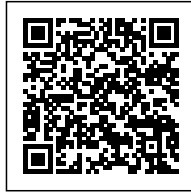


SCHEDA ALLENAMENTO GIUSEPPE CAPRA ROB 4



SCHEDA DI ALLENAMENTO GIUSEPPE CAPRA

SCHEDA 1 - INIZIO 1 DICEMBRE 2021

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](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

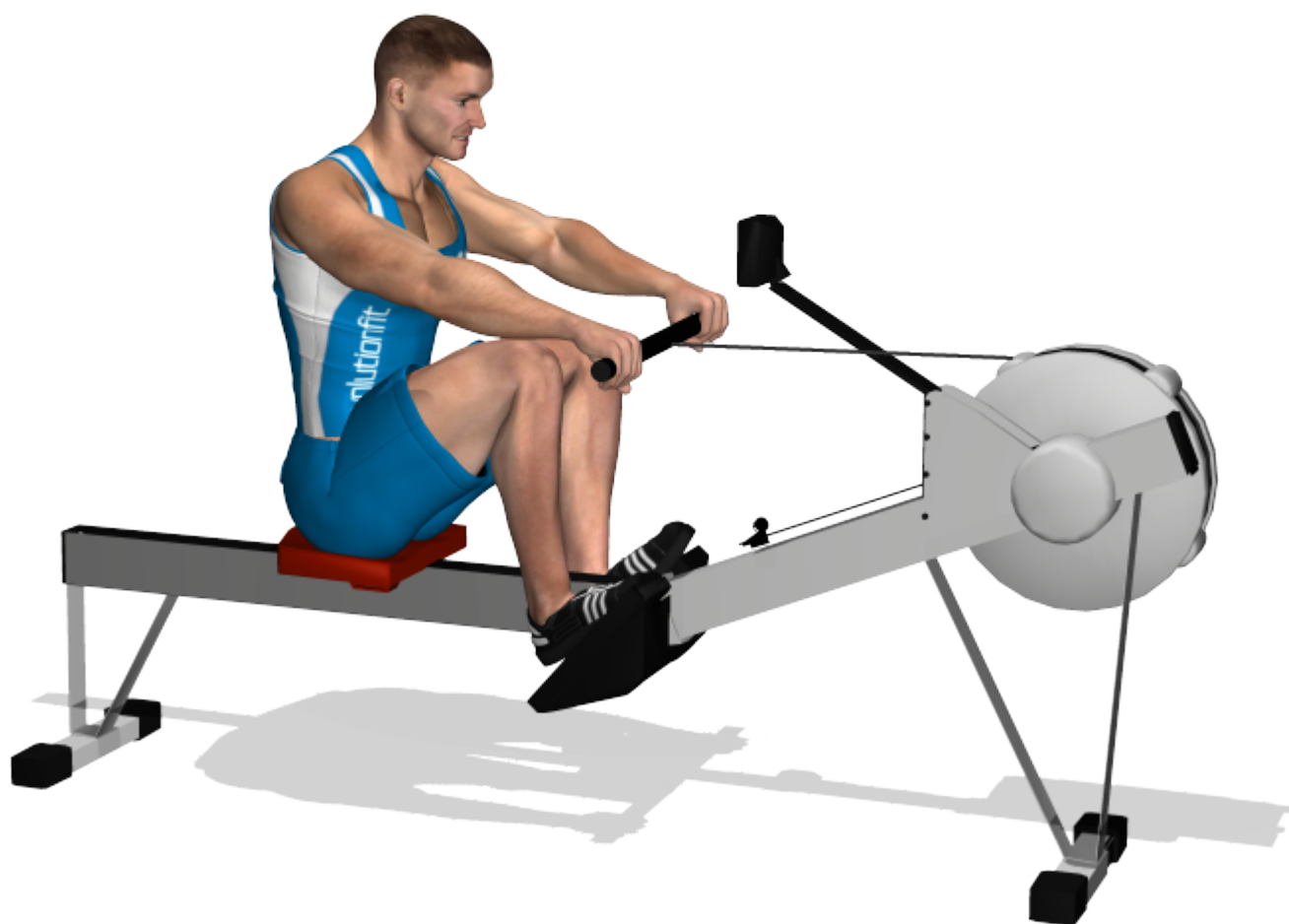
CORSA SU TAPPETO

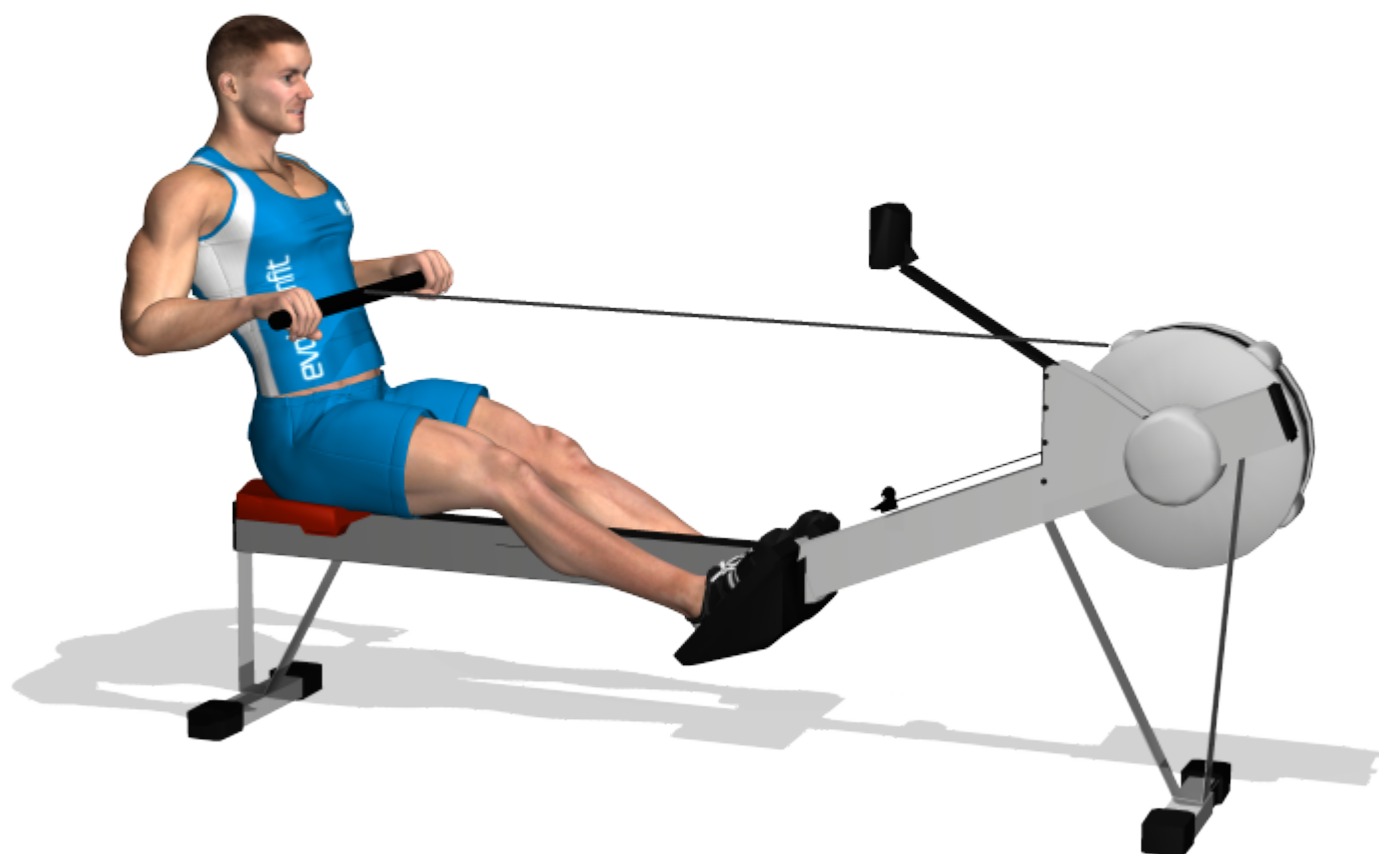
MINUTI: 15



VOGATORE

1 KM



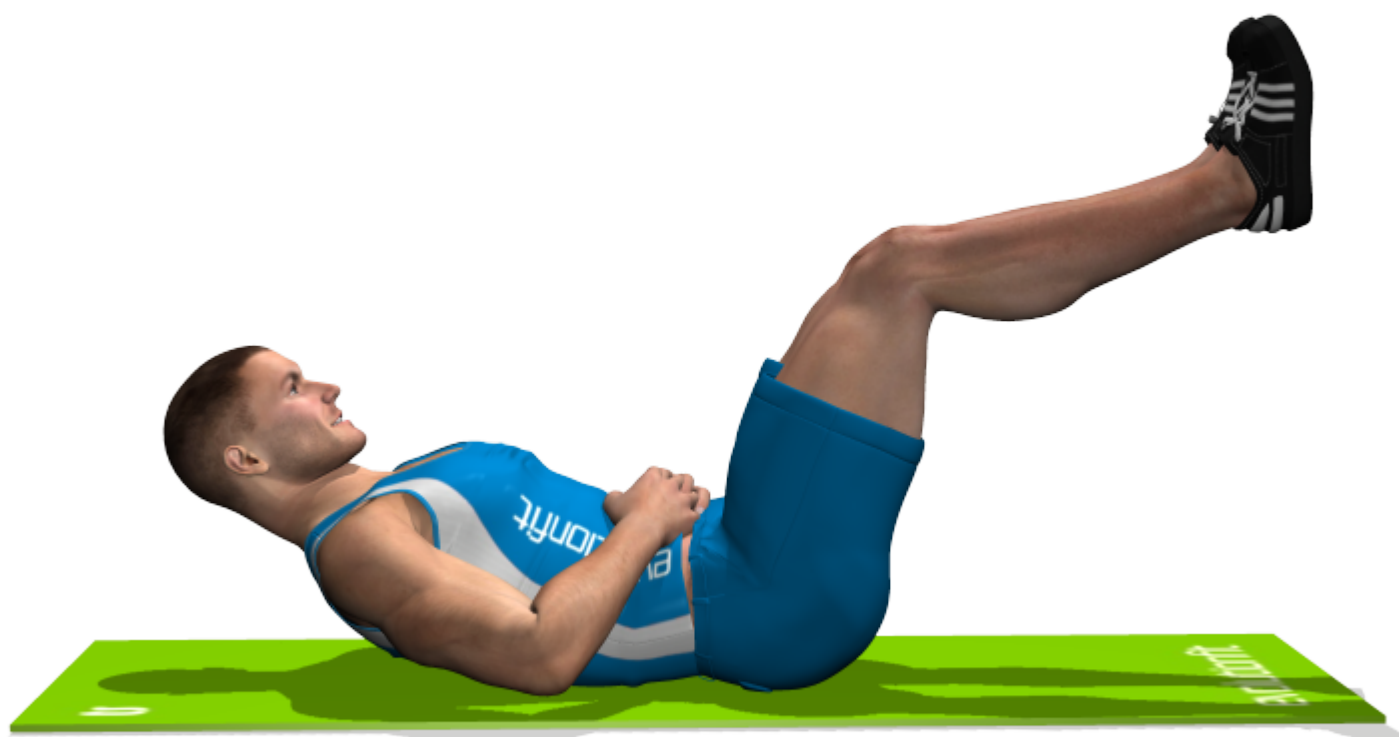


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

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>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4>

SIT UP PANCA ROMANA

SERIE: 4X16

REST: 60 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

SERIE: 12/10/8/8

REST: 60 SECONDI





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

PANCA INCLINATA BILANCIERE

SERIE: 10/8/8/6

REST: 60 SECONDI





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

CROCI MANUBRI PANCA PIANA

SERIE: 3x10

REST: 60 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 INCLINATA

SERIE: 3x10

REST: 60 SECONDI





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

SPINTE MANUBRI PANCA DECLINATA

SERIE: 10/8/6

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL PANCA SCOTT

SERIE: 10/10/8/6

REST: 60 SECONDI





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

CURL CAVO BASSO

SERIE: 3X6

REST: 60 SECONDI





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

CURL CONCENTRATO UN MANUBRIO

SERIE: 8/8/6/6

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4>

GIORNO 2

CARDIO - RISCALDAMENTO

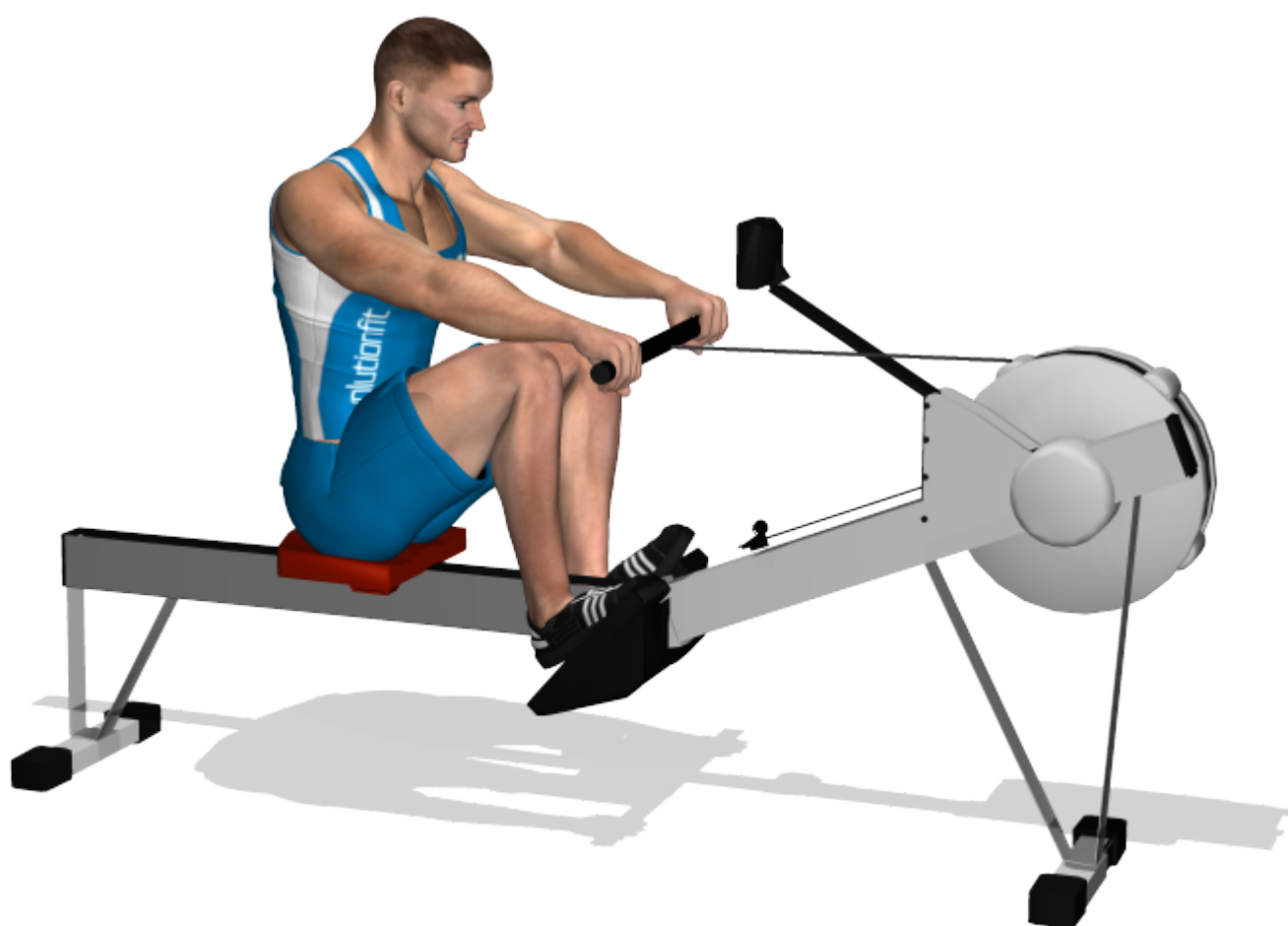
CORSA SU TAPPETO

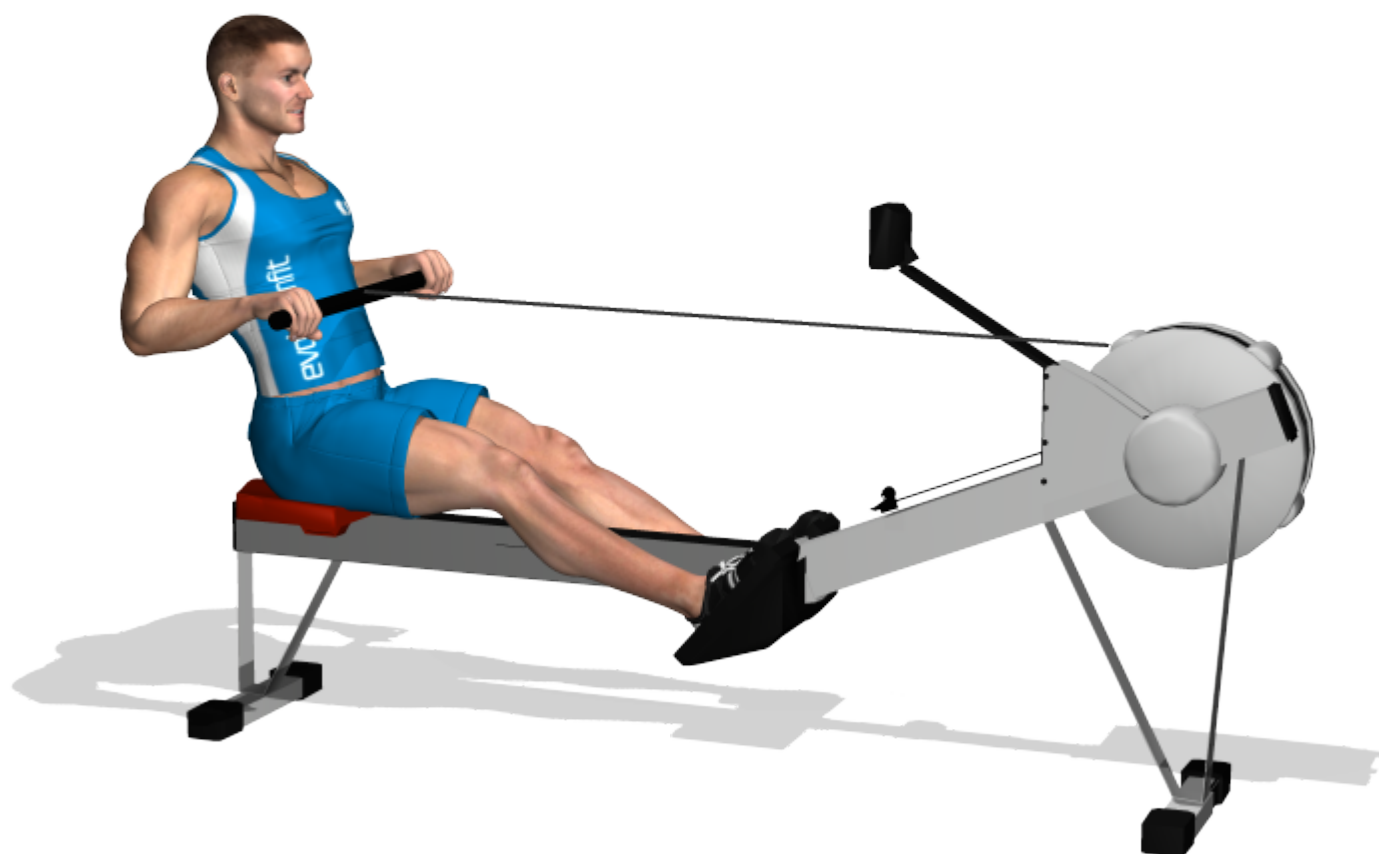
MINUTI: 15



VOGATORE

1 KM





ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

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>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4>

SIT UP PANCA ROMANA

SERIE: 4X16

REST: 60 SECONDI





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

DORSALI

LAT MACHINE AVANTI

SERIE: 3X8 SUPERSERIE LAT MACHIN INVERSA

REST: 60 SECONDI



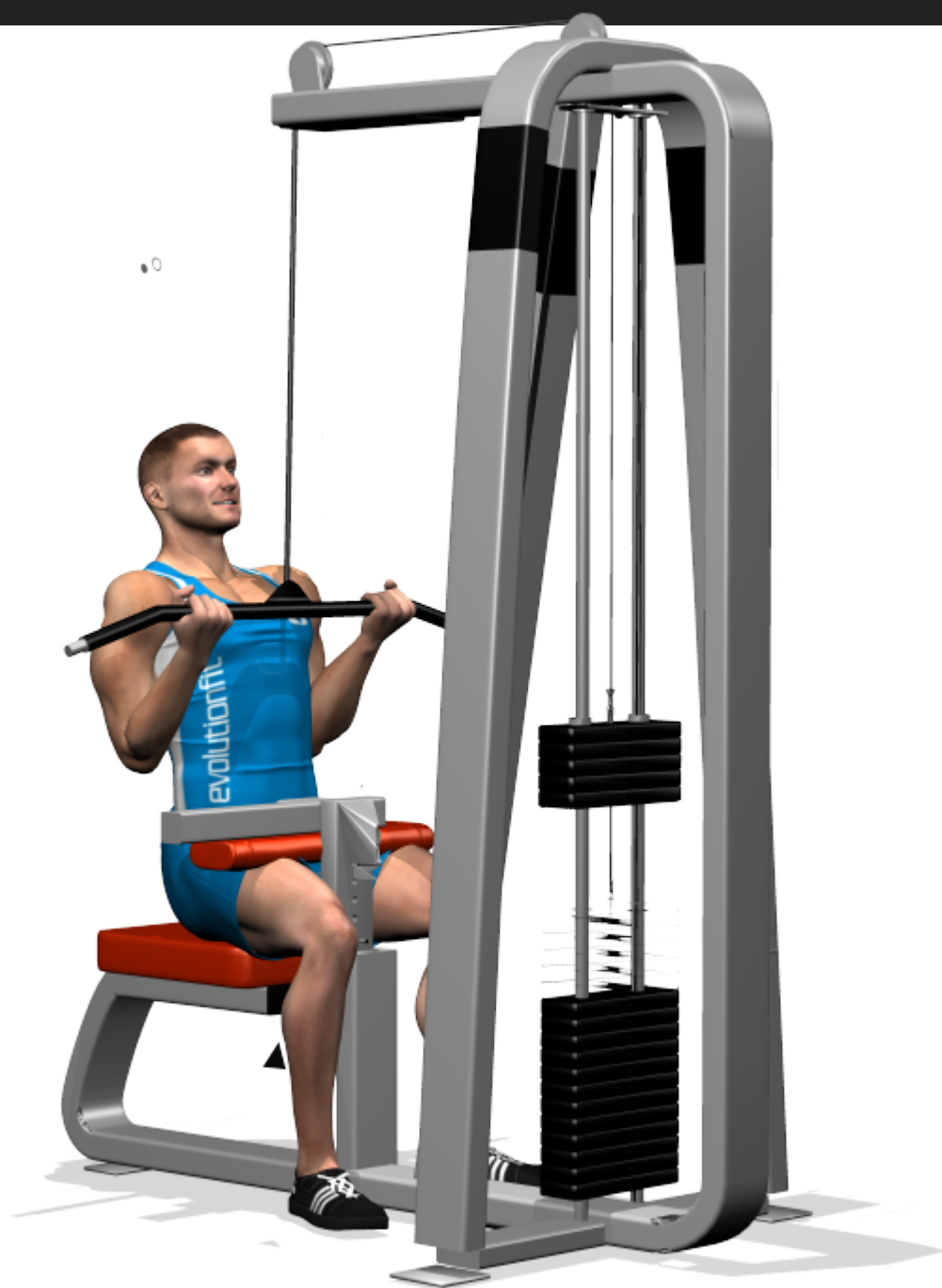


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

LAT MACHINE INVERSA

SERIE: 3x6 SUPERSERIE LAT MACHINE AVANTI

REST: 60 SECONDI





PULLEY ROW

SERIE: 12/10/8

REST: 60 SECONDI





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

TRAZIONI ALLA SBARRA

SERIE: 10/8/8/6

REST: 60 SECONDI





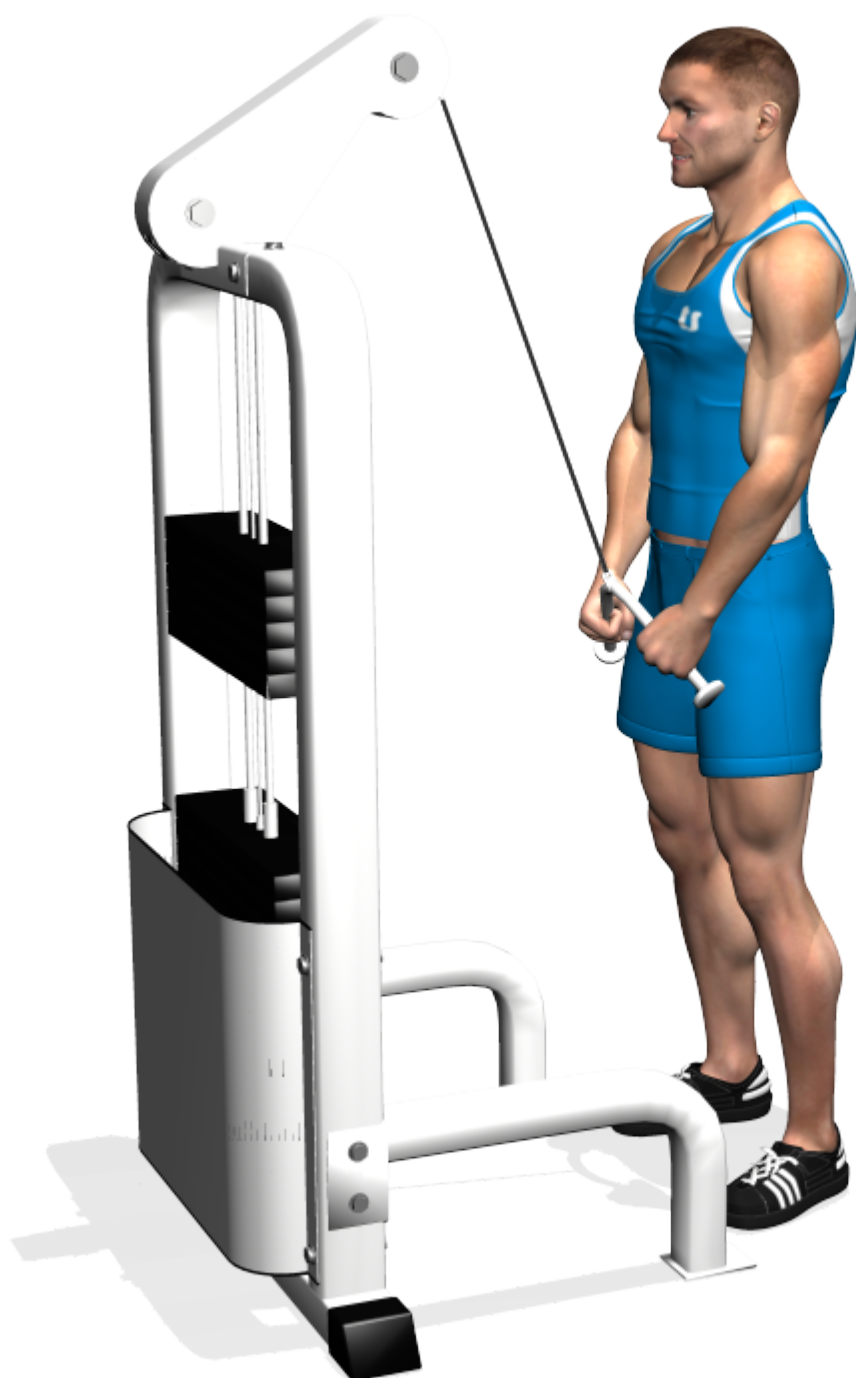
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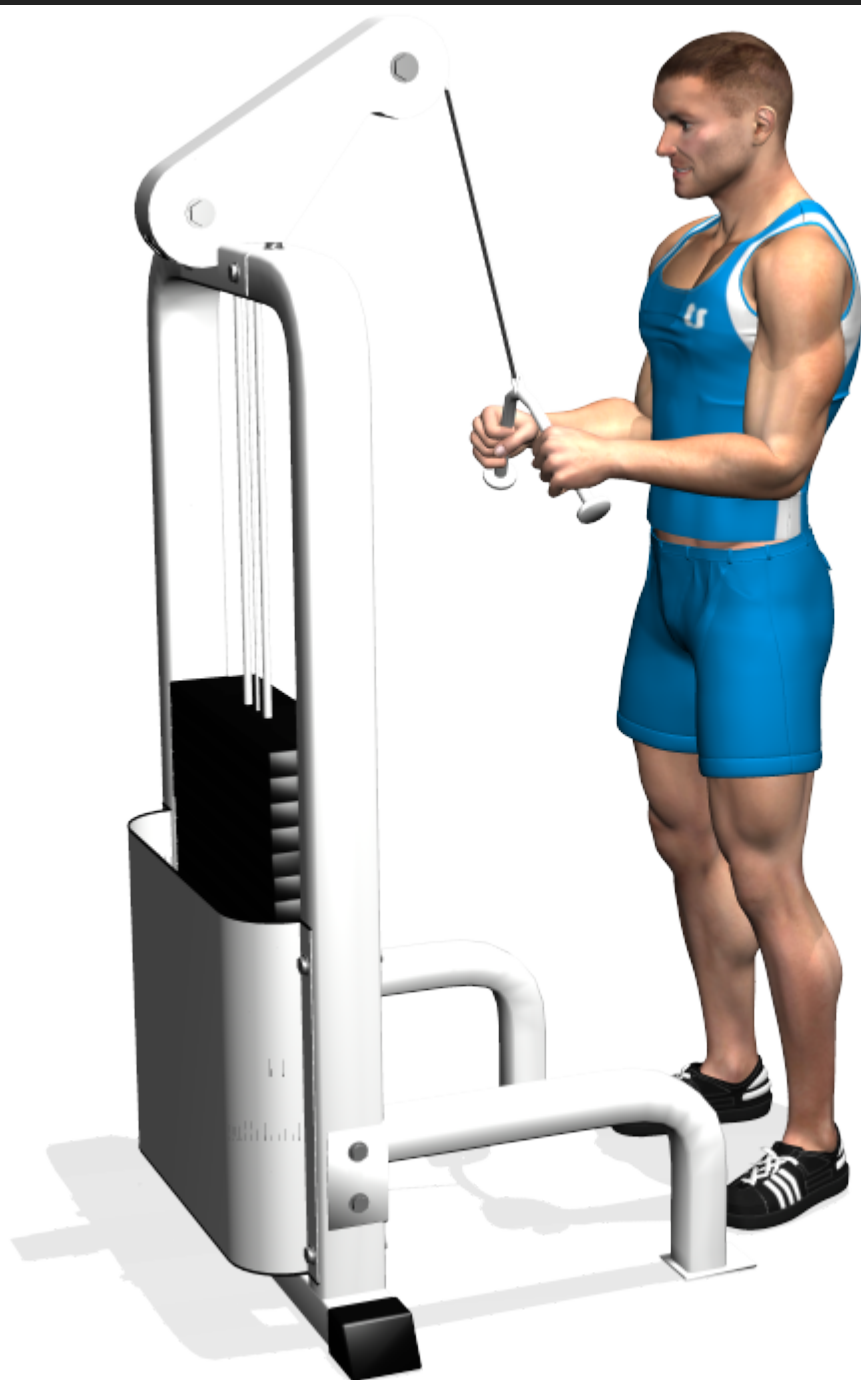
TRICIPITI

PULLEY ALTO

SERIE: 4x6

REST: 60 SECONDI

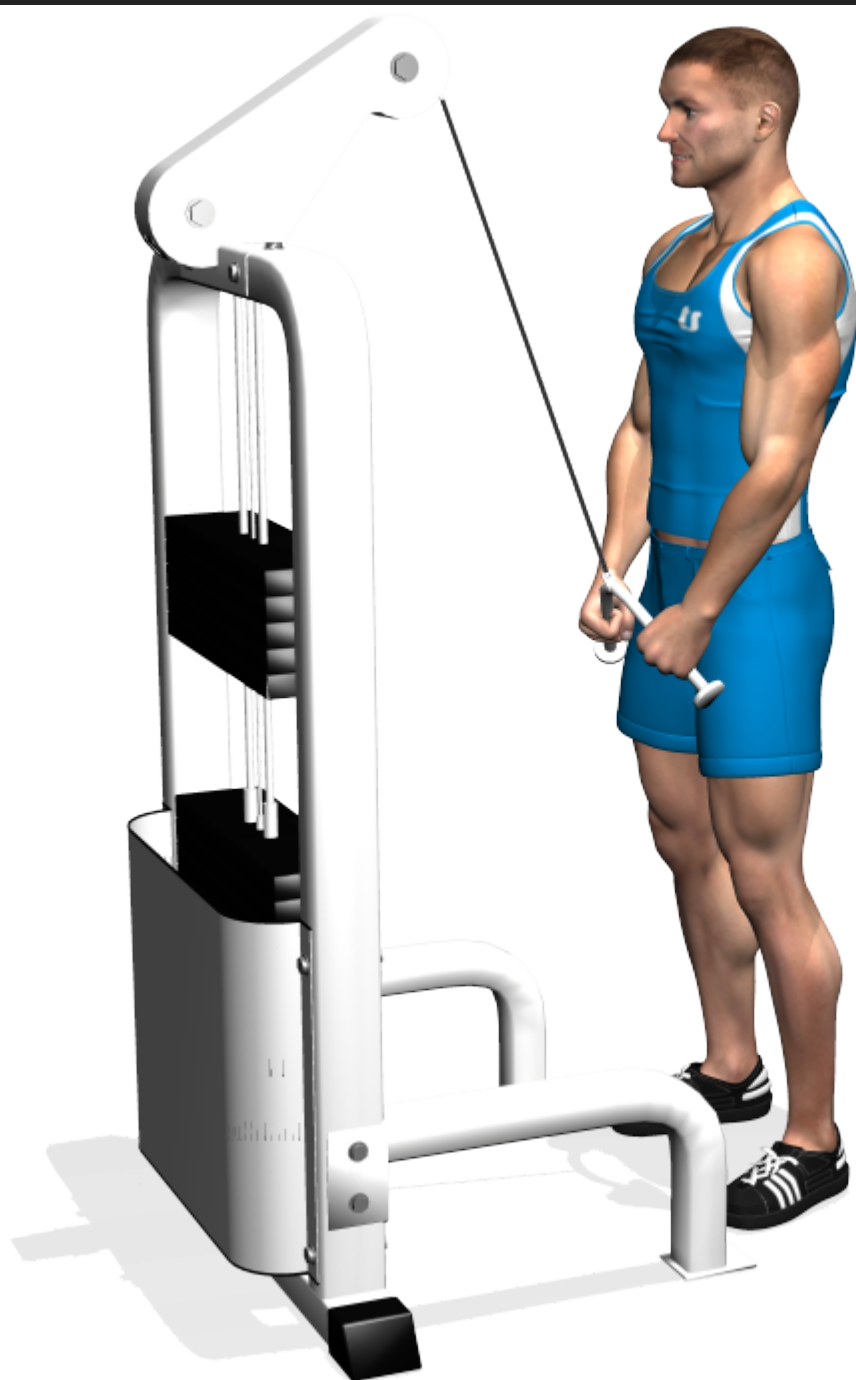


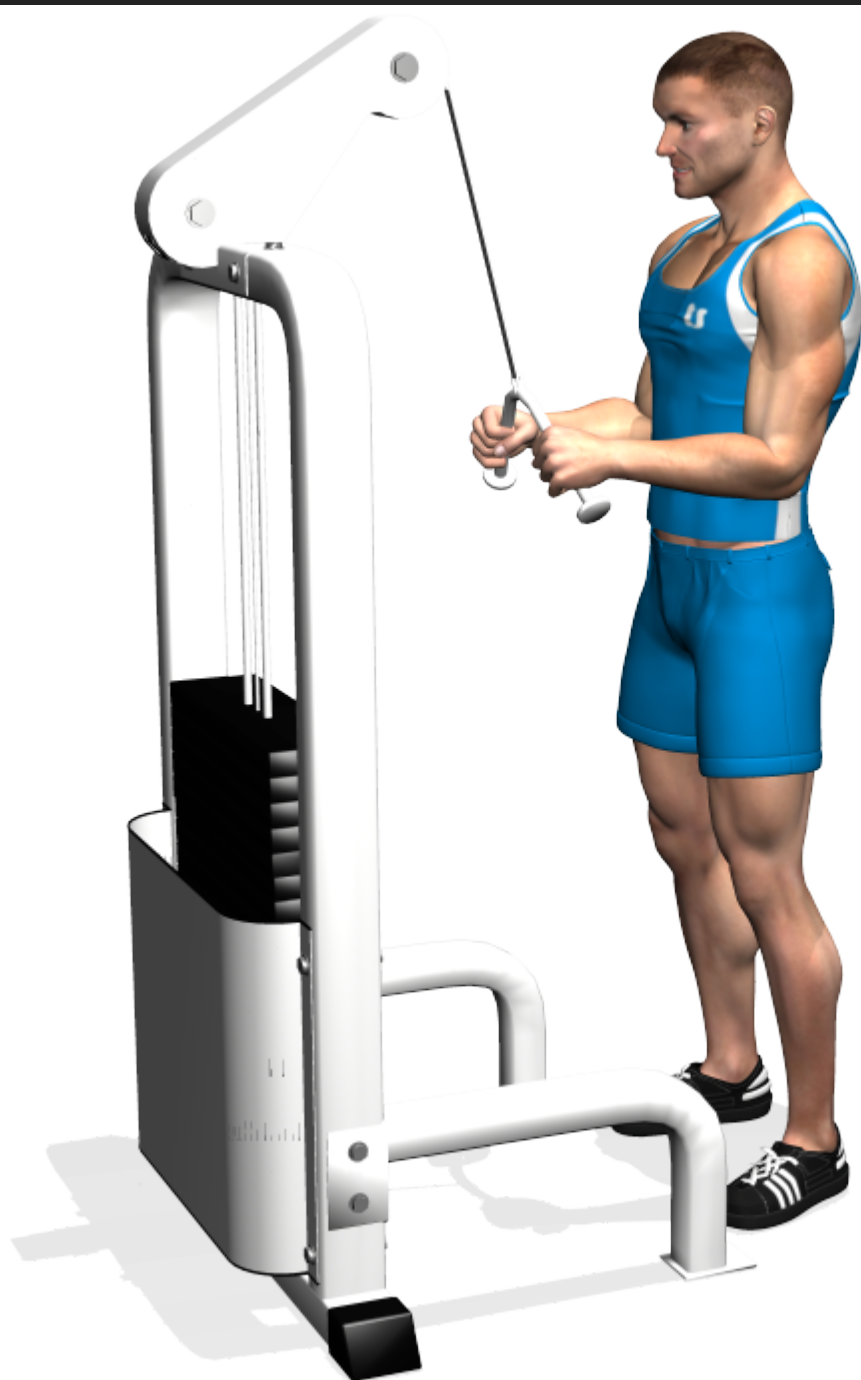


CORDA

SERIE: 4X8

REST: 60 SECONDI





KICK BACK SEDUTO UN MANUBRIO

SERIE: 10/8/8/6

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

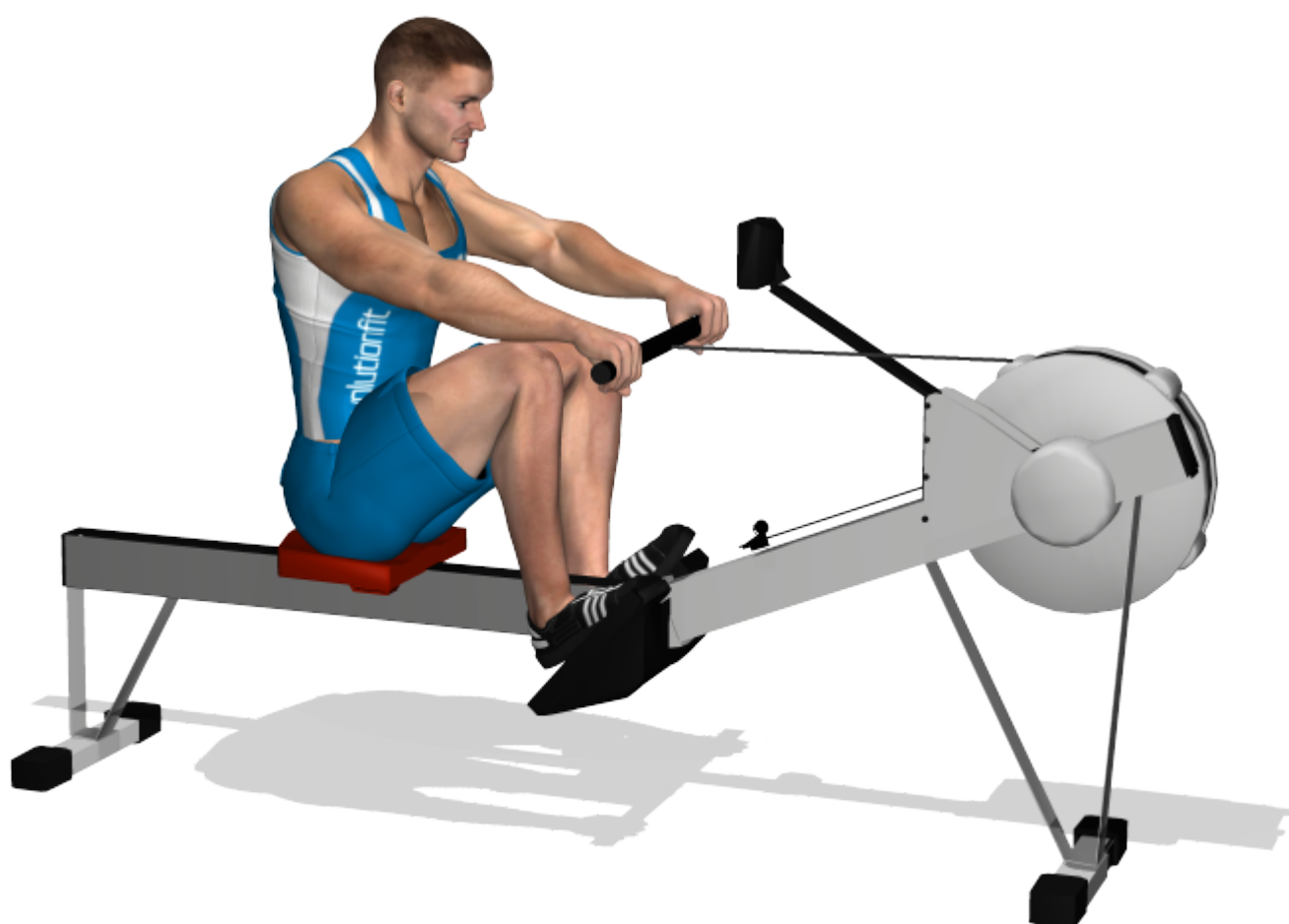
CORSA SU TAPPETO

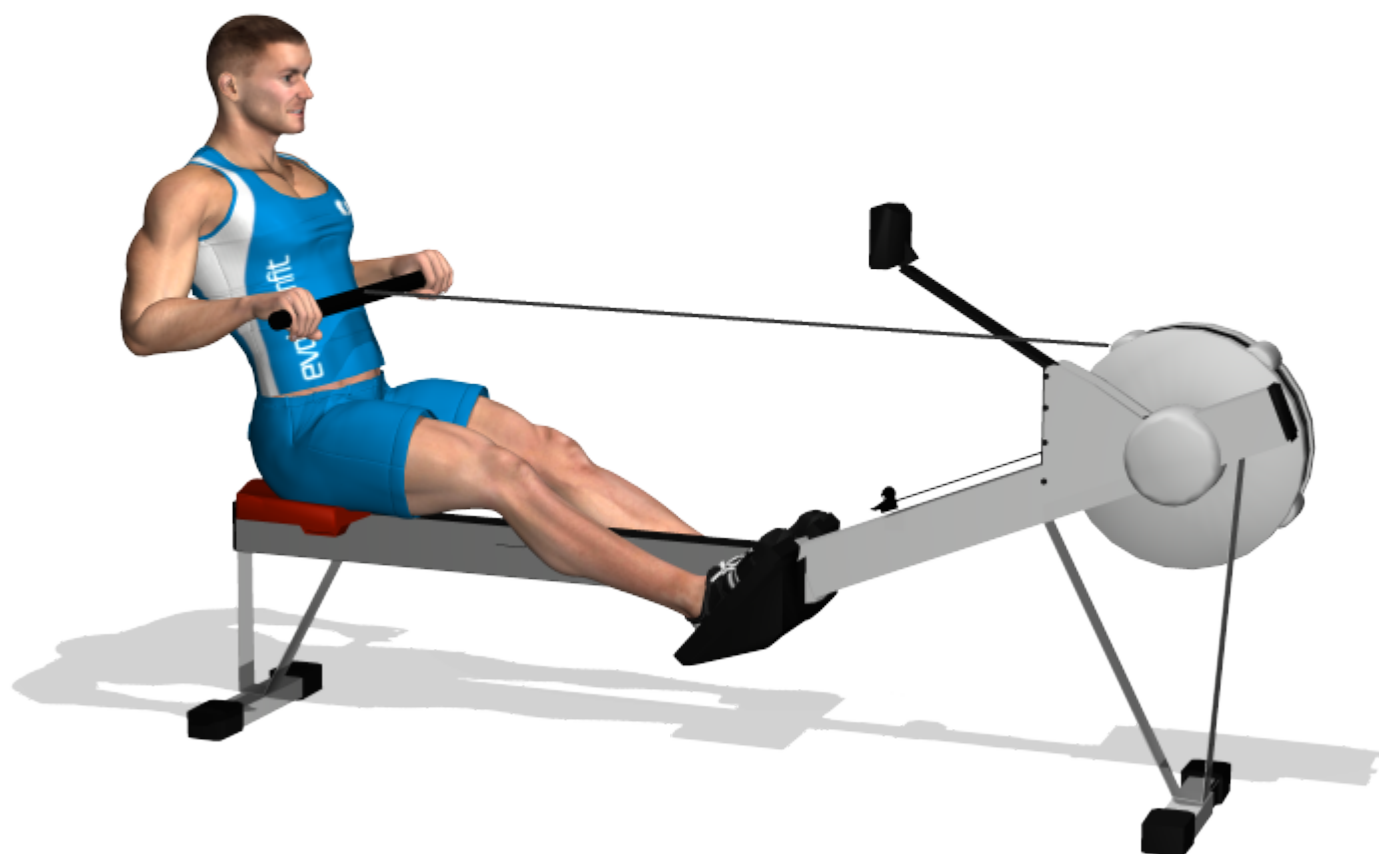
MINUTI: 15



VOGATORE

1 KM



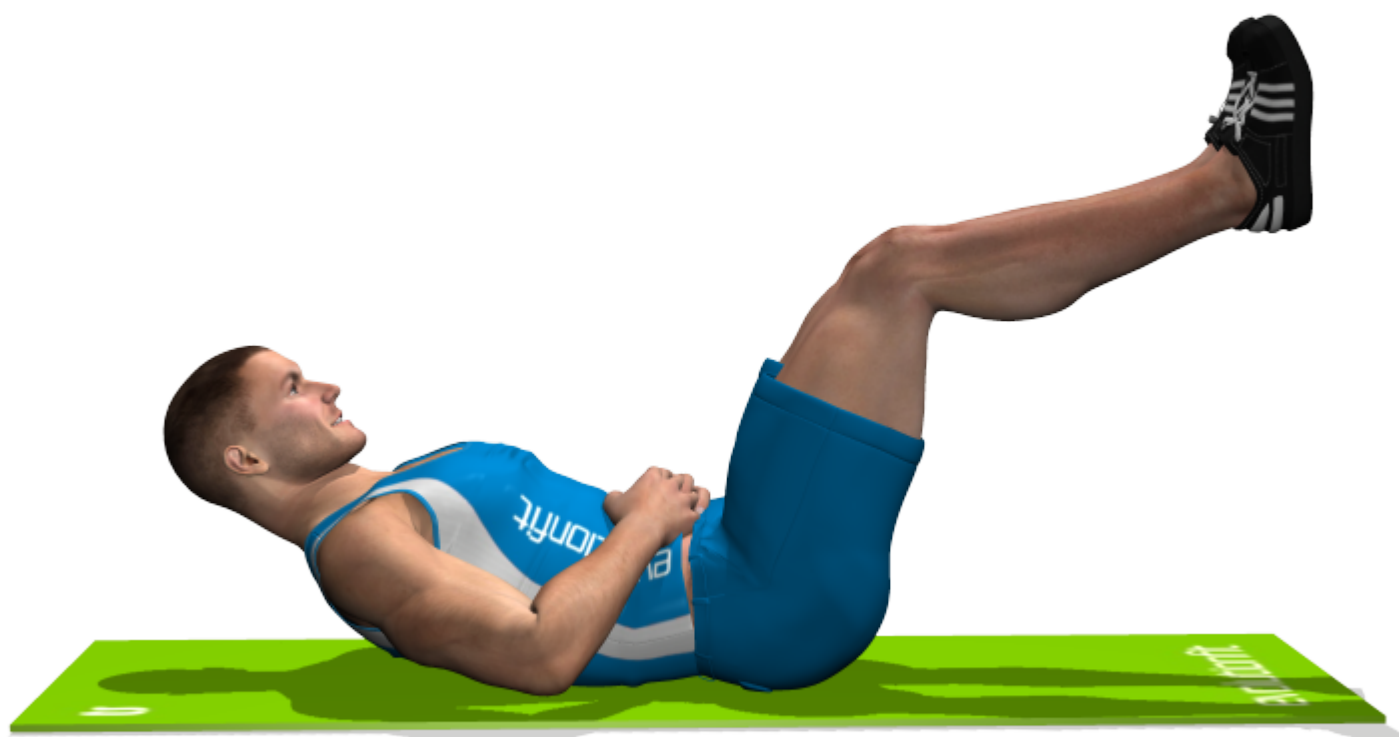


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

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>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4>

SIT UP PANCA ROMANA

SERIE: 4X16

REST: 60 SECONDI





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

SPALLE

ALZATE LATERALI SEDUTO

SERIE: 12/10/8/8

REST: 60 SECONDI





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

ALZATE FRONTALI PANCA INCLINATA

SERIE: 3X8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-FRONTALI-PANCA-INCLINATA-2-MANUBRI-.mp4>

SPINTE SEDUTO MANUBRI

SERIE: 10/8/8/6

REST: 60 SECONDI





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

CROCI INVERSE PANCA INCLINATA

SERIE: 3X8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINATA.mp4>

GAMBE

GOBLET SQUAT

SERIE: 12/10/10/8/8

REST: 60 SECONDI



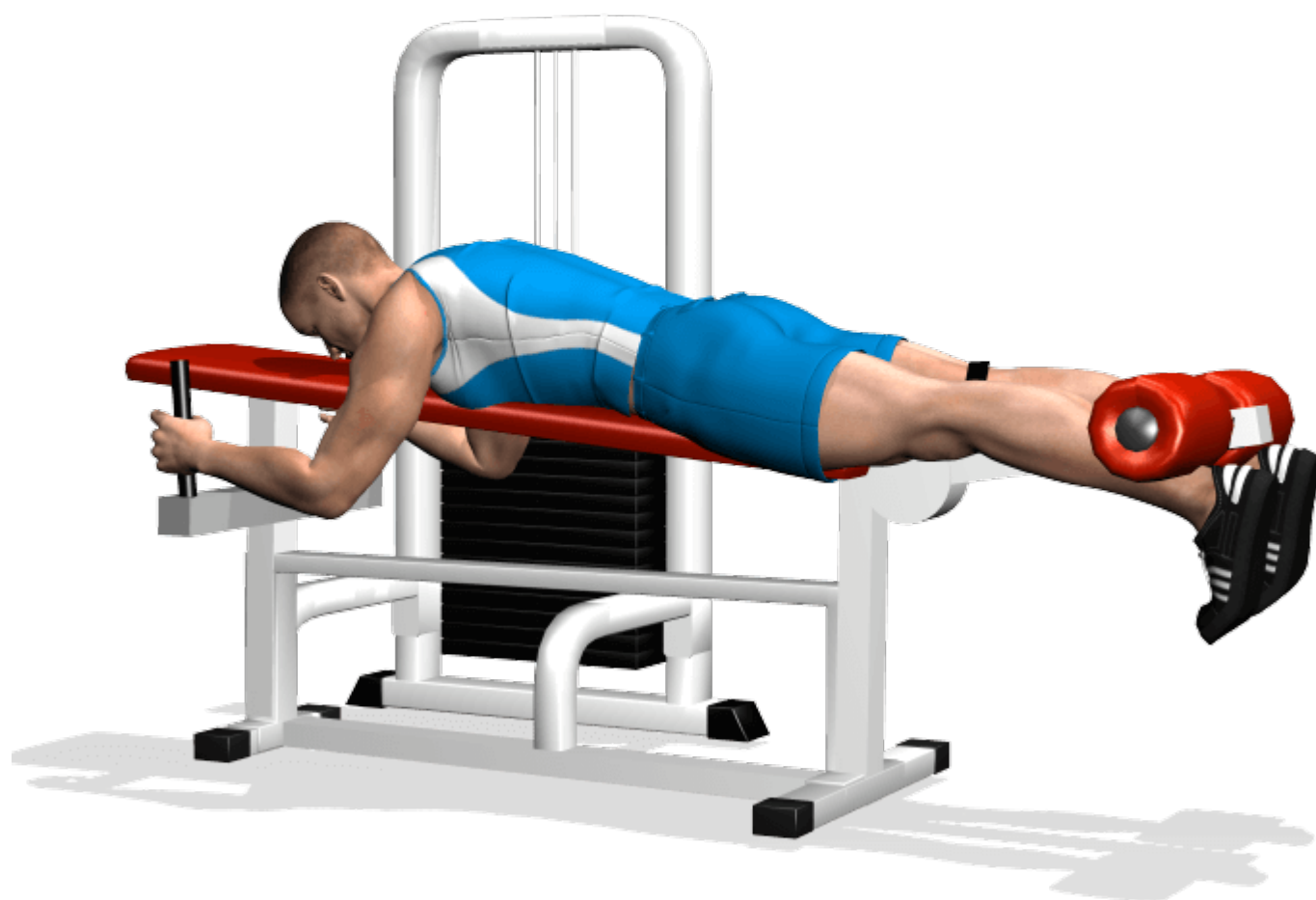


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

LEG CURL SEDUTO

SERIE: 4X10

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 4X10

REST: 60 SECONDI





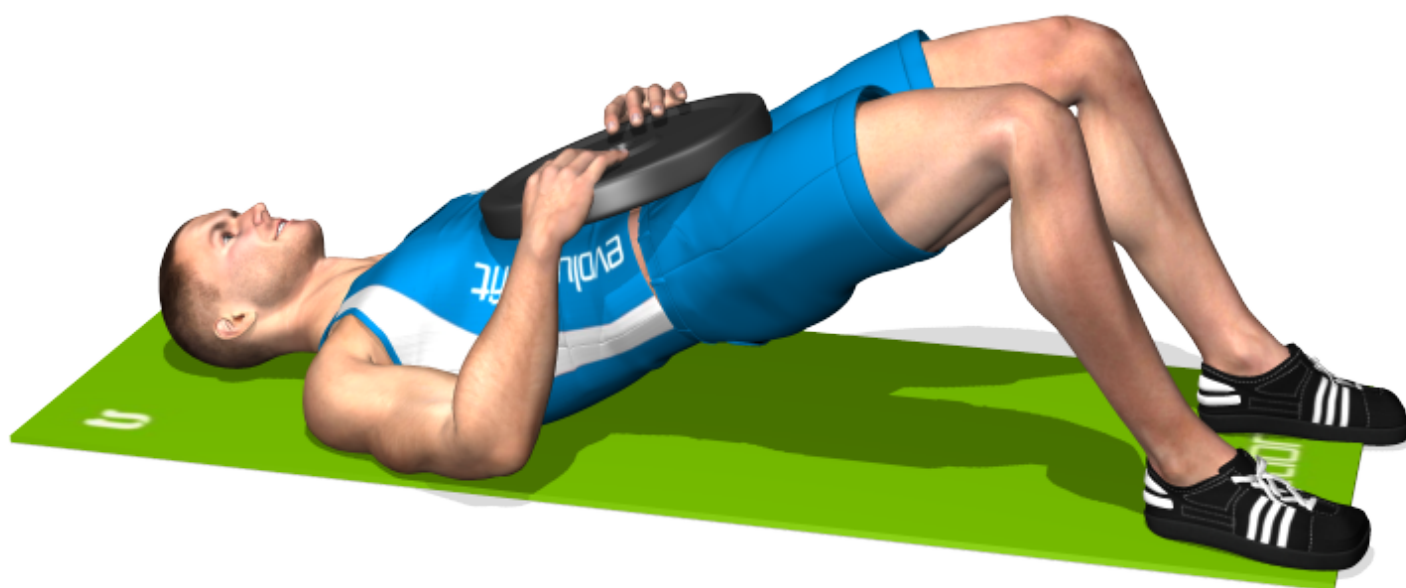
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

BRIDGE/HIP TRUST

SERIE: 10/10/8/6

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)

CALF MACHINE SEDUTO

SERIE: 3X25

REST: 60 SECONDI





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

