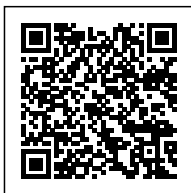


SCHEDA ALLENAMENTO GIUSEPPE LUNA UOMO 17



SCHEDA DI ALLENAMENTO GIUSEPPE LUNA

SCHEDA 3 - INIZIO 6 MARZO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

5/10 MINUTI



ADDOMINALI

ABDOMINAL MACHINE

SERIE: 5x20

REST: 90 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

PECTORAL MACHINE

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

TRICIPITI

SPINTE PANCA PIANA PRESA STRETTA CON MANUBRI

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

FRENCH PRESS MANUBRI

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

ESTENSIONI 1 BRACCIO PRESA INVERSA AL CAVO SINGOLO

SERIE: 2xMAX

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ESTENSIONI-1-BRACCIO-PRESA-IN-VERSA-AL-CAVO-ALTO-.mp4>

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

5/10 MINUTI



ADDOMINALI

ABDOMINAL MACHINE

SERIE: 5x20

REST: 90 SECONDI





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

DORSALI

LAT MACHINE AVANTI

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





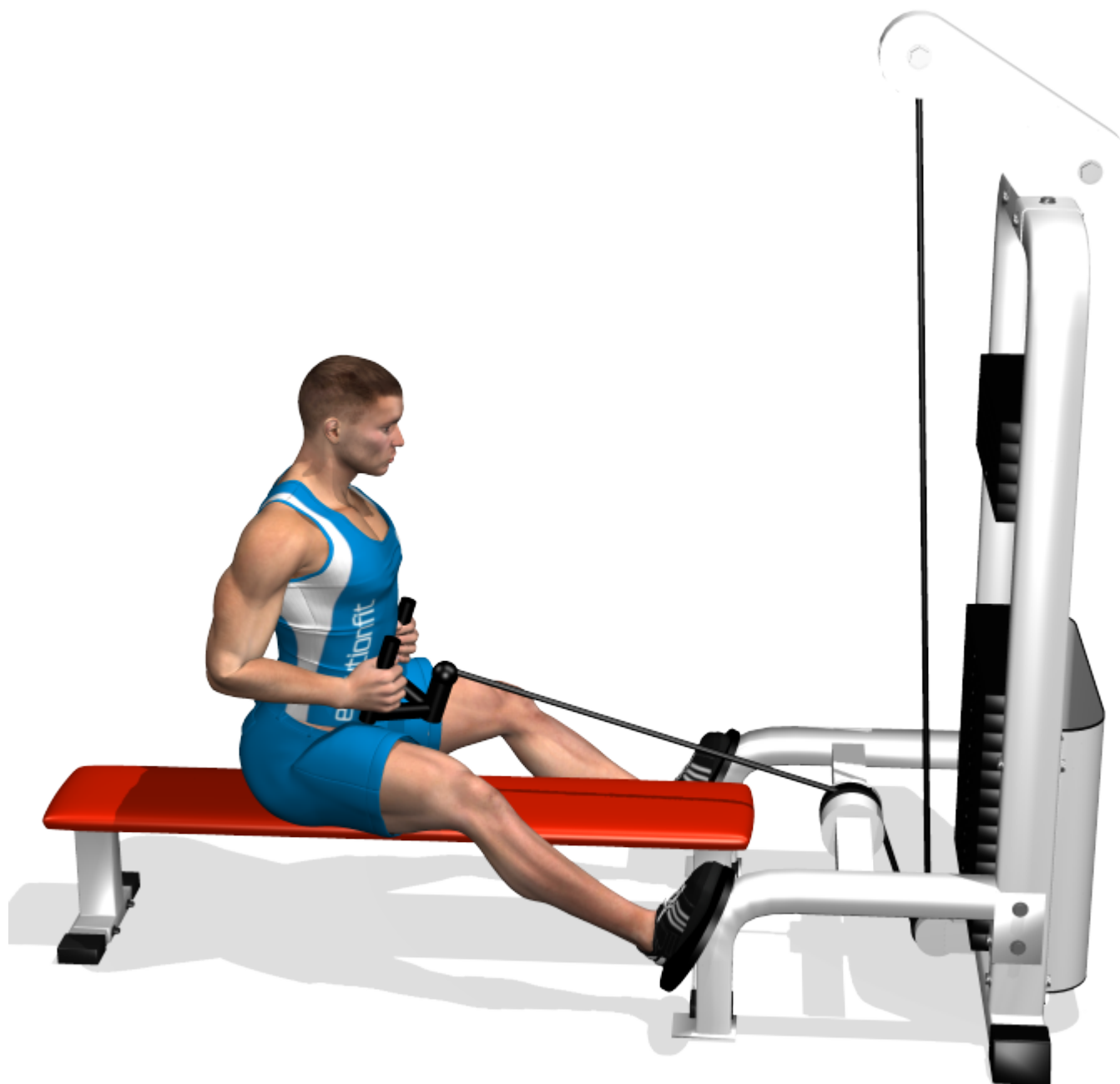
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PULLEY BASSO

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI



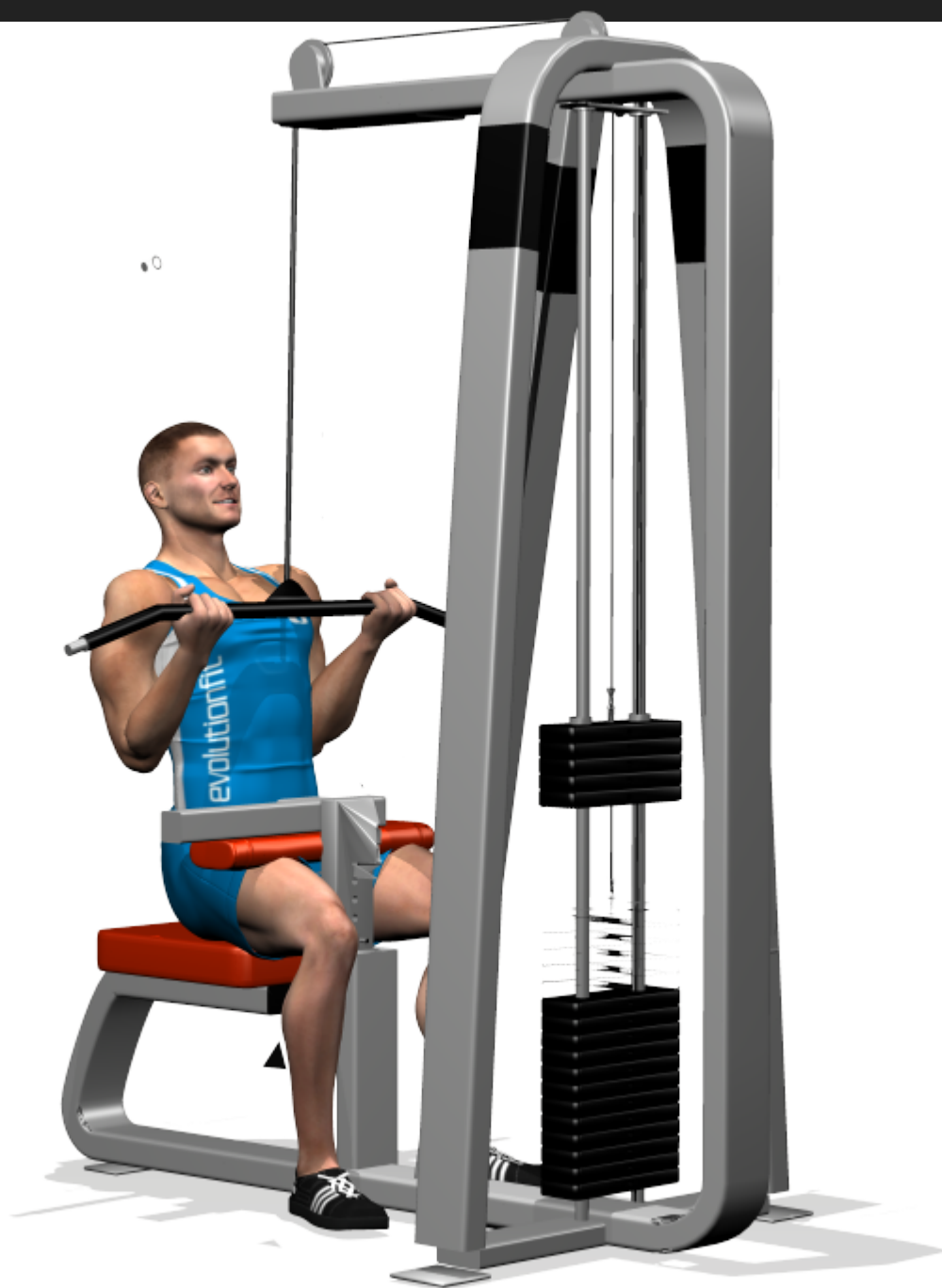


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

LAT MACHINE INVERSA CON TRIANGOLO

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





BICIPITI - AVAMBRACCI

ARM CURL MACHINE

REPS: 8-10-12-15

REST: 90 - 60 - 30 SECONDI





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

CURL MANUBRI MARTELLO

REPS: 8-10-12-15

REST: 90 - 60 - 30 SECONDI





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

CURL CAVI ALTI

SERIE: 2xMAX

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

5/10 MINUTI



ADDOMINALI

ABDOMINAL MACHINE

SERIE: 5x20

REST: 90 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

ALZATE LATERALI

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

APERTURE DA PRONO

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





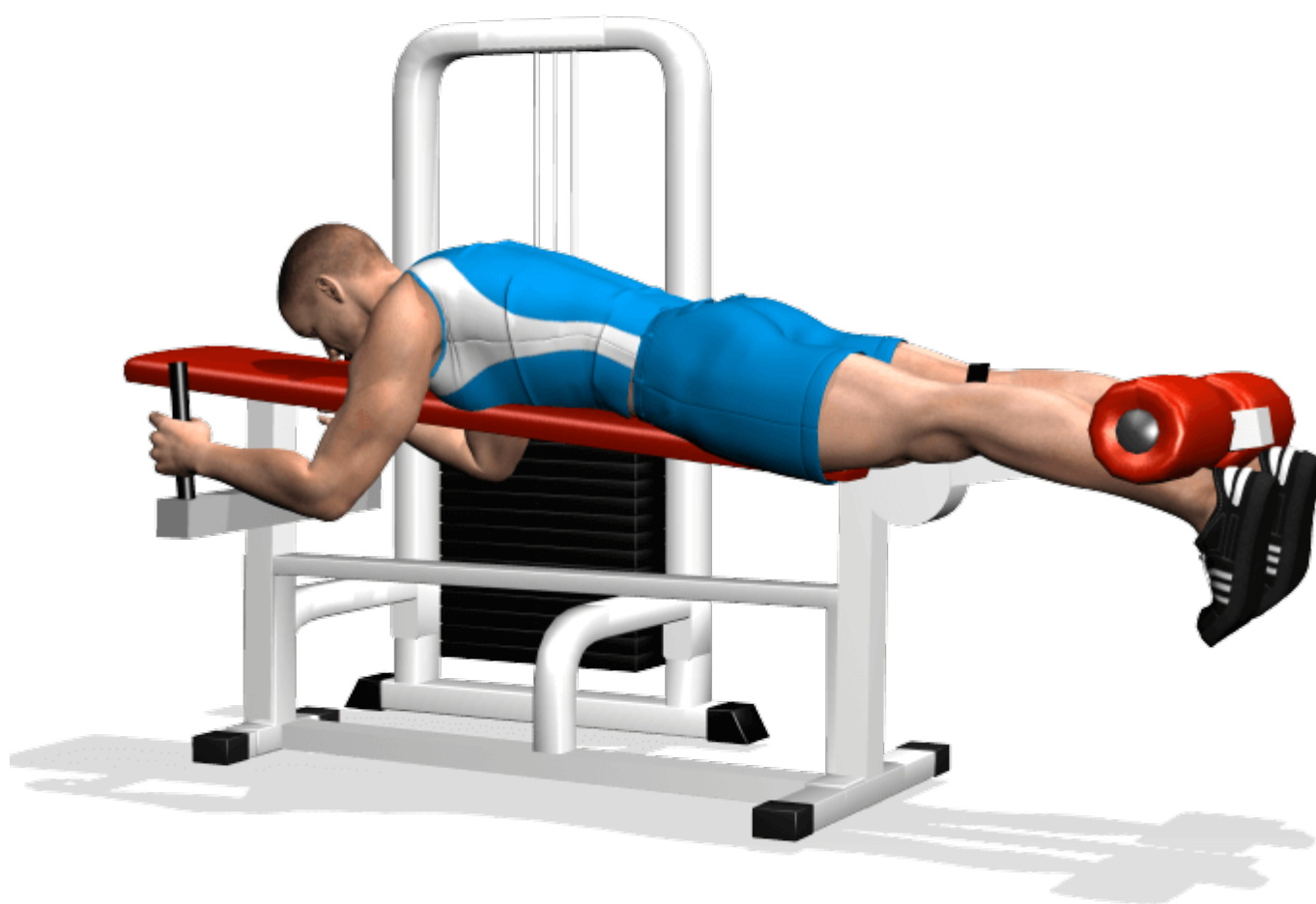
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINATA.mp4>

GAMBE

LEG CURL

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 8-10-12-15

REST: 90 - 60 -30 SECONDI





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

SQUAT BILANCIERE

SERIE: 3x12

REST: 90 SECONDI





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

