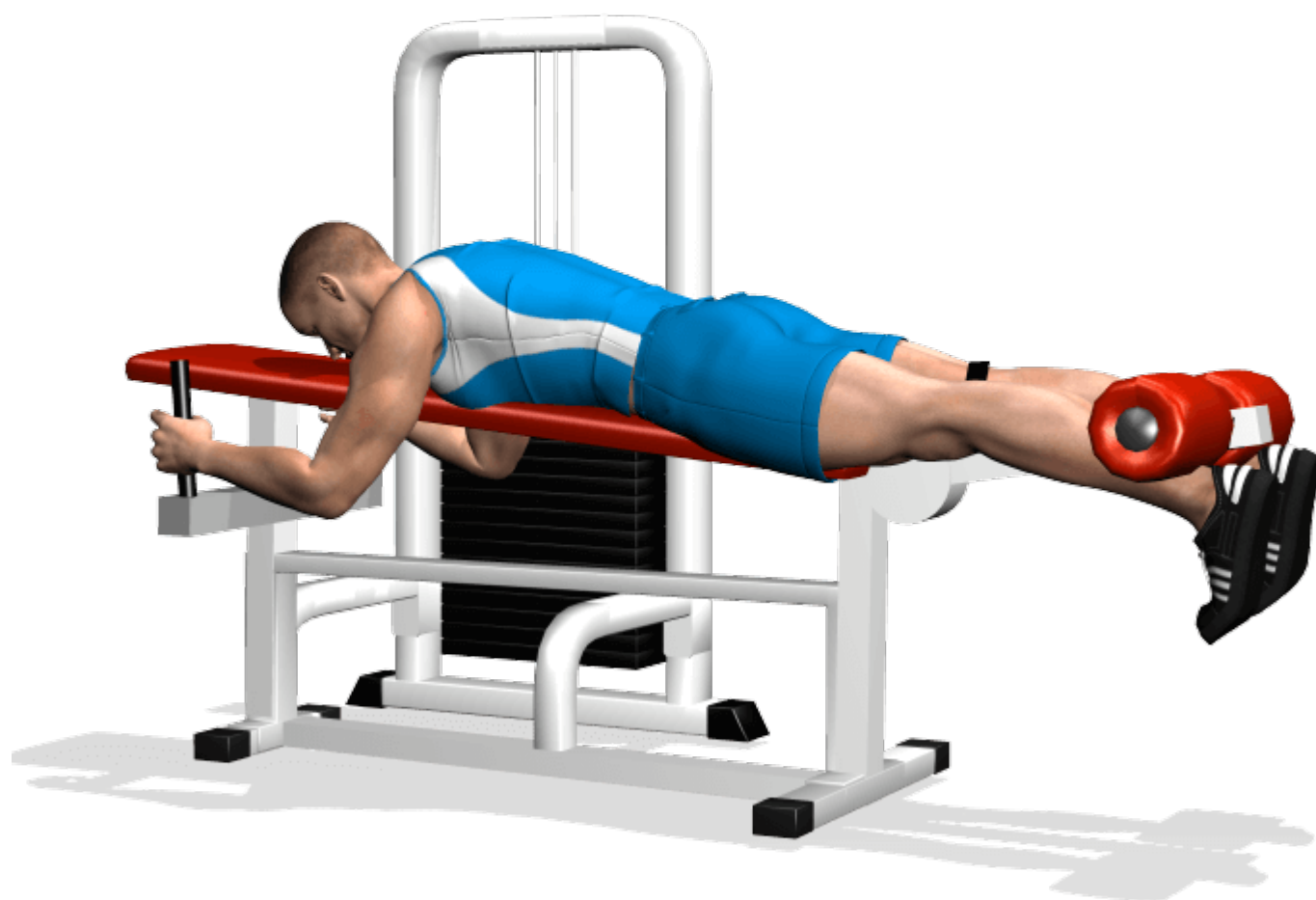


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

LEG CURL SEDUTA

SERIE: 3X16

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3X16

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x16

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 4X12

REST: 60 SECONDI





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

CURL MANUBRI MARTELLLO

SERIE: 3X12

REST: 60 SECONDI





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

CURL CONCENTRATO UN MANUBRIO

SERIE: 4x10

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 15 BUON PASSO



CORSA SU TAPPETO

MINUTI: 15/20 BUON PASSO

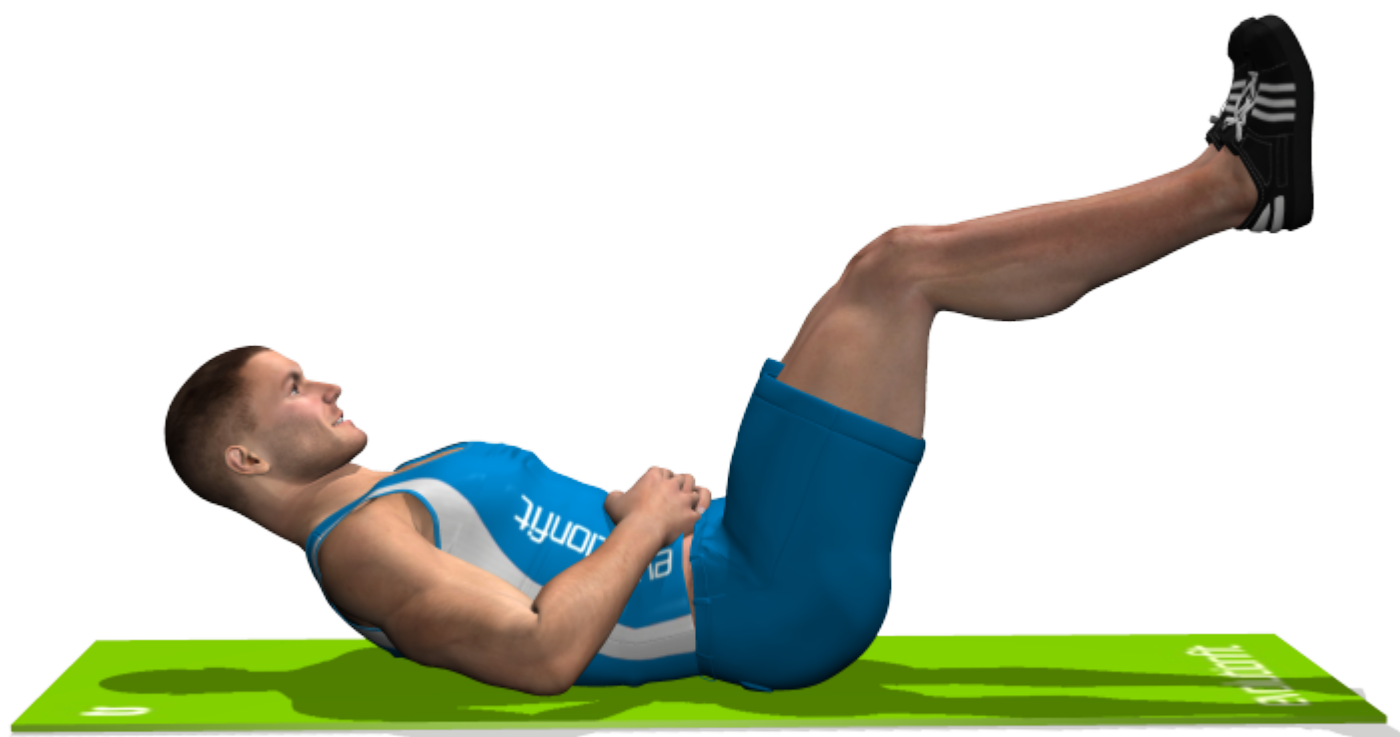


ADDOMINALI GIORNO 2

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI



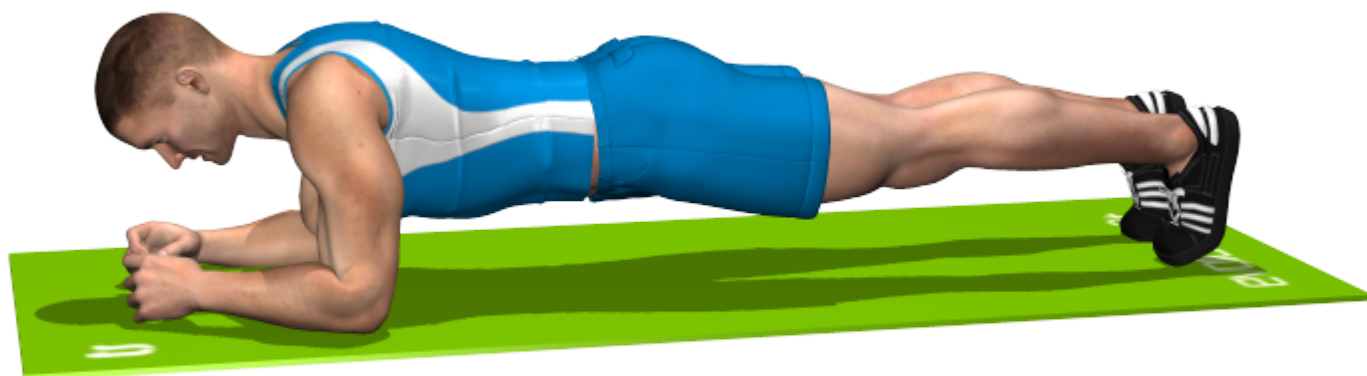


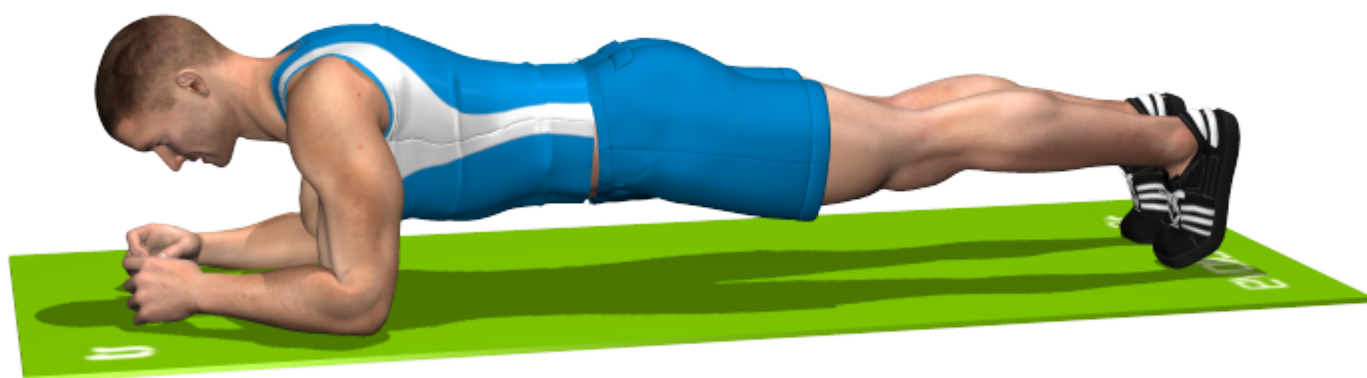
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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PLANK

SERIE: 3x1 MINUTO

REST: 60 SECONDI





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

PETTORALI

CHEST PRESS

SERIE: 4X10

REST: 60 SECONDI





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

CROCI MANUBRI PANCA PIANA

SERIE: 3x12

REST: 60 SECONDI





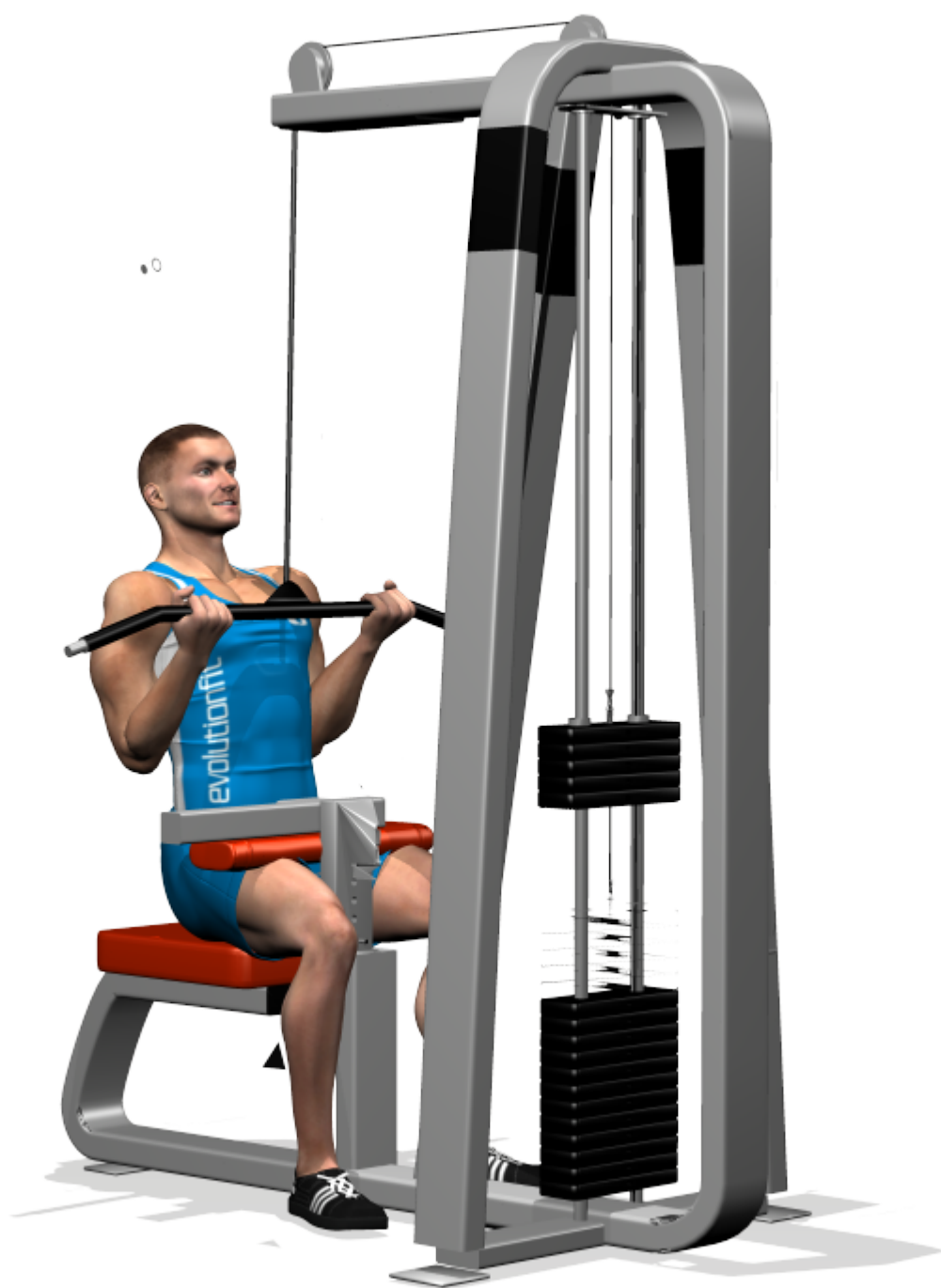
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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-PIANA.mp4)

DORSALI

LAT MACHINE INVERSA

SERIE: 3x10

REST: 60 SECONDI



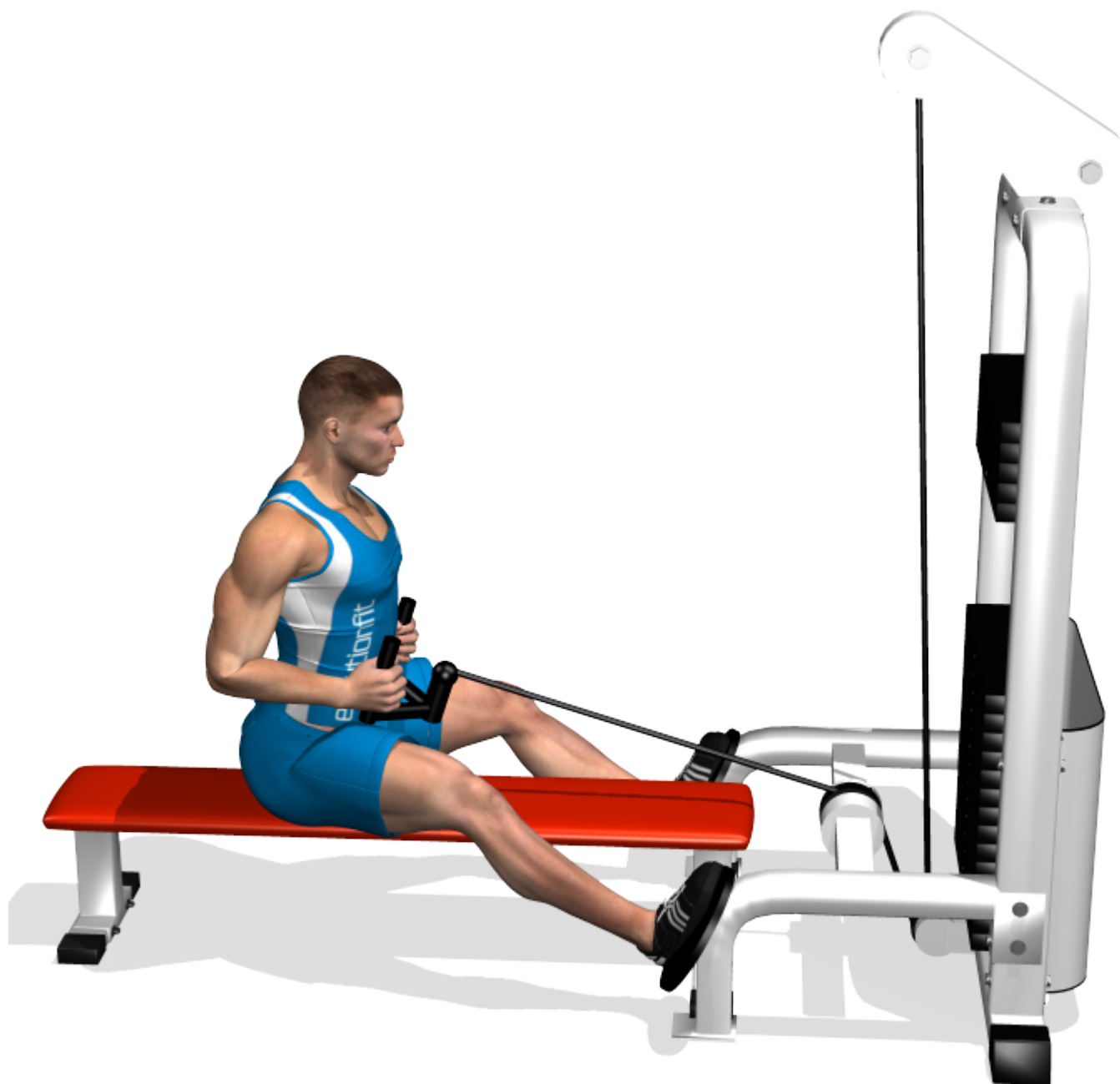


PULLEY ROW

SERIE: 3x14

REST: 60 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 3x14

REST: 60 SECONDI





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

CROCI INVERSE PANCA INCLINATA

SERIE: 3X10

REST: 60 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)

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 15 BUON PASSO



CORSA SU TAPPETO

MINUTI: 15/20 BUON PASSO

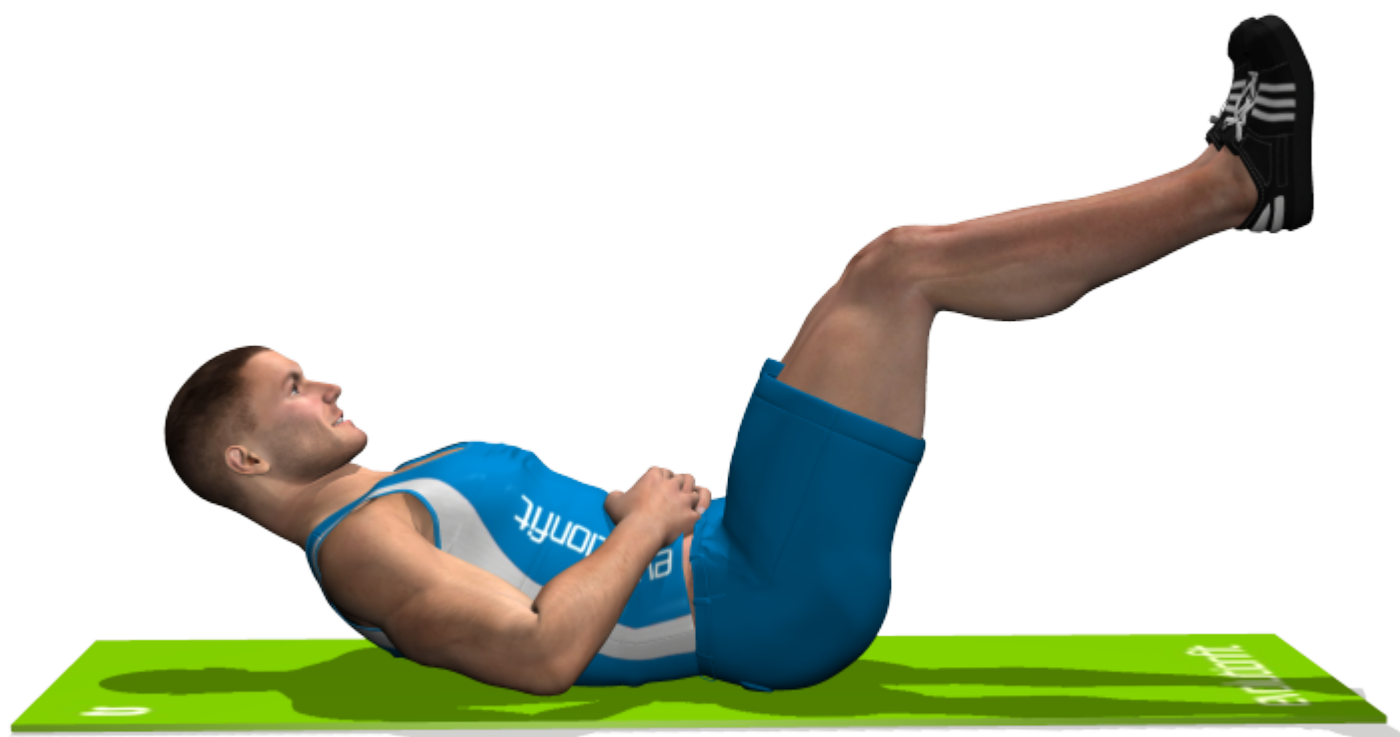


ADDOMINALI GIORNO 3

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI



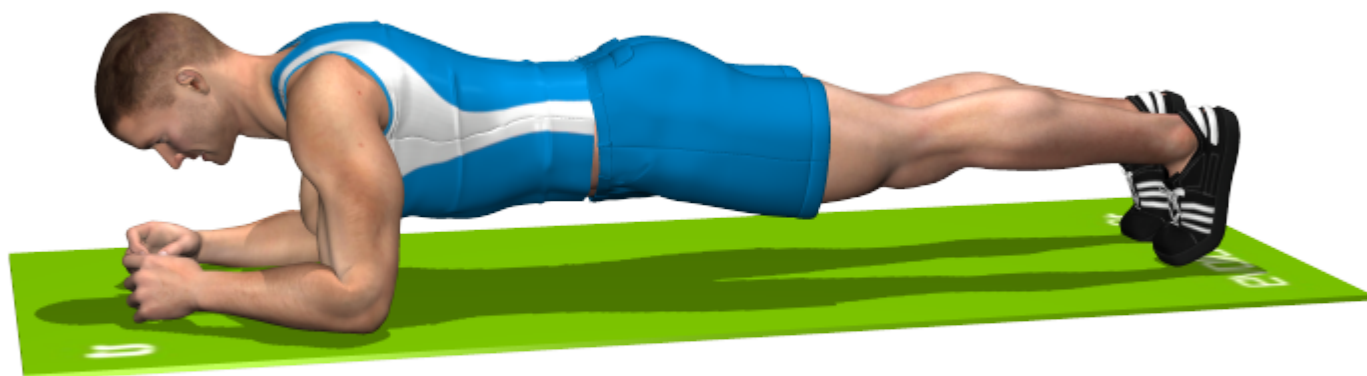


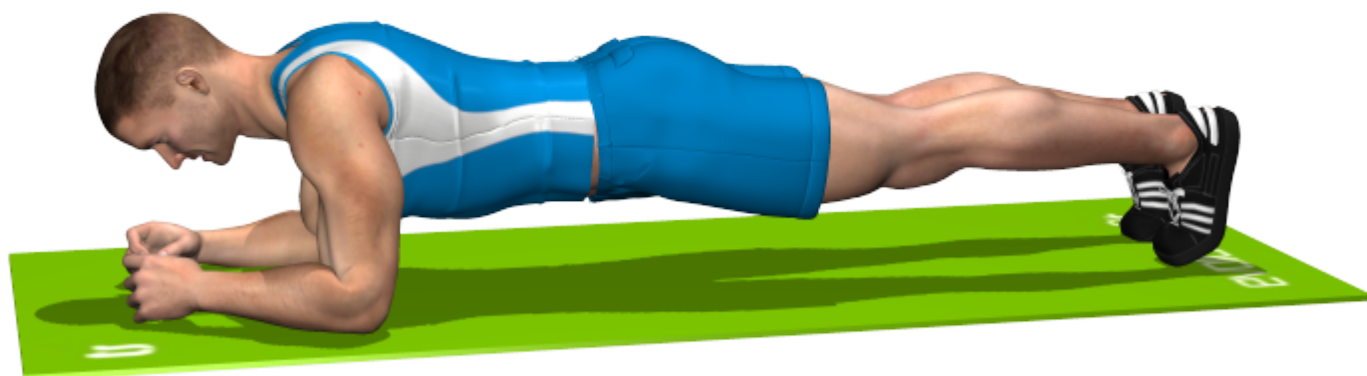
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PLANK

SERIE: 3x1 MINUTO

REST: 60 SECONDI





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

GAMBE GIORNO 3

MEZZI STACCHI

SERIE: 4X10

REST: 60 SECONDI





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

GLUTEI AI CAVI

REPS: 12-10-8-8

REST: 60 SECONDI





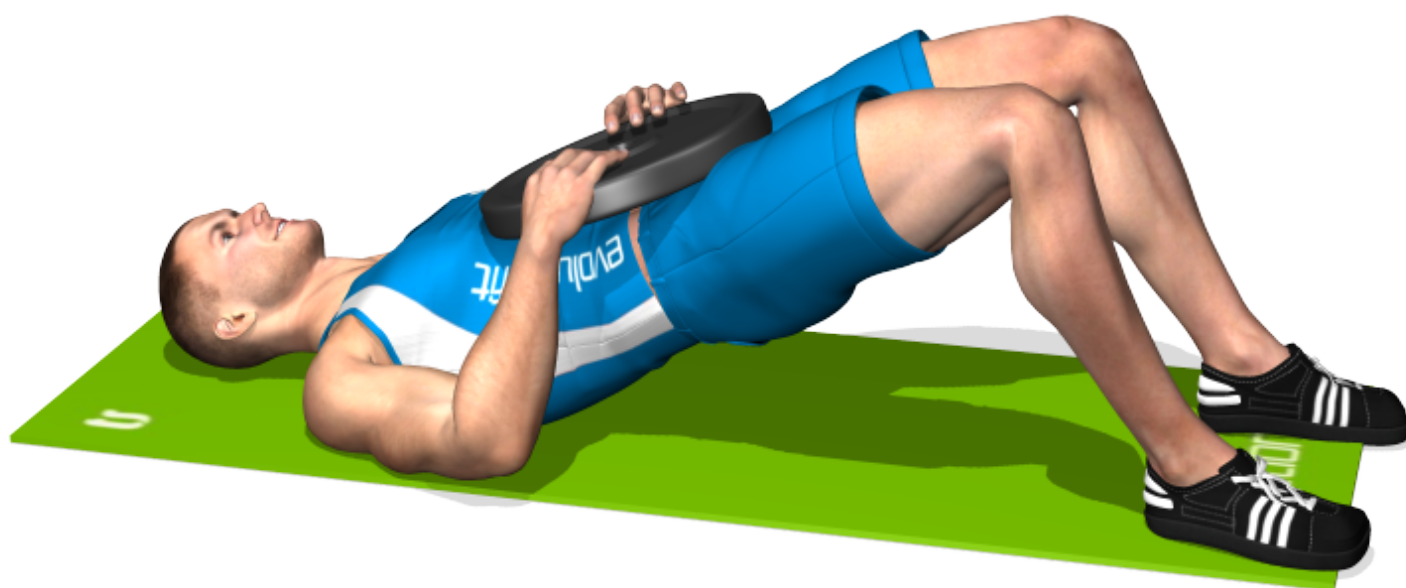
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BRIDGE/HIP TRUST

SERIE: 5X12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.mp4)

ADDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

TRICIPITI

FRENCH PRESS SEDUTO

SERIE: 3x12

REST: 60 SECONDI



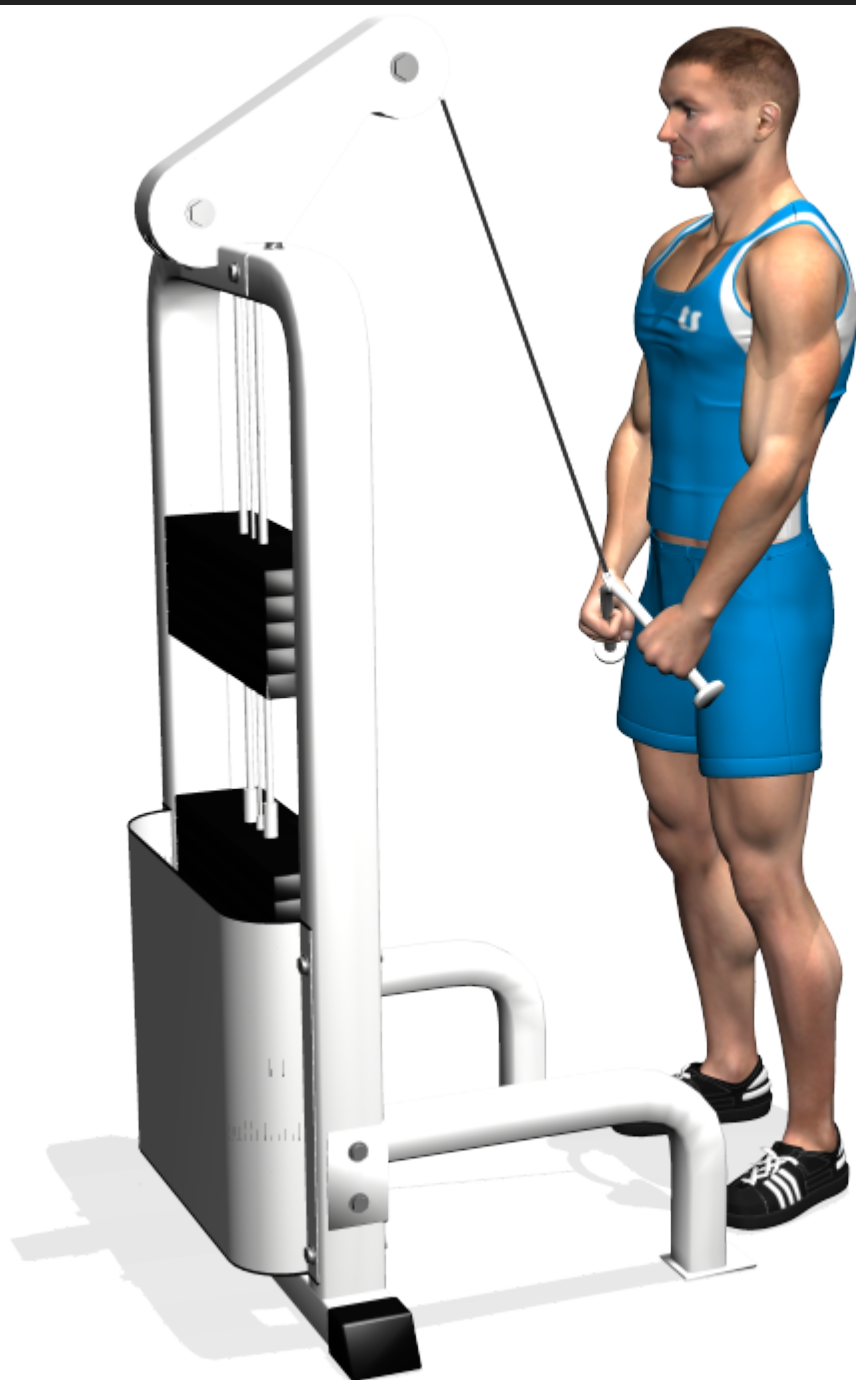


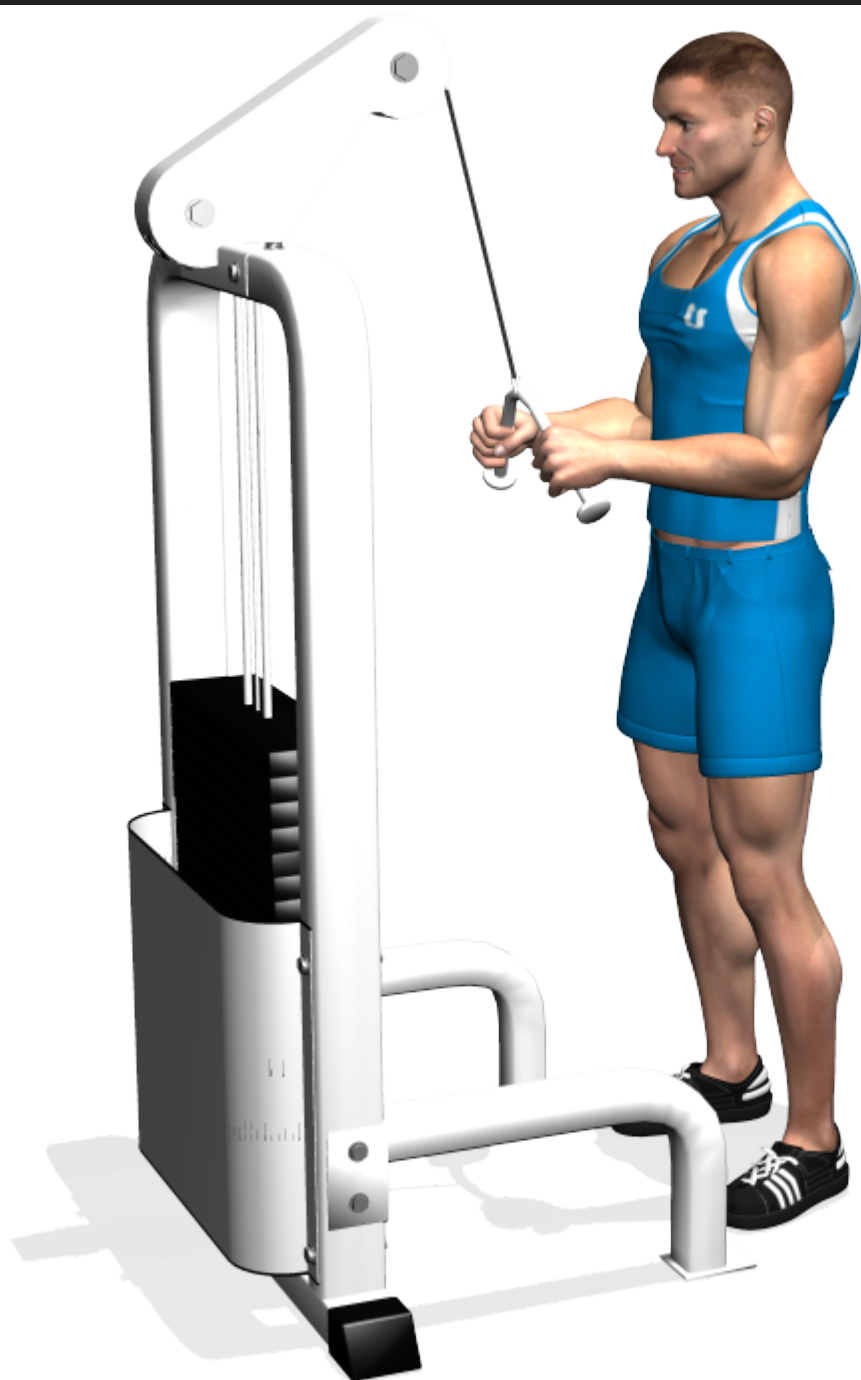
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/FRENCH-PRESS-SEDUTO.mp4>

PULLEY ALTO

SERIE: 3X14

REST: 60 SECONDI





KICK BACK SEDUTO UN MANUBRIO

SERIE: 4X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/KICK-BACK-UN-MANUBRIO.mp4>

