

# SCHEDA ALLENAMENTO GIORGIA GRAZIANO DONNA 4



# SCHEDA DI ALLENAMENTO GIORGIA GRAZIANO

## SCHEDA 1 - INIZIO 6 SETTEMBRE 2022

### GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

### GIORNO 1

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

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

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

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

- TRICIPITI

[Clicca qui](#)

## GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

-LOMBARI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

-LOMBARI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

## GIORNO 1

### CARDIO - RISCALDAMENTO

### CORSA SU TAPPETO

MINUTI: 20



## **ADDOMINALI - LOMBARI**

## CRUNCH A TERRA

SERIE: 3x25 GIORNO

REST: 60 SECONDI





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

## REVERSE CRUNCH

SERIE: 3x25 GIORNO

REST: 60 SECONDI





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

## SIT UP

SERIE: 3x20

REST: 60 SECONDI





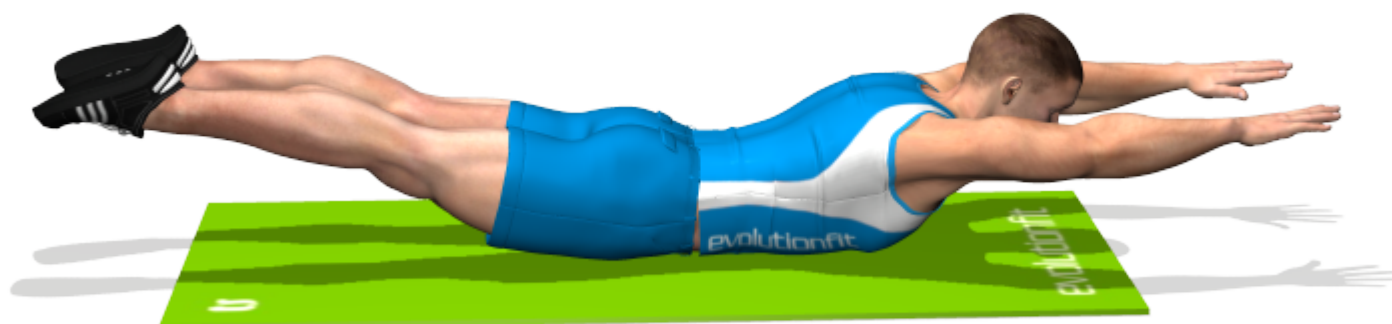
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SIT-UP.mp4>

## LOMBARI

SERIE: 3x20

REST: 60 SECONDI





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

## **GAMBE GIORNO 1**

## MEZZI STACCHI CON MANUBRI

SERIE: 3x20

REST: 60 SECONDI





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

## LEG EXTENSION

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDUCTOR MACHINE**

SERIE: 3x20

REST: 60 SECONDI





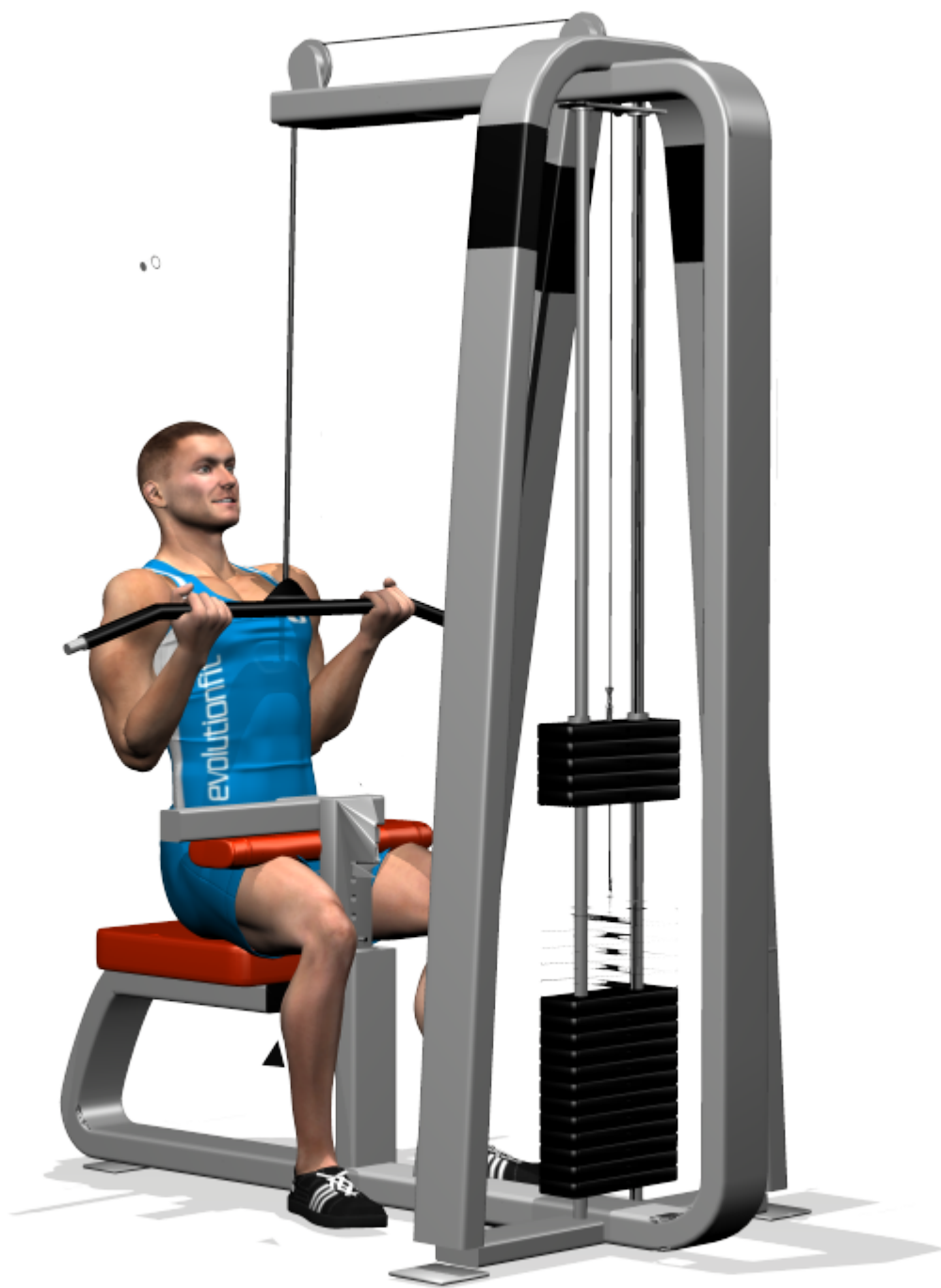
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

## DORSALI

## LAT MACHINE INVERSA

SERIE: 3x20

REST: 60 SECONDI





## TRICIPITI GIORNO 1

## FRENCH PRESS SEDUTO

SERIE: 3x20

REST: 60 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 20



# **ADDOMINALI - LOMBARI**

## **CRUNCH A TERRA**

SERIE: 3x25 GIORNO

REST: 60 SECONDI



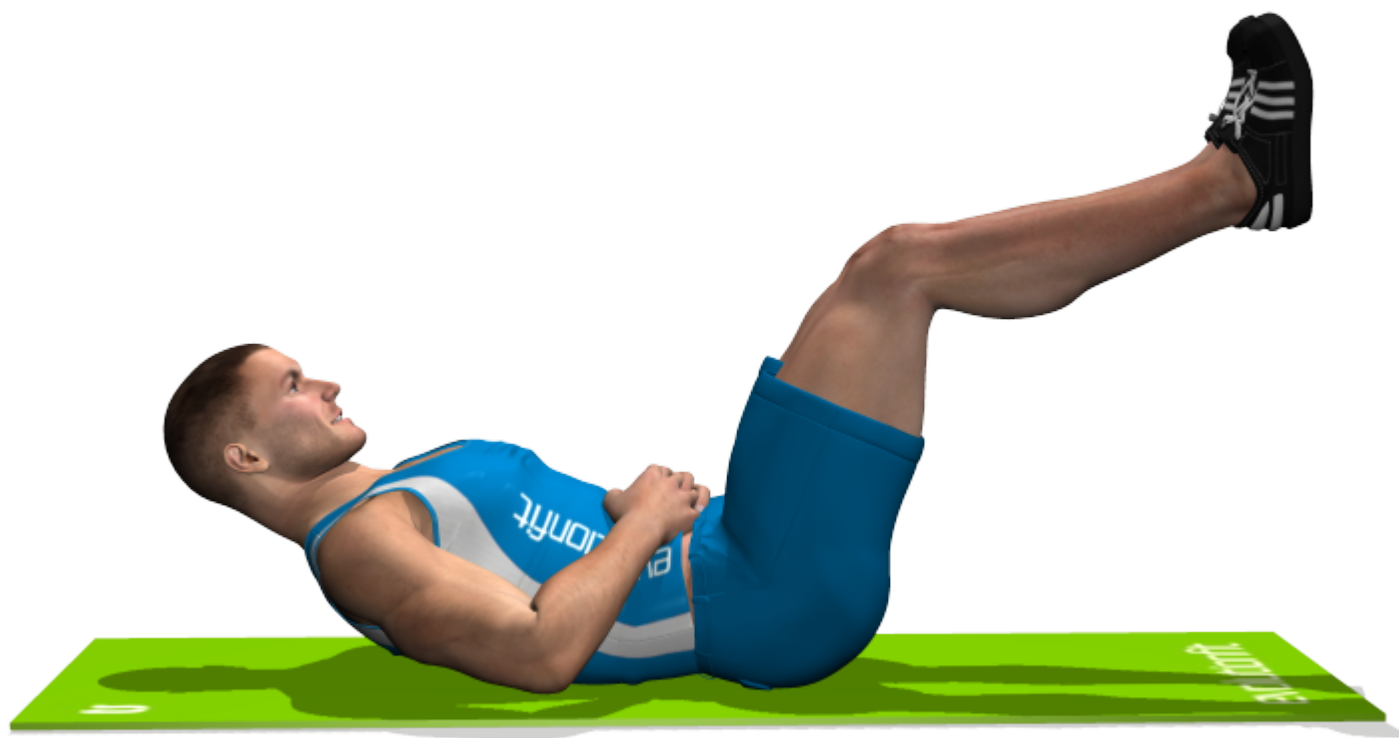


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## REVERSE CRUNCH

SERIE: 3x25 GIORNO

REST: 60 SECONDI





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

## SIT UP

SERIE: 3x20

REST: 60 SECONDI





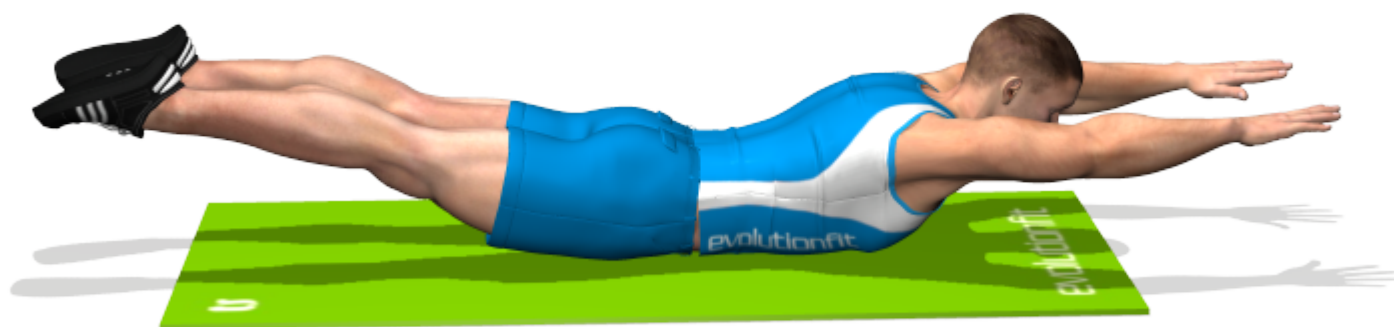
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SIT-UP.mp4>

## LOMBARI

SERIE: 3x20

REST: 60 SECONDI





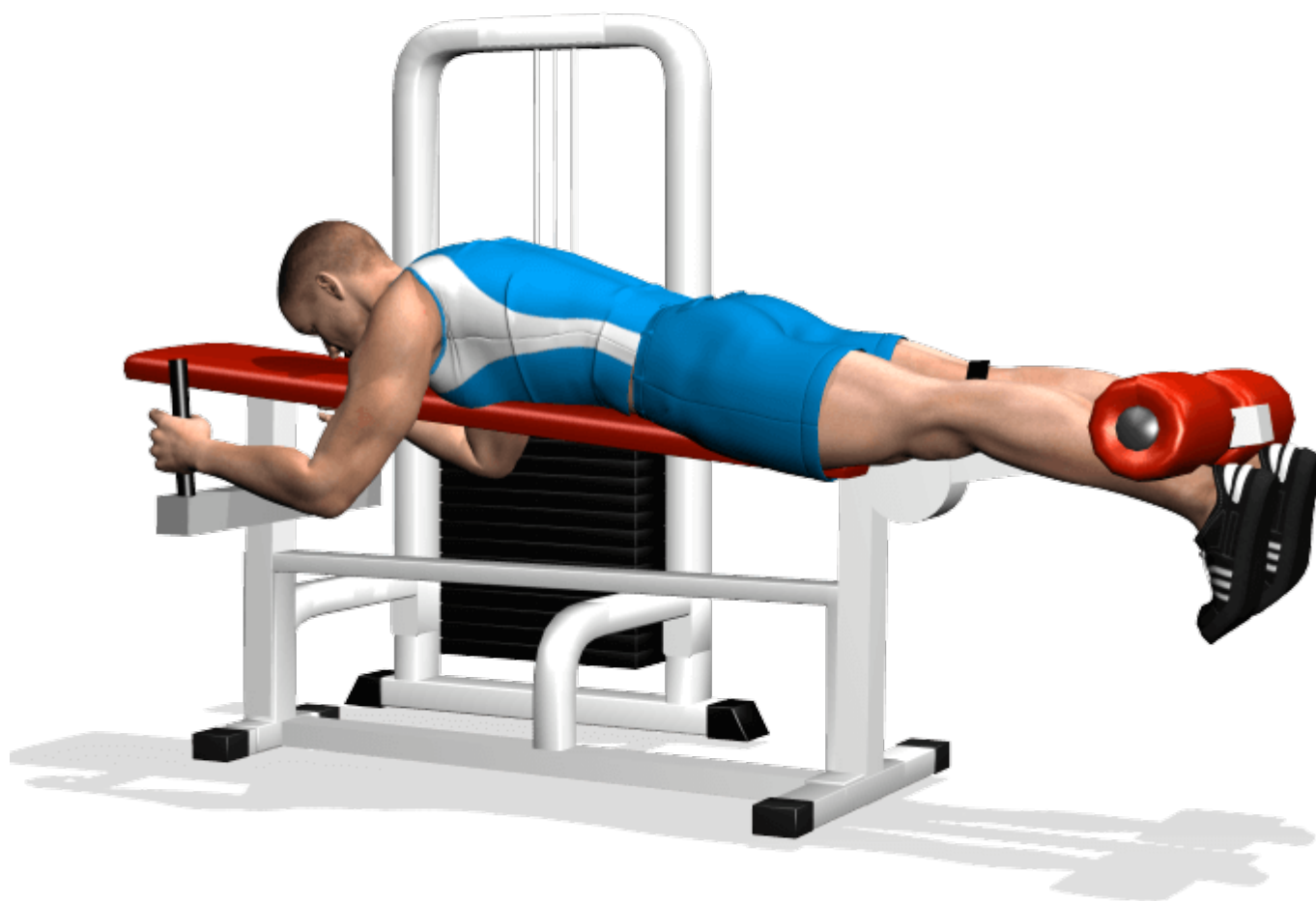
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## **GAMBE GIORNO 2**

## LEG CURL DISTESA

SERIE: 3x20

REST: 60 SECONDI





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

## **AFFONDI INVERSI**

SERIE: 3x20

REST: 60 SECONDI





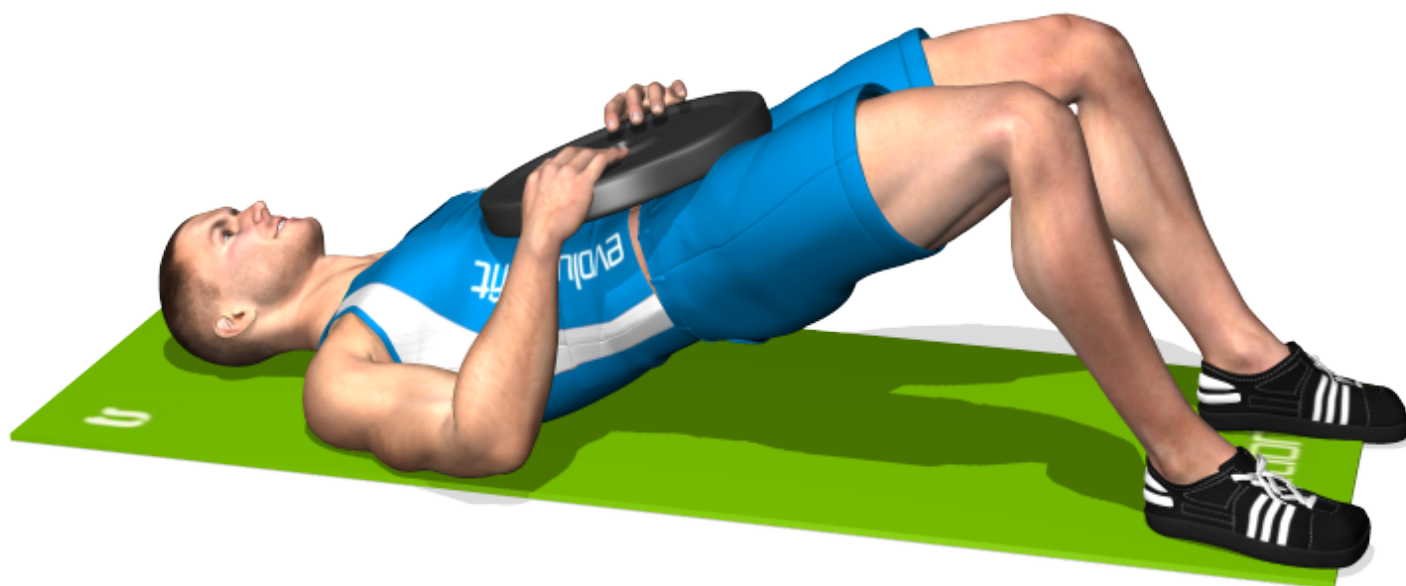
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>

## PONTE GLUTEI MONOPODALICO

SERIE: 3x20

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)

# SPALLE

## SPINTE SEDUTO MANUBRI

SERIE: 3x20

REST: 60 SECONDI





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

## **BICIPITI - AVAMBRACCI**

## ARM CURL MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 20



# ADDOMINALI - LOMBARI

## CRUNCH A TERRA

SERIE: 3x25 GIORNO

REST: 60 SECONDI



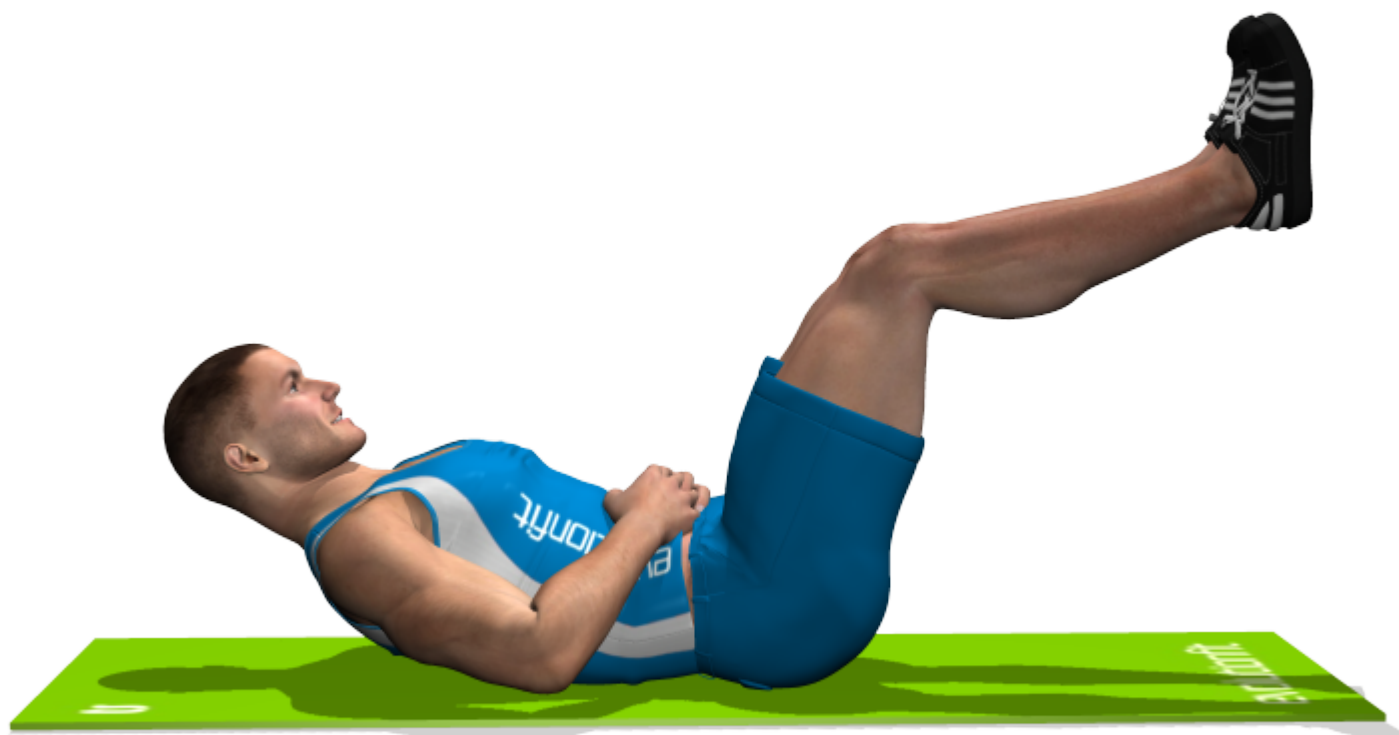


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## REVERSE CRUNCH

SERIE: 3x25 GIORNO

REST: 60 SECONDI



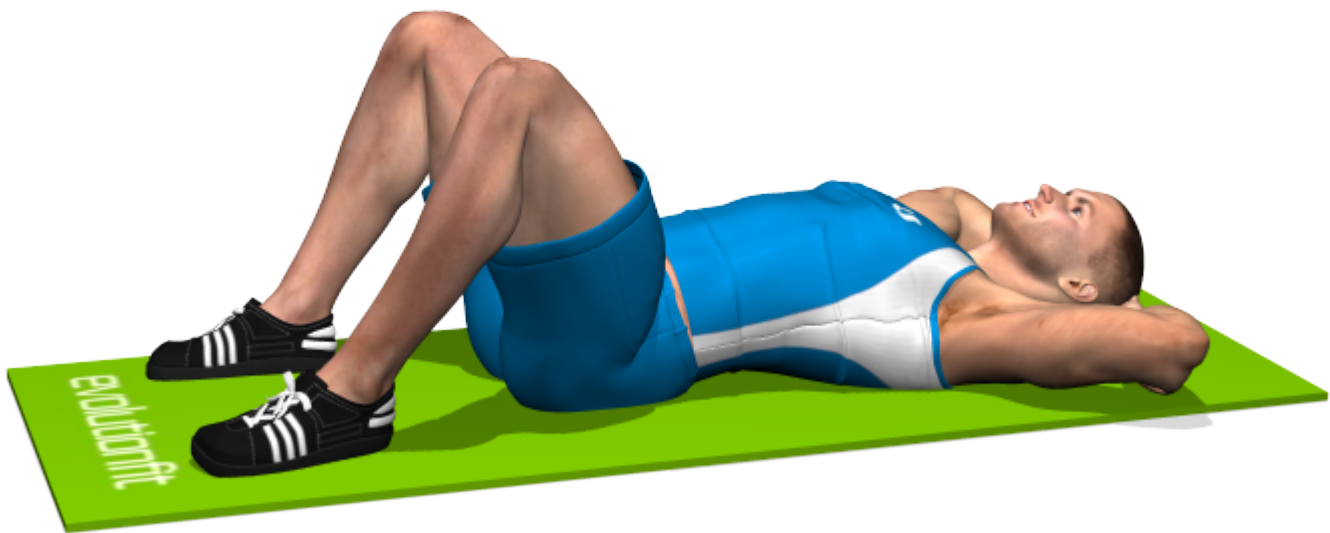


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## SIT UP

SERIE: 3x20

REST: 60 SECONDI





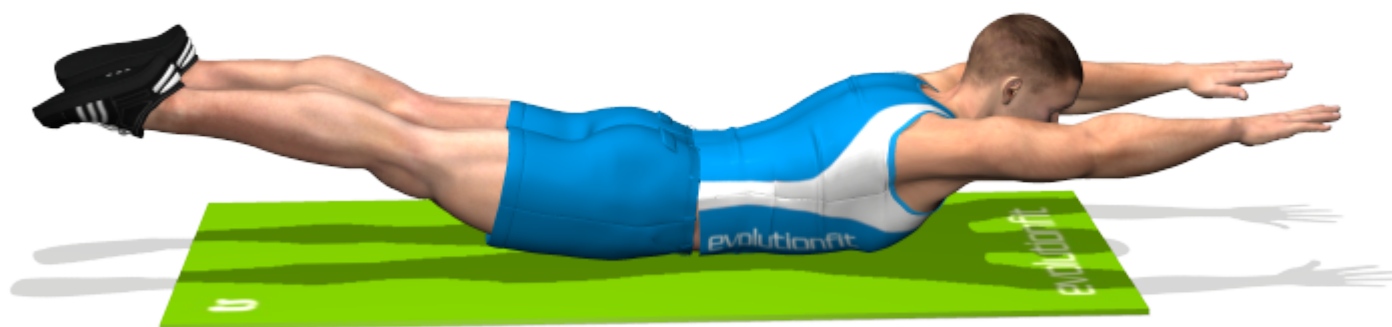
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SIT-UP.mp4>

## LOMBARI

SERIE: 3x20

REST: 60 SECONDI





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

## **GAMBE GIORNO 3**

## SUMO SQUAT

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/SUMO-SQUAT1.mp4>

## STANDING LEG CURL

SERIE: 3x20

REST: 60 SECONDI





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

## ABDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

## PETTORALI

## PECTORAL MACHINE

SERIE: 3x20

REST: 60 SECONDI





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

## TRICIPITI GIORNO 3

## PULLEY ALTO

SERIE: 3x20

REST: 60 SECONDI

