

SCHEDA ALLENAMENTO JOSEPH MARCHIANO UOMO 04



SCHEDA DI ALLENAMENTO JOSEPH MARCHIANO

SCHEDA 1 - INIZIO 20 MARZO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[-DELTOIDI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15/20



GAMBE

LEG PRESS ORIZZONTALE

REPS: 10/12/15

REST: 90 SECONDI





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

LEG EXTENSION

REPS: 10/12/15

REST: 90 SECONDI



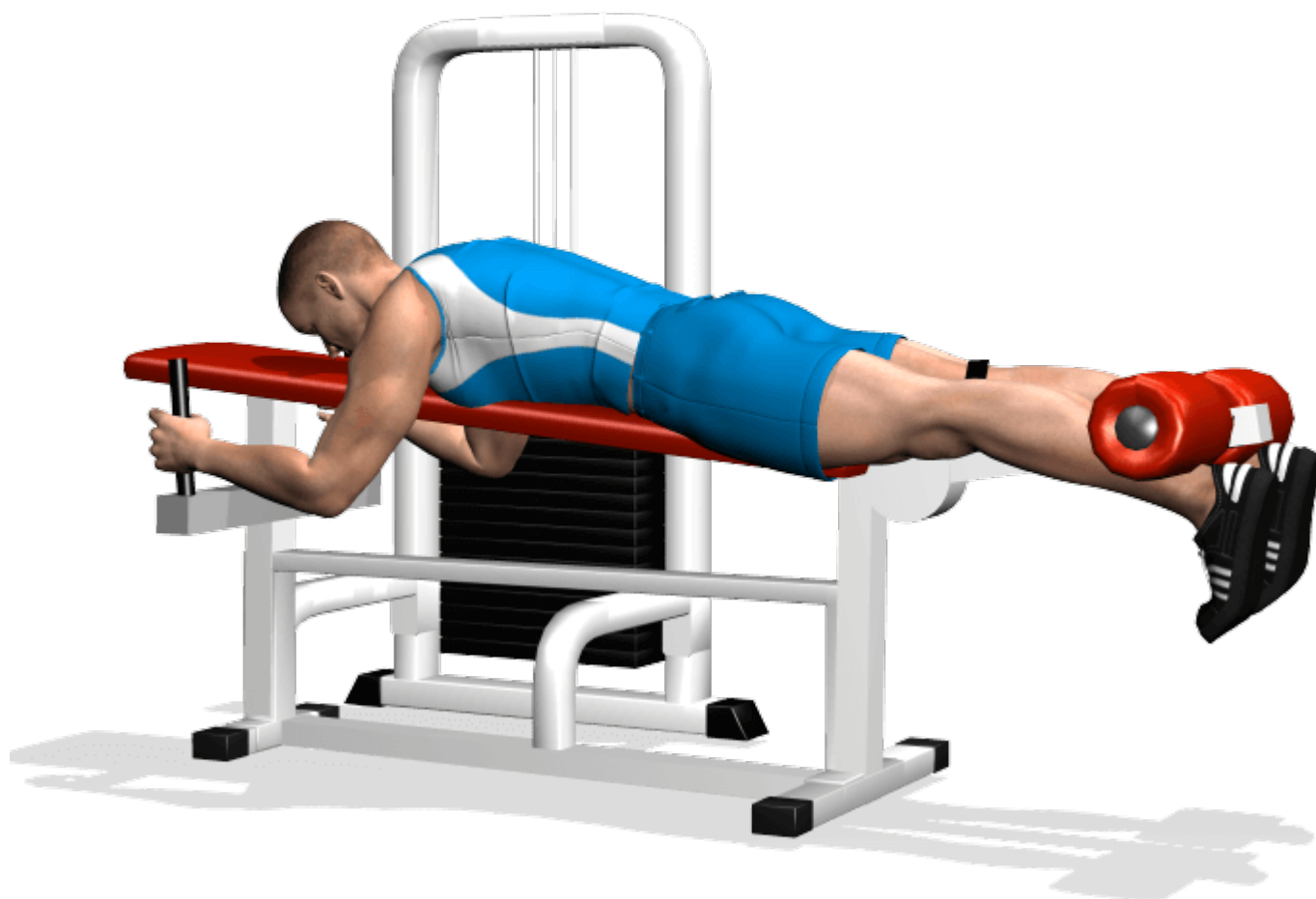


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL

REPS: 10/12/15

REST: 90 SECONDI





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

DELTOIDI

ALZATE LATERALI SEDUTO

REPS: 10/12/15

REST: 90 SECONDI





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

TIRATE AL PETTO

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TIRATE-AL-MENTO.mp4>

ROWING TORSO

REPS: 10/12/15

REST: 90 SECONDI





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

ADDOMINALI GIORNO 1

ABDOMINAL MACHINE

SERIE: 4x15 - GIORNO 1

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15/20

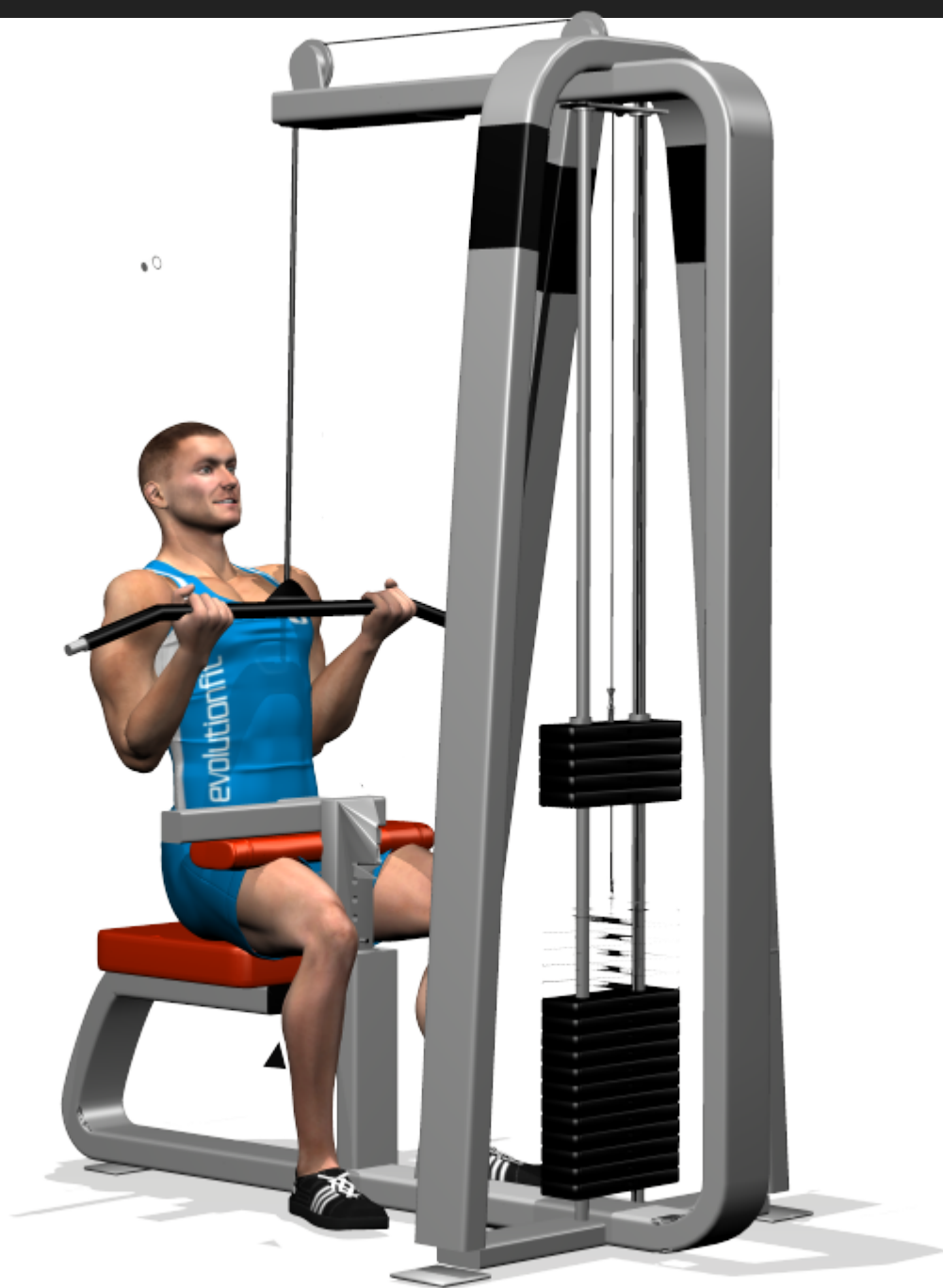


DORSALI

LAT MACHINE INVERSA

REPS: 10/12/15

REST: 90 SECONDI





VERTICAL TRACTION

REPS: 10/12/15

REST: 90 SECONDI





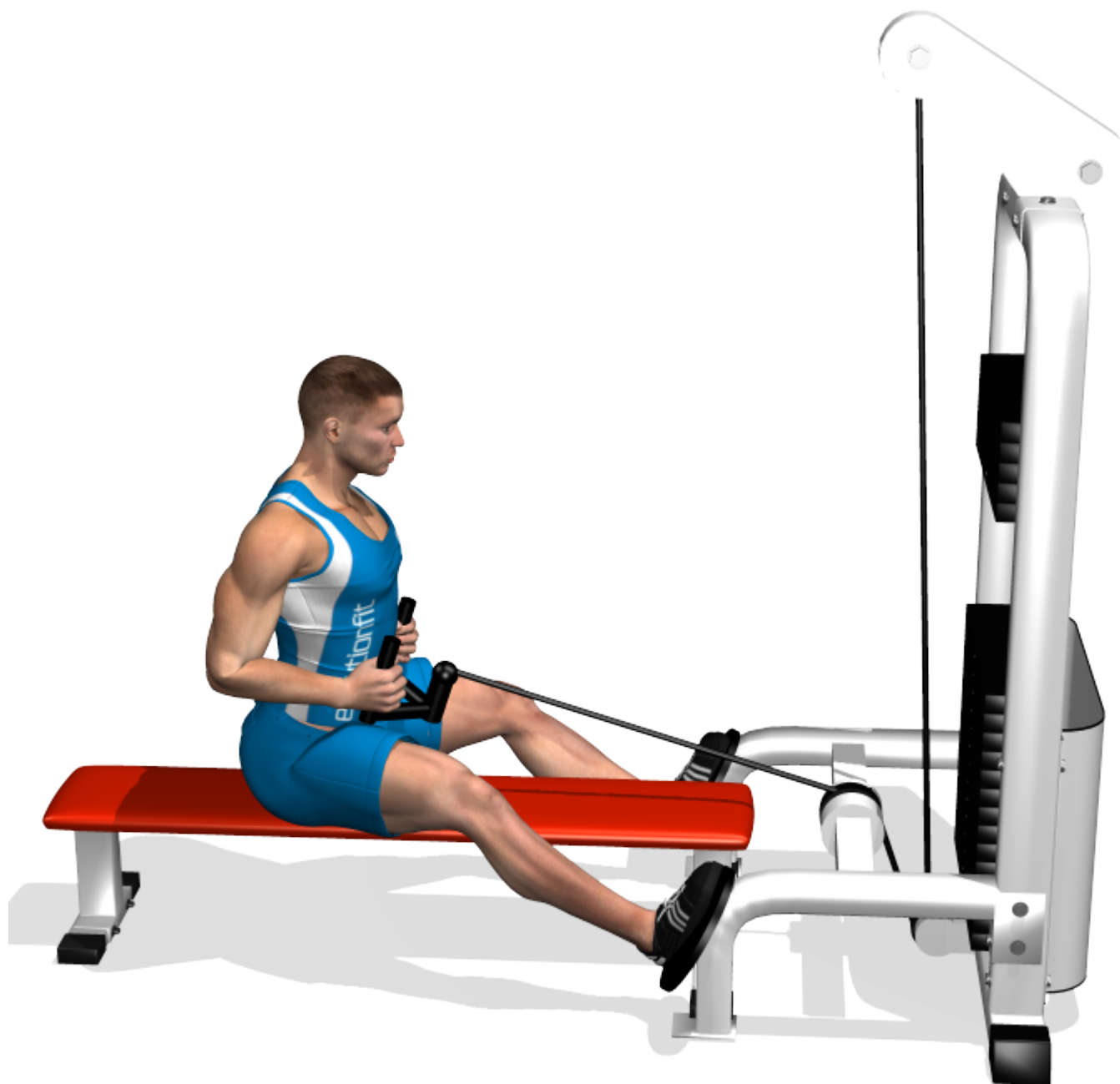
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

PULLEY BASSO

REPS: 10/12/15

REST: 90 SECONDI





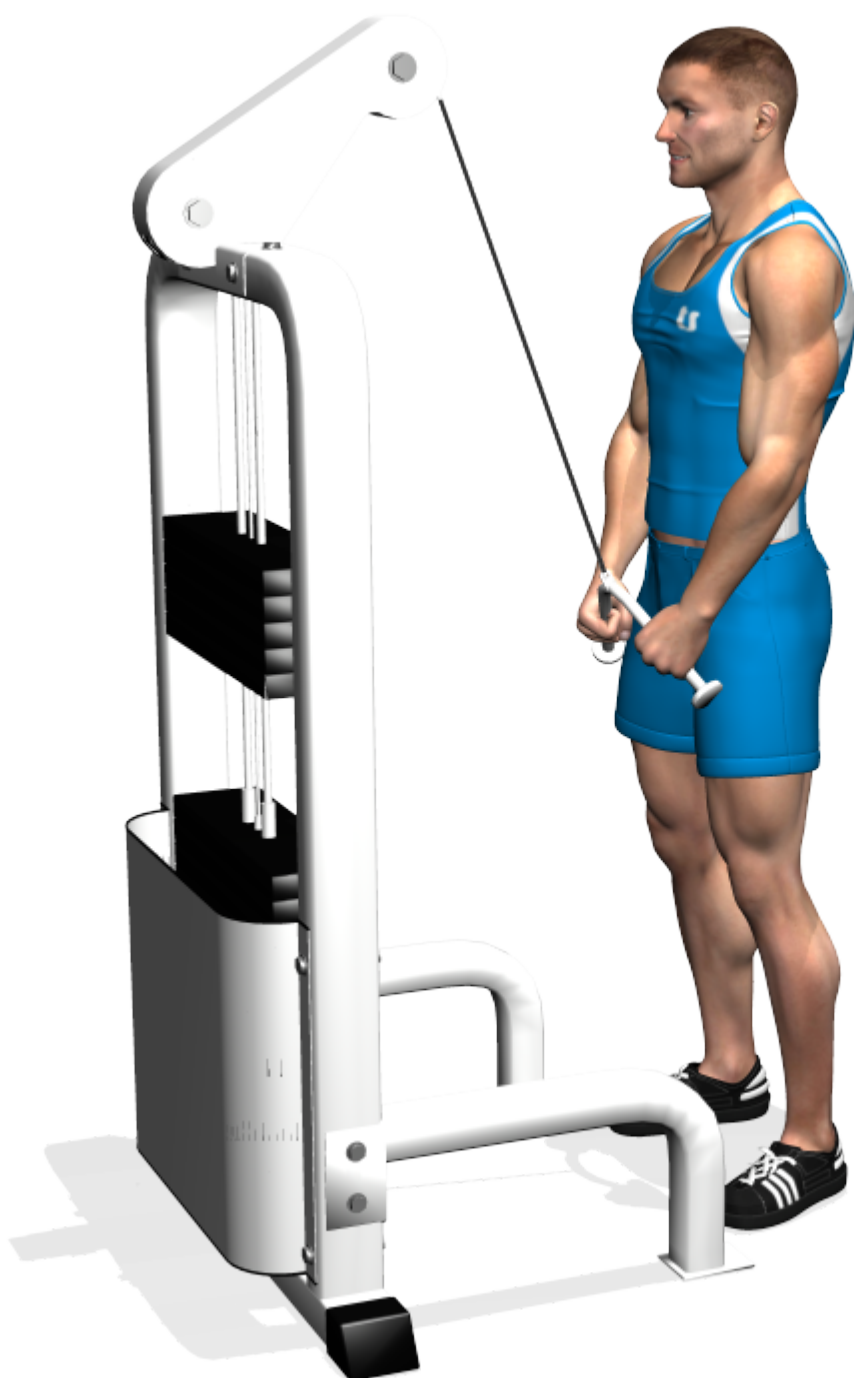
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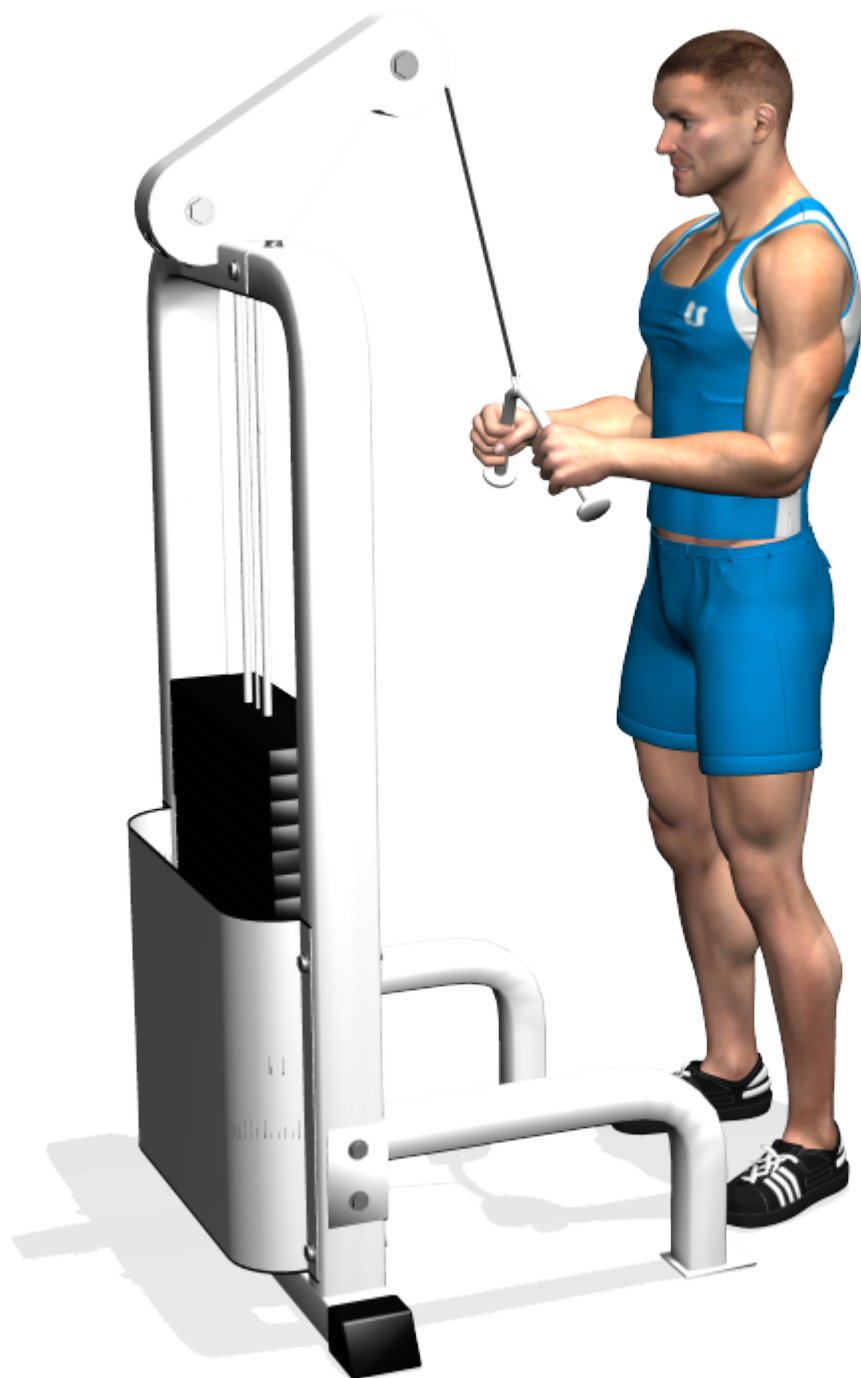
TRICIPITI

PUSH DOWN

REPS: 10/12/15

REST: 90 SECONDI





FRENCH PRESS SEDUTO

REPS: 10/12/15

REST: 90 SECONDI





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

FRENCH PRESS MANUBRI

SERIE: 3x12

REST: 90 SECONDI





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

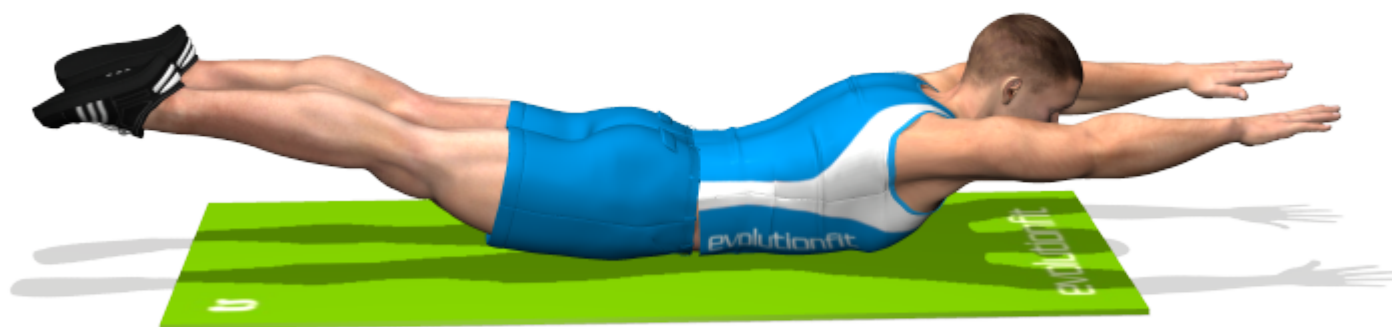
LOMBARI

LOMBARI

SERIE: 3x15 - GIORNO 2

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15/20



PETTORALI

PANCA PIANA BILANCIERE

REPS: 10/12/15

REST: 90 SECONDI





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

SPINTE MANUBRI PANCA INCLINATA

REPS: 10/12/15

REST: 90 SECONDI





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

PECTORAL MACHINE

REPS: 10/12/15

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI MARTELLO

REPS: 10/12/15

REST: 90 SECONDI





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

CURL SCOTT MANUBRIO SINGOLO

REPS: 10/12/15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-SCOTT-MANUBRIO-SINGOLO.mp4>

ARM CURL MACHINE

SERIE: 3x12

REST: 90 SECONDI





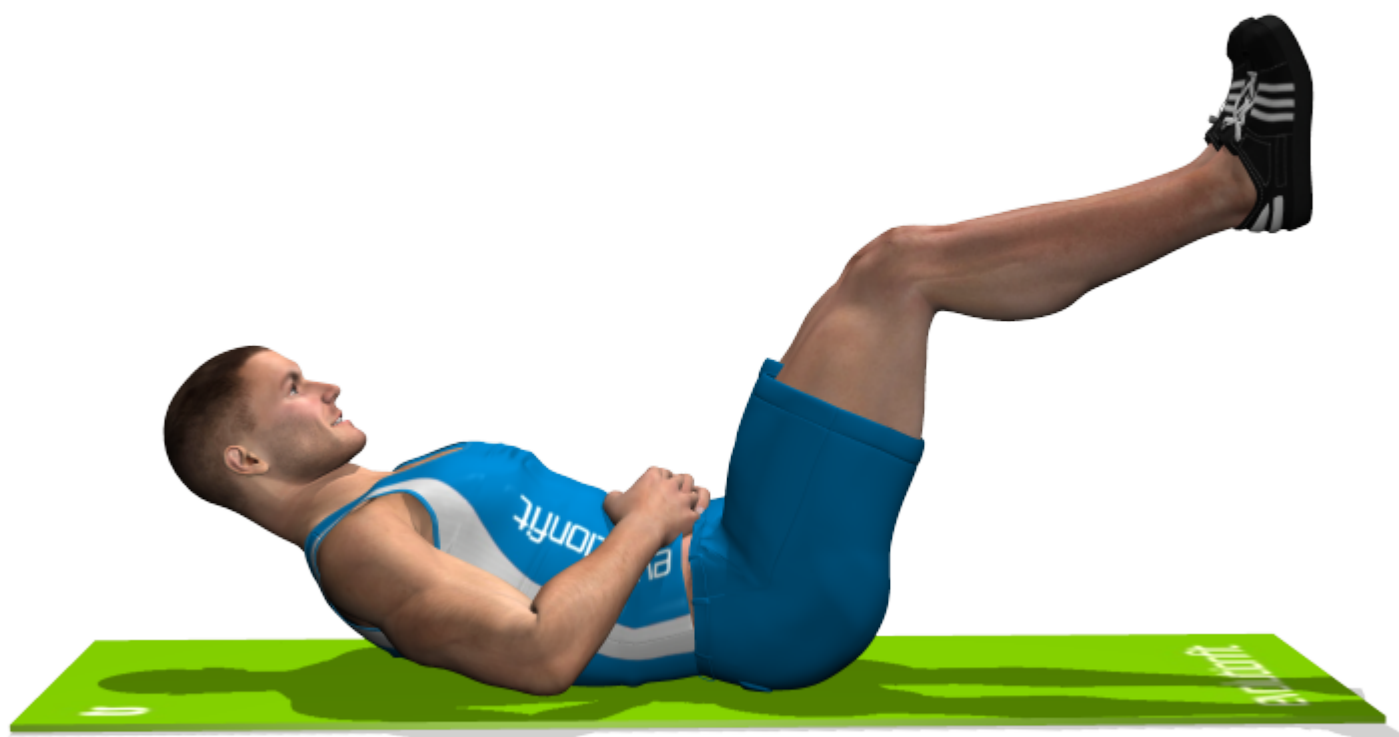
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ARM-CURL-MACHINE.mp4>

ADDOMINALI GIORNO 3

REVERSE CRUNCH

SERIE: 4x20 GIORNO 3

REST: 90 SECONDI





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

