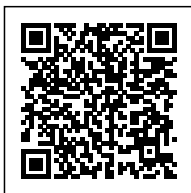


# SCHEDA ALLENAMENTO LUIGI LOMBARDI UOMO 07



# SCHEDA DI ALLENAMENTO LUIGI LOMBARDI

## SCHEDA 1 - INIZIO 14 SETTEMBRE - SCADENZA 6 SETTIMANE

### GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

### GIORNO 1

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

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

[- BICIPITI](#)  
[- AVAMBRACCI](#)  
[Clicca qui](#)

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

## GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

POLPACCI

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

# GIORNO 1

## CARDIO - RISCALDAMENTO

### CORSA SU TAPPETO

MINUTI: 15/20





**PETTORALI**

## PANCA PIANA BILANCIERE

REPS: 8/8/10/10

REST: 90 SECONDI





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

## **SPINTE MANUBRI PANCA INCLINATA**

REPS: 8/8/10/10

REST: 90 SECONDI





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

## PECTORAL MACHINE

REPS: 8/10/12

REST: 90 SECONDI





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

## **BICIPITI - AVAMBRACCI**



## CURL MANUBRI SCHIENA IN APPOGGIO

REPS: 8/8/10/10

REST: 90 SECONDI







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

## **CURL PANCA SCOTT**

REPS: 8/8/10/10

REST: 90 SECONDI





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

## **CURL CAVO BASSO CORDA**

REPS: 8/10/12

REST: 90 SECONDI





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

## **ADDOMINALI GIORNO 1**

## ABDOMINAL MACHINE

SERIE: 4x15

REST: 90 SECONDI





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

## **ADDOMINALI ALLA PARALLELE**

SERIE: 4x15

REST: 90 SECONDI







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

## **RUSSIAN TWIST**

SERIE: 3x15 KETTLEBELL OPZIONALE

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/RUSSIAN-TWIST-KETTLEBELL.mp4>

## GIORNO 2

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 15/20



## DELTOIDI

### CROCI INVERSE PANCA INCLINATA

REPS: 8/8/10/10

REST: 90 SECONDI





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

## **SPINTE SEDUTO MANUBRI**

REPS: 8/8/10/10

REST: 90 SECONDI







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

## **ALZATE FRONTALI**

SERIE: 3x10

REST: 90 SECONDI





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

## SCROLLATE

SERIE: 3x10

REST: 90 SECONDI





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

## GAMBE

## LEG PRESS ORIZZONTALE

REPS: 8/8/10/10

REST: 90 SECONDI



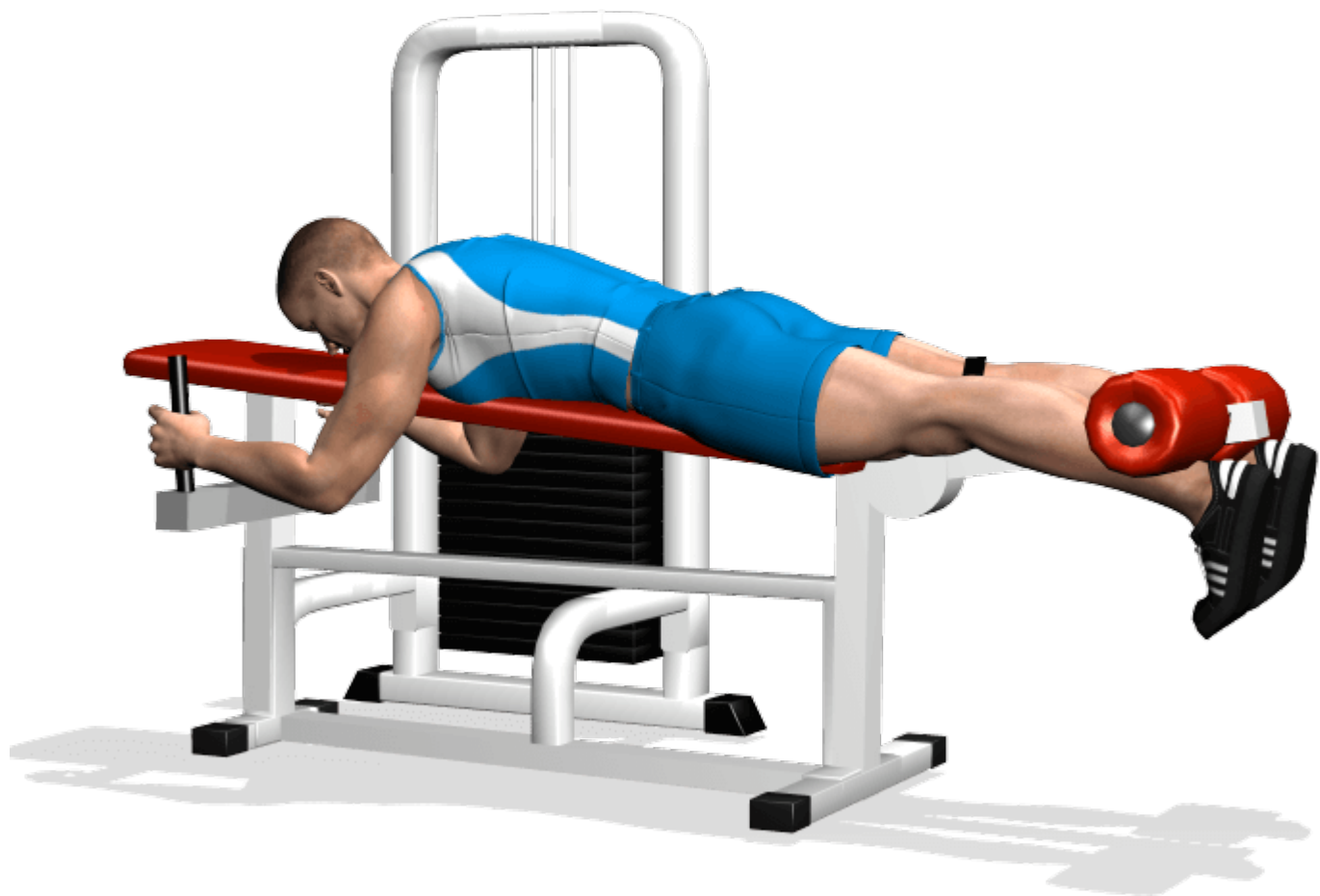


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

## LEG CURL SEDUTO

REPS: 8/8/10/10

REST: 90 SECONDI







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

## LEG EXTENSION

REPS: 8/10/12

REST: 90 SECONDI





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

## **POLPACCI**

## CALF PRESSA ORIZZONTALE

SERIE: 3x10

REST: 90 SECONDI





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

## **CALF MACHINE SEDUTO**

SERIE: 3x15

REST: 90 SECONDI





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

## GIORNO 3



# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 15/20





# DORSALI

## VERTICAL TRACTION

REPS: 8/8/10/10

REST: 90 SECONDI





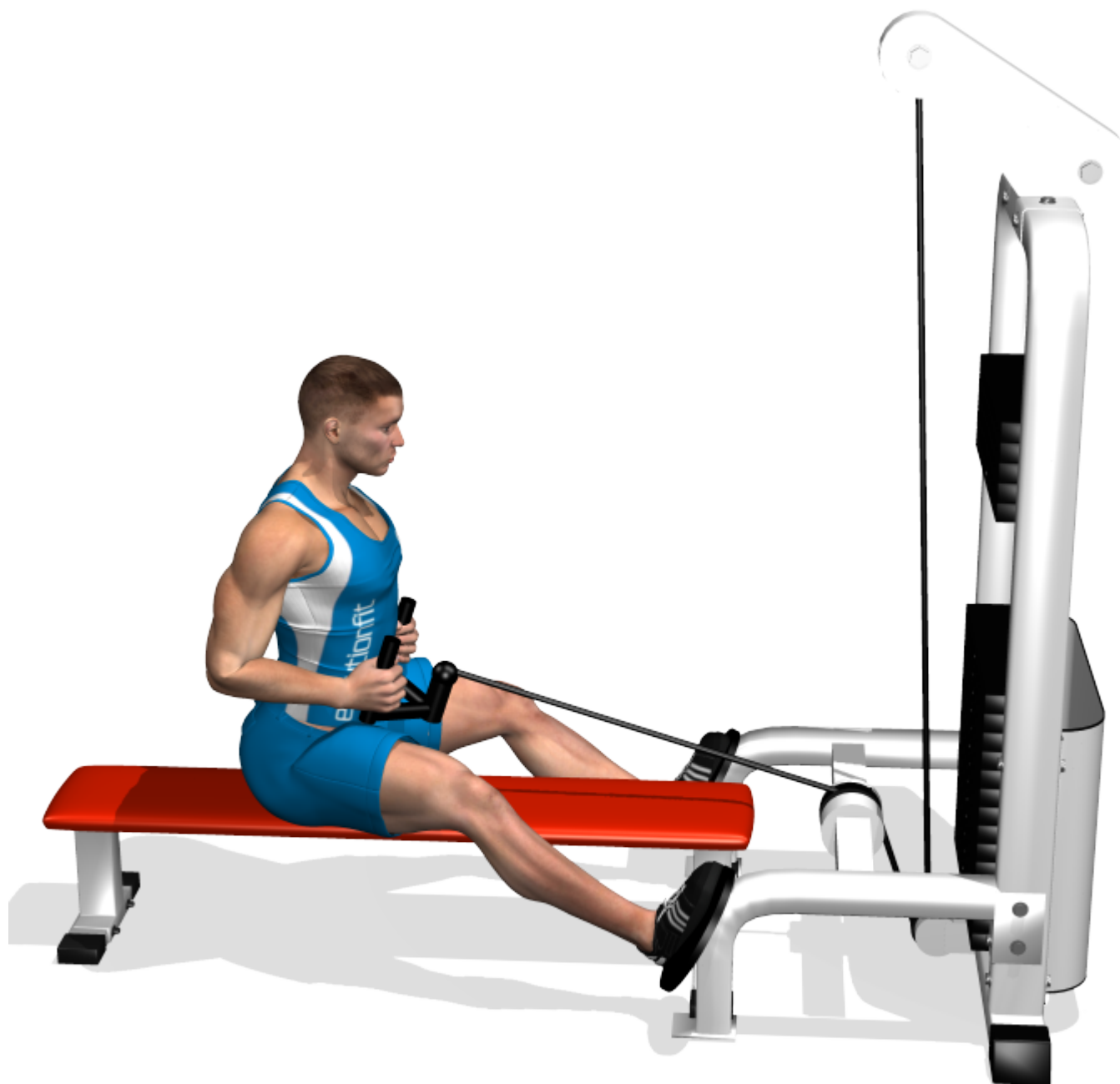
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

## **PULLEY ROW**

REPS: 8/8/10/10

REST: 90 SECONDI





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

## **LAT MACHINE AVANTI**

REPS: 8/10/12

REST: 90 SECONDI





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

## TRICIPITI

## FRENCH PRESS MANUBRI

REPS: 8/8/10/10

REST: 90 SECONDI







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

## FRENCH PRESS SEDUTO

REPS: 8/8/10/10

REST: 90 SECONDI





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

## **KICK BACK SEDUTO 1 MANUBRIO**

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/KICK-BACK-UN-MANUBRIO.mp4>

## **ADDOMINALI GIORNO 3**

## ABDOMINAL MACHINE

SERIE: 4x15

REST: 90 SECONDI





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

## **ADDOMINALI ALLA PARALLELE**

SERIE: 4x15

REST: 90 SECONDI









[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m  
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

## **RUSSIAN TWIST**

SERIE: 3x15 KETTLEBELL OPZIONALE

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/RUSSIAN-TWIST-KETTLEBELL.mp4>

