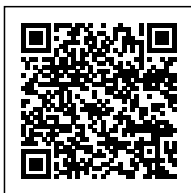


SCHEDA ALLENAMENTO GIORGIO GOVERNALI UOMO 13



SCHEDA DI ALLENAMENTO GIORGIO GOVERNALI

SCHEDA 1 - INIZIO 20 MARZO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



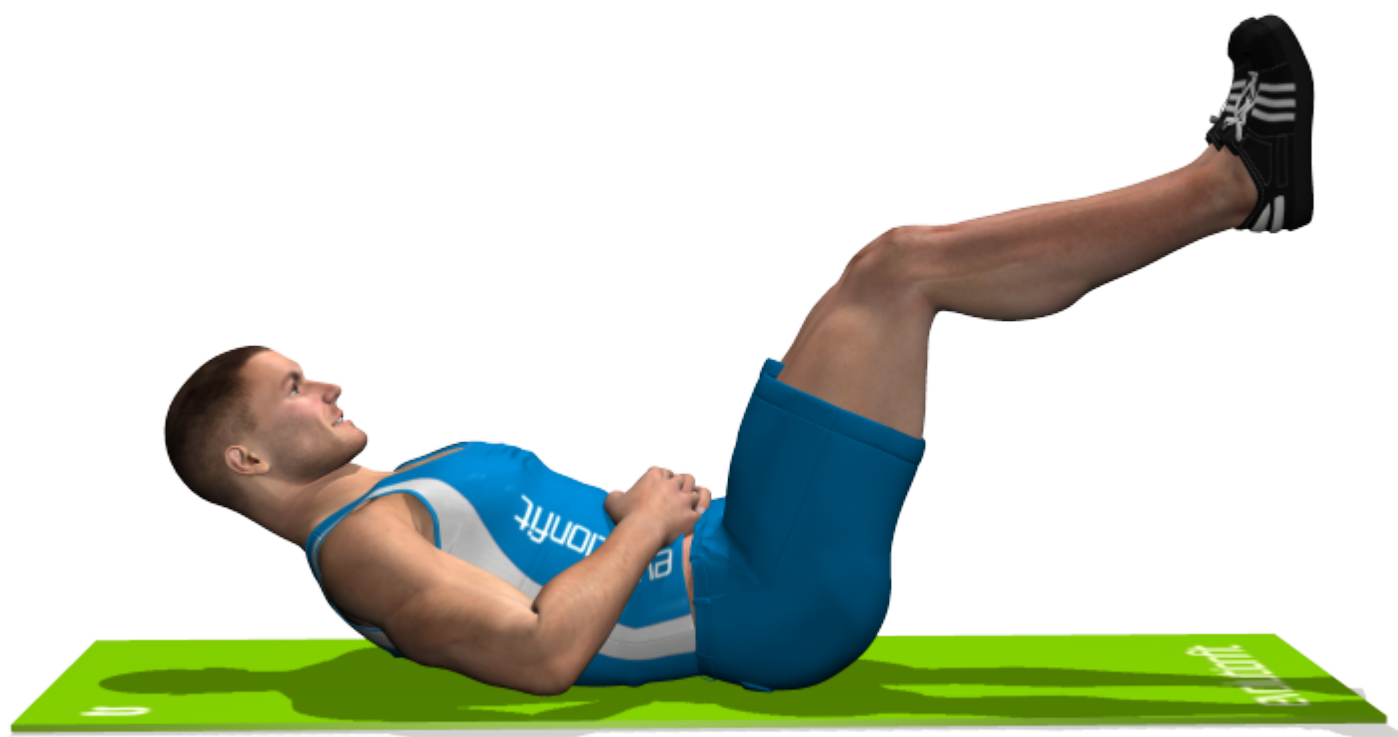


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



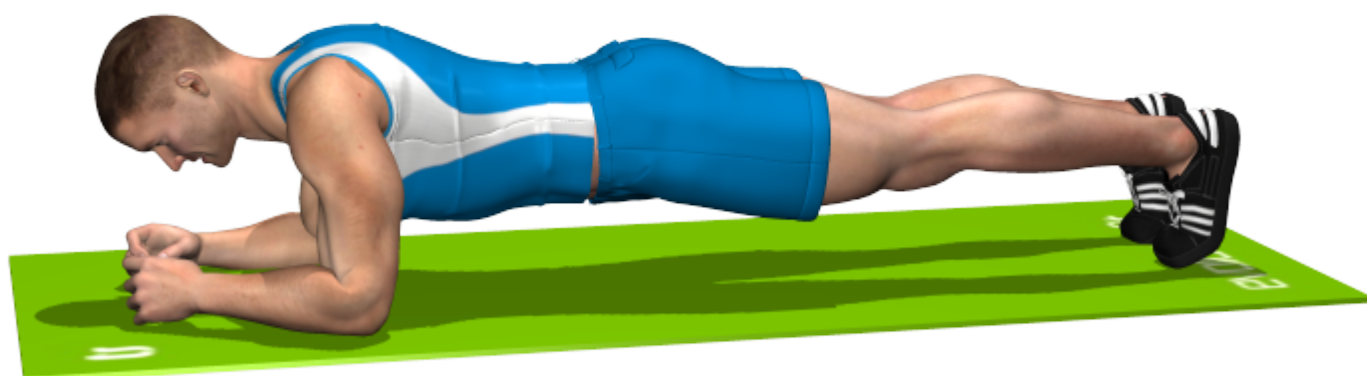


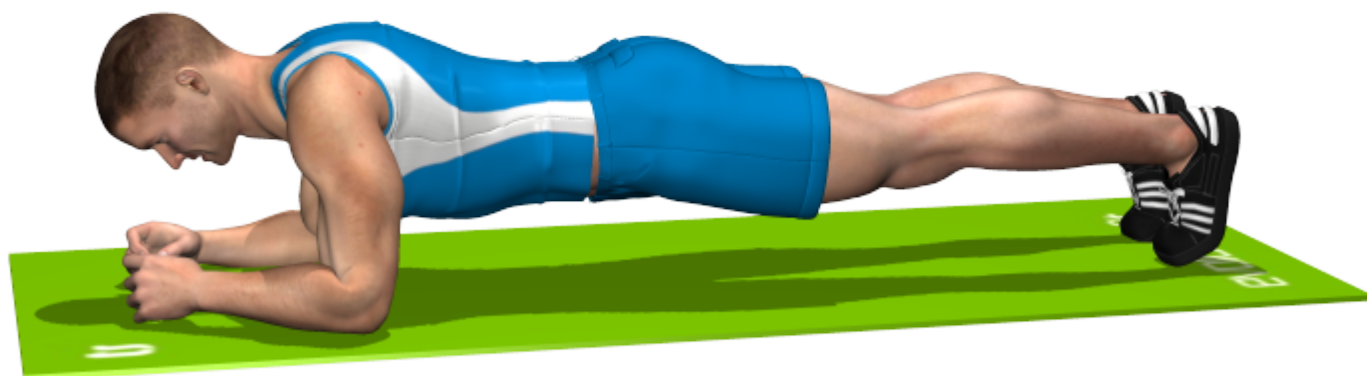
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

PETTORALI

CHEST INCLINE

SERIE: 5X8

REST: 60 SECONDI





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

PANCA PIANA BILANCIERE

SERIE: 5X8

REST: 60 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

SERIE: 3X8

REST: 90 SECONDI





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

PECTORAL MACHINE

SERIE: 3x8

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI MARTELLO

SERIE: 5X8

REST: 90 SECONDI





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

CURL CAVO BASSO

SERIE: 5X8

REST: 90 SECONDI





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

CURL CONCENTRATO UN MANUBRIO

SERIE: 3X8

REST: 90 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU
BRIO.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4)

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



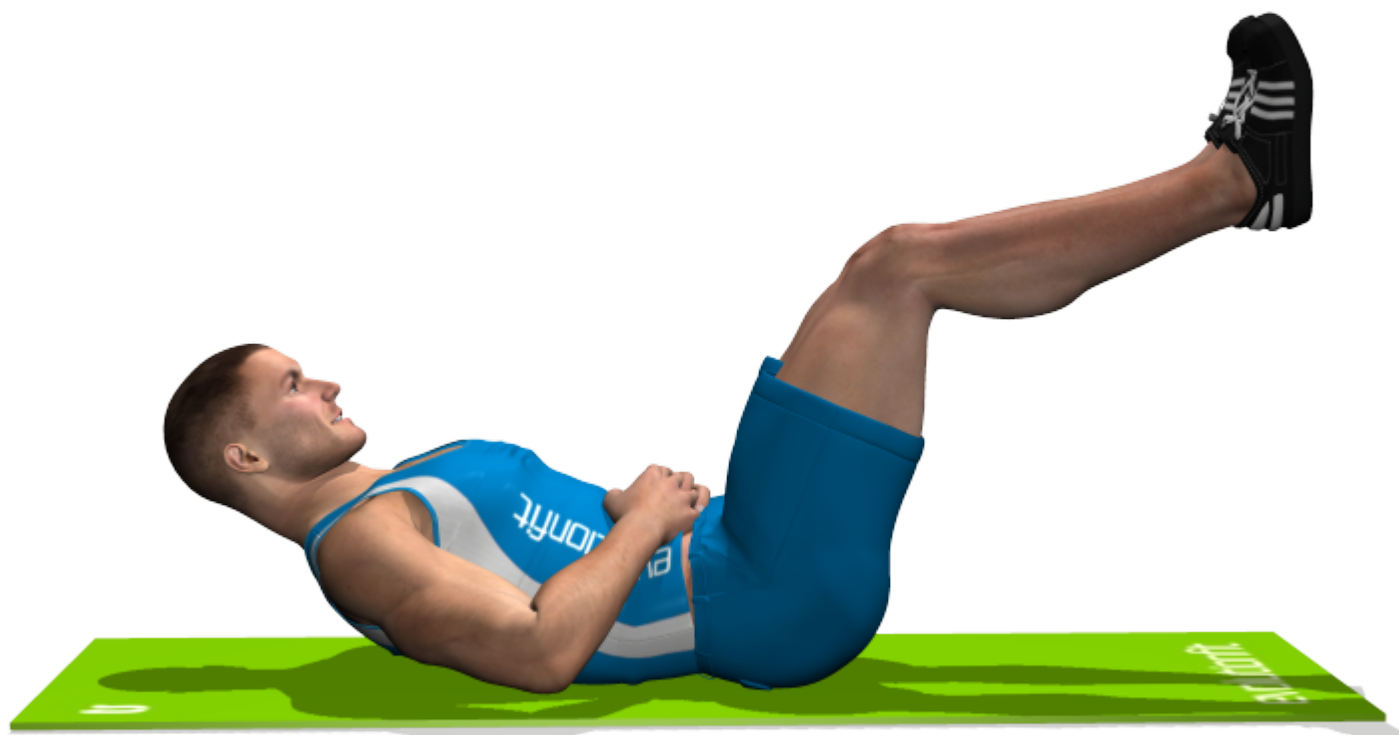


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REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



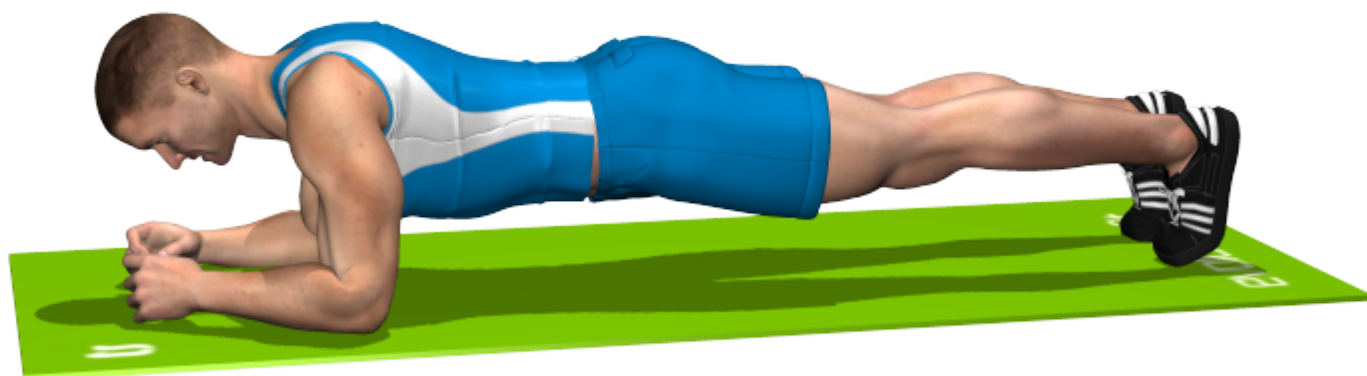


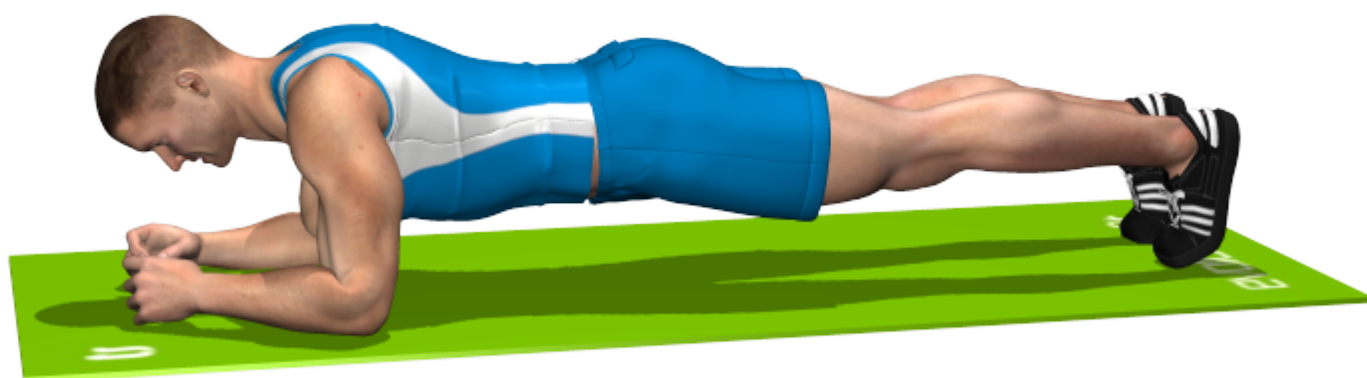
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

GAMBE

GOBLET SQUAT

SERIE: 5X8

REST: 90 SECONDI





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

LEG EXTENSION

SERIE: 3X10

REST: 90 SECONDI



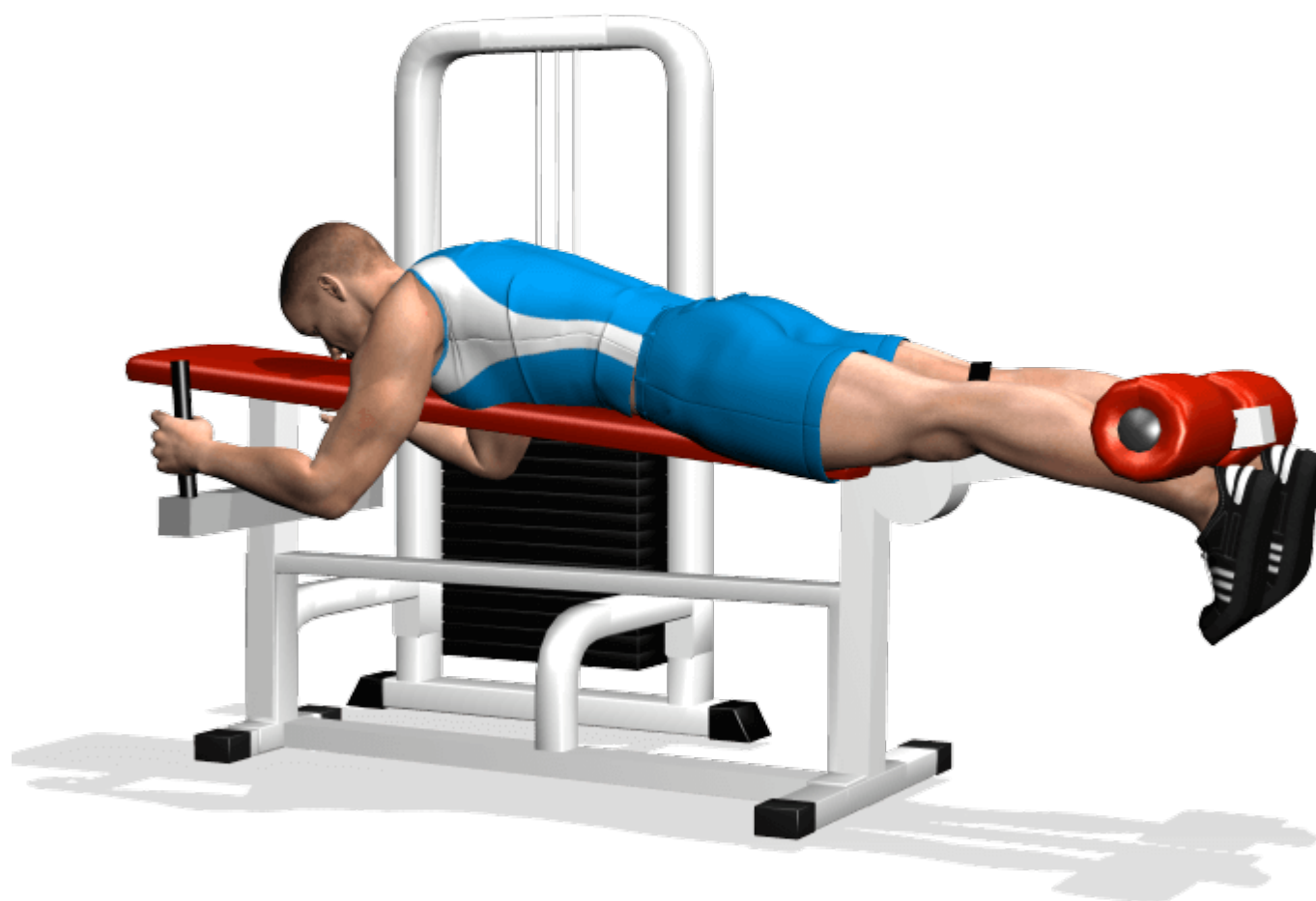


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL

SERIE: 5X8

REST: 90 SECONDI





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

1/2 STACCHI

SERIE: 3X10

REST: 90 SECONDI





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

DORSALI

VERTICAL TRACTION

SERIE: 5x8

REST: 90 SECONDI





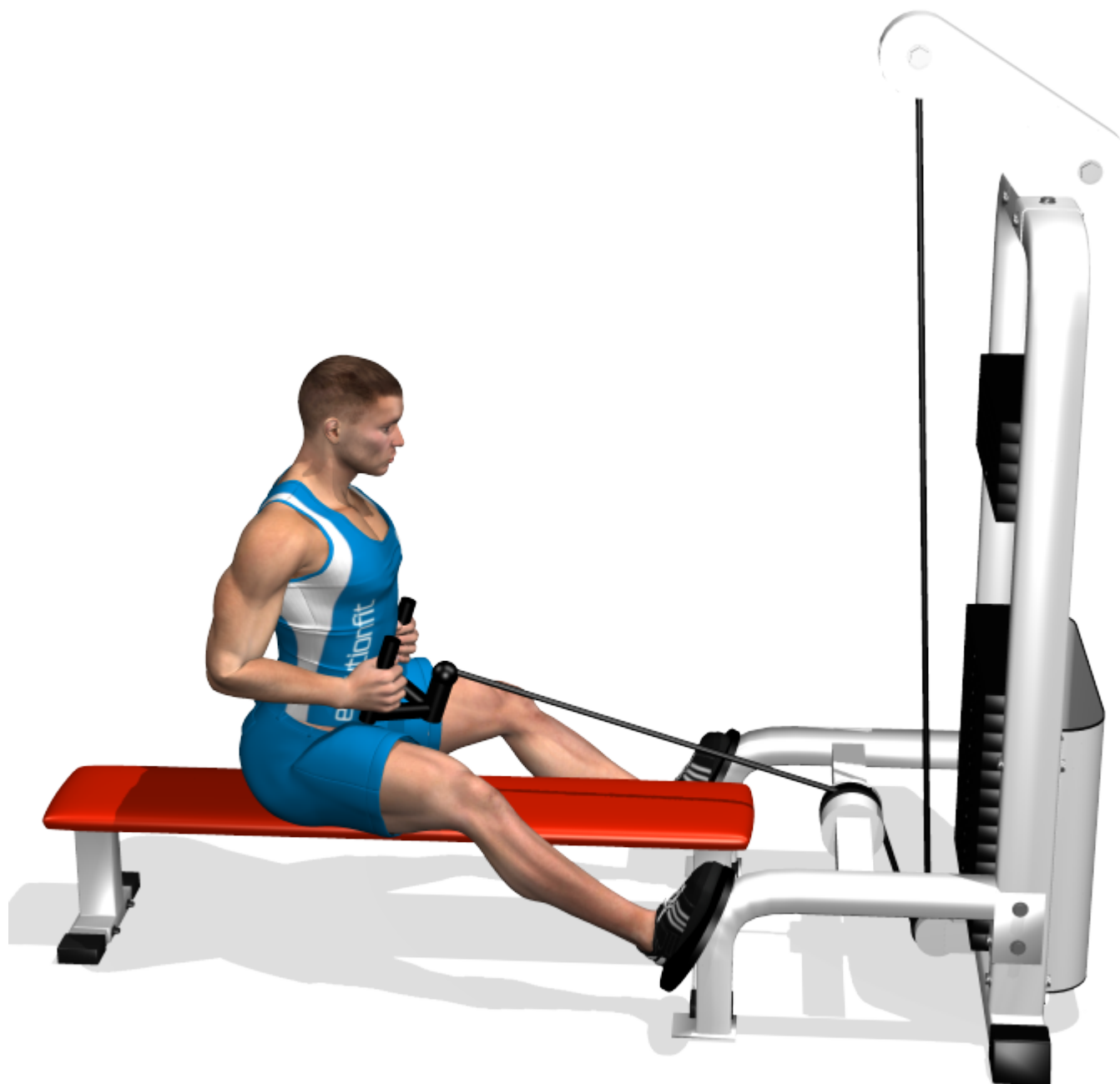
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

PULLEY ROW

SERIE: 5X8

REST: 90 SECONDI





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

TRAZIONI ALLA SBARRA PRESA NEUTRA

SERIE: 5X8

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI



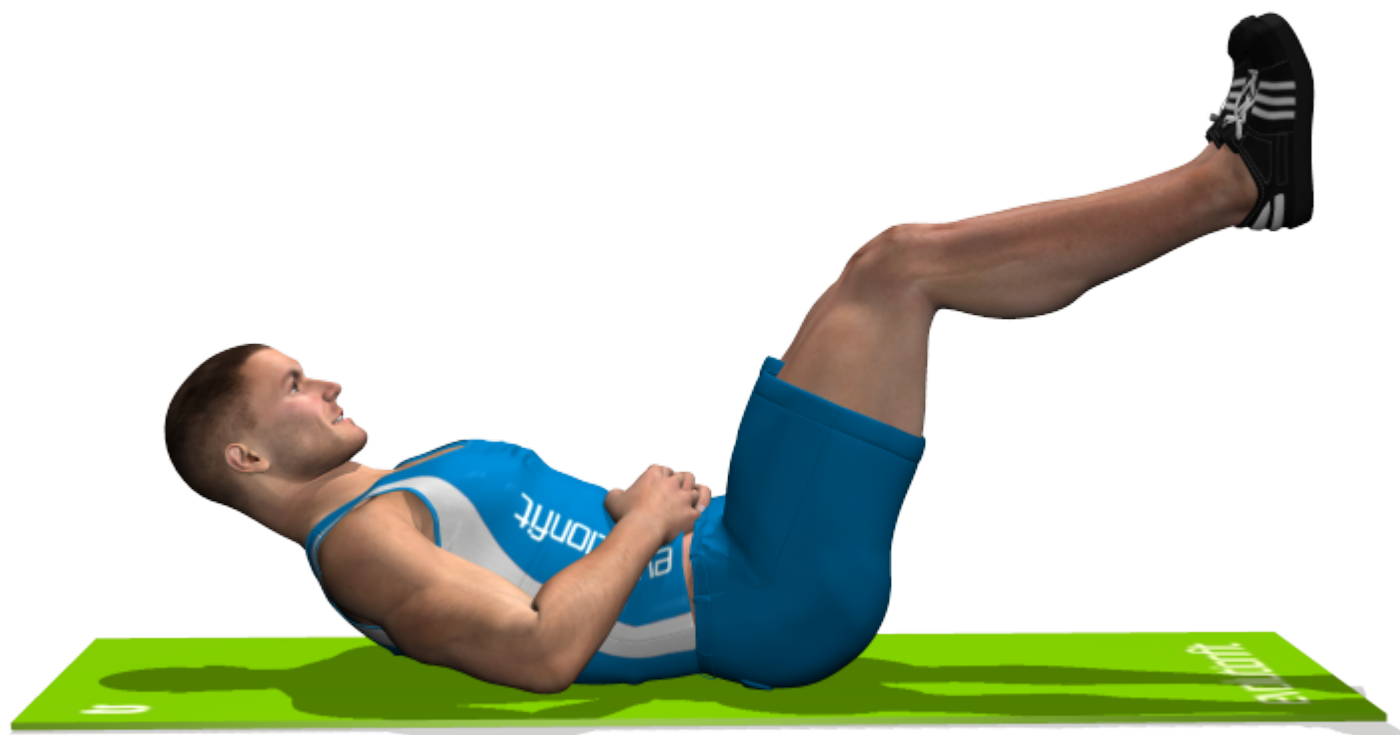


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI



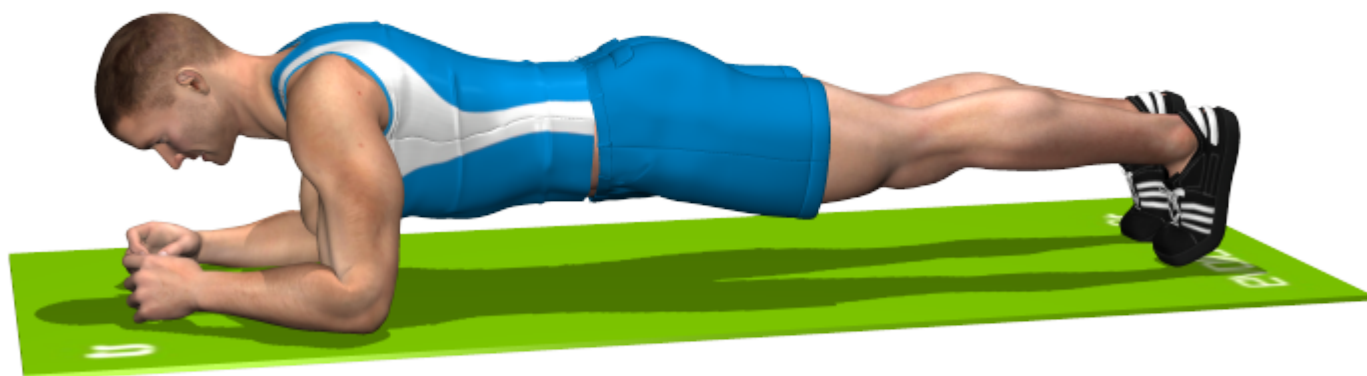


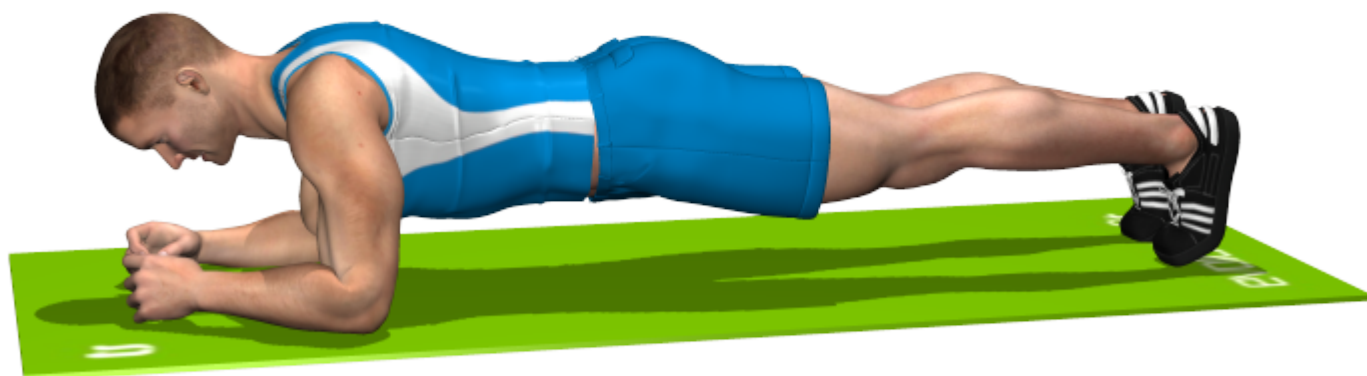
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PLANK

SERIE: 3x1 MINUTO

REST: 90 SECONDI





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

SPALLE

SPINTE VERTICALI MANUBRI

SERIE: 5X8

REST: 90 SECONDI





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

ALZATE LATERALI SEDUTO

SERIE: 3X8

REST: 90 SECONDI





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

ROWING TORSO GOMITI 90°

SERIE: 5X8

REST: 90 SECONDI





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

ALZATE FRONTALI PANCA INCLINATA

SERIE: 3X8

REST: 90 SECONDI





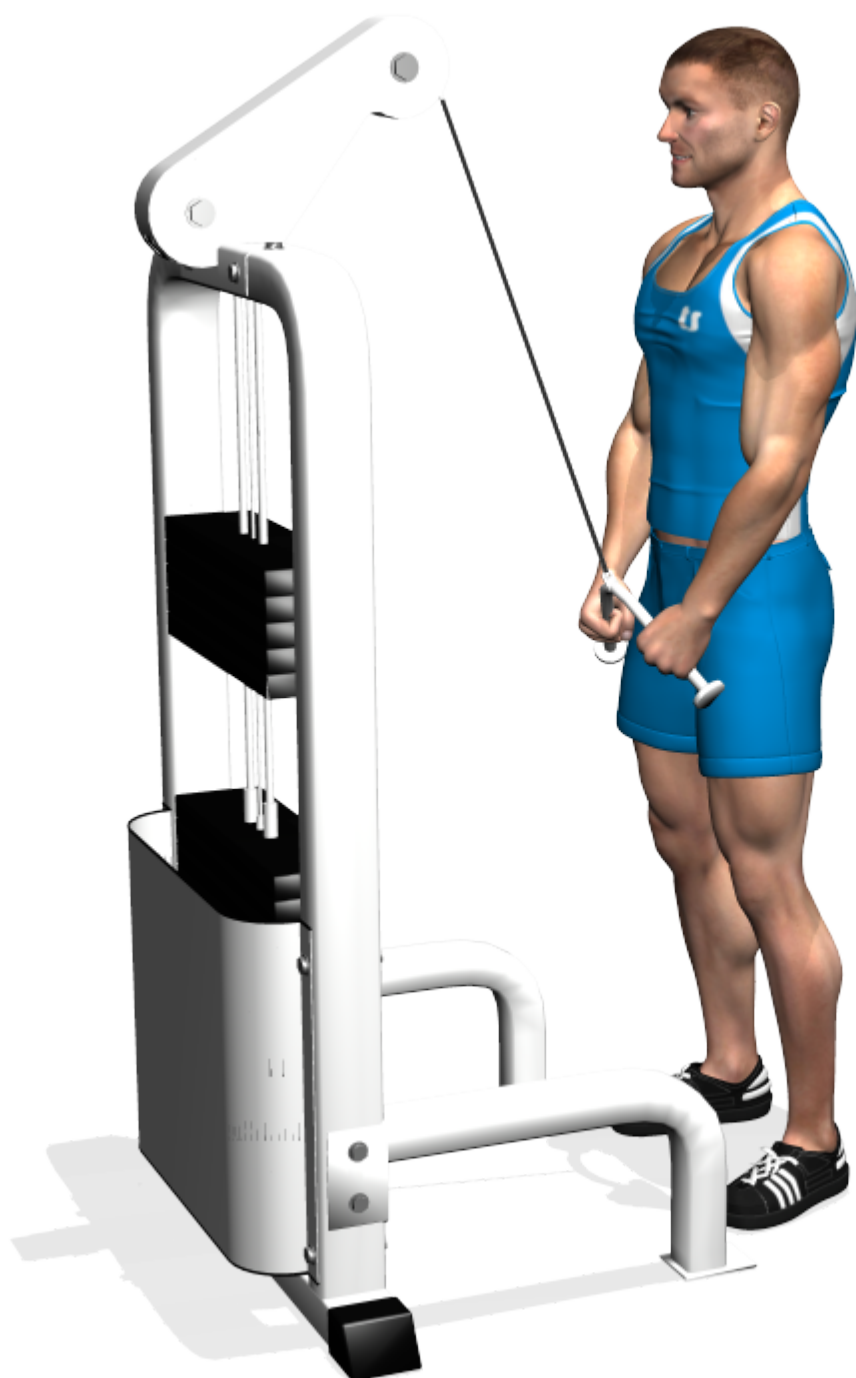
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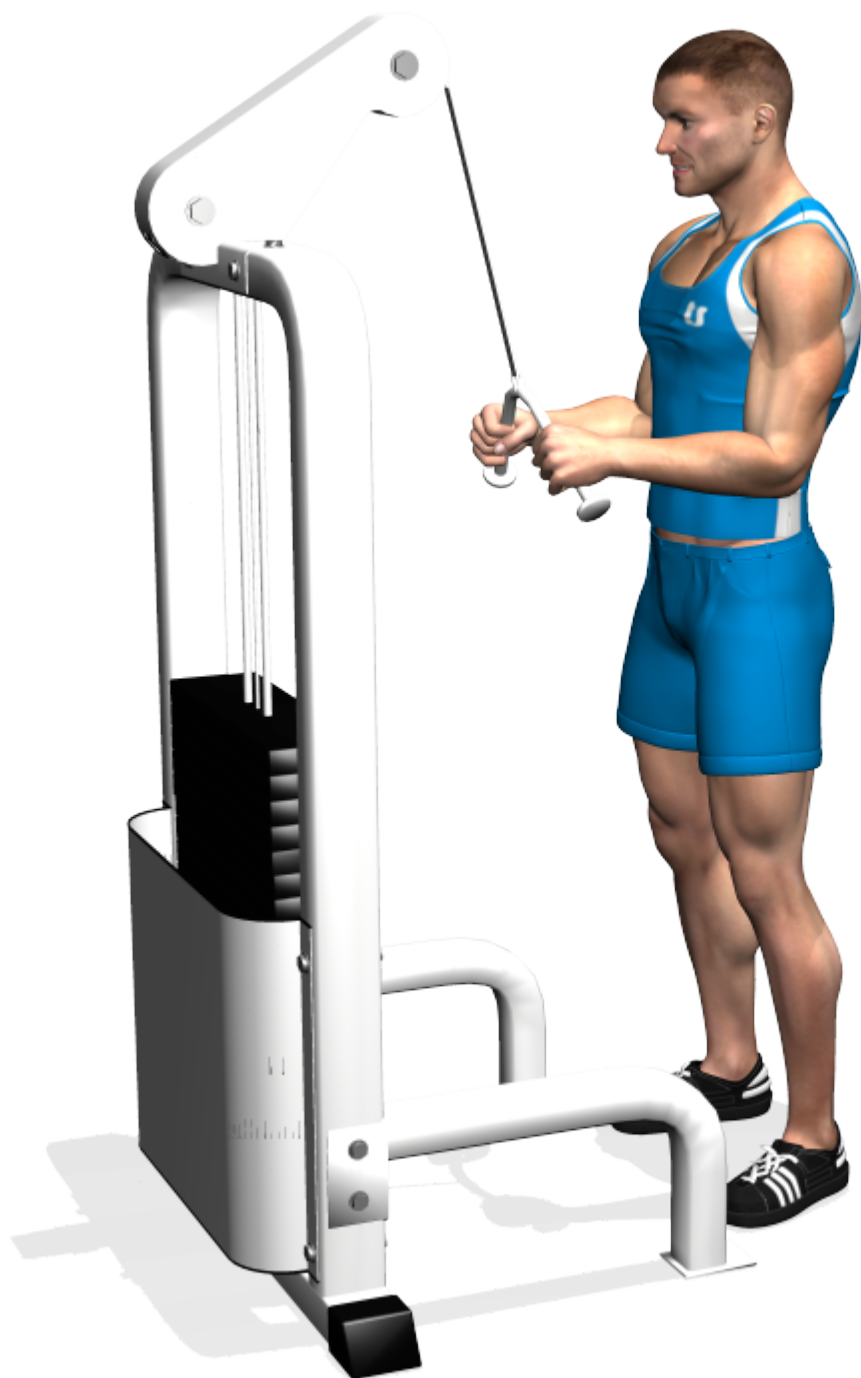
TRICIPITI

PULLEY ALTO

SERIE: 5X8

REST: 90 SECONDI





DIPS

SERIE: 5X8

REST: 90 SECONDI





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

FRENCH PRESS MANUBRI

SERIE: 3x8

REST: 90 SECONDI





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

