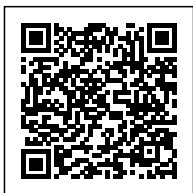


# SCHEDA ALLENAMENTO LUIGI LOMBARDI UOMO 09



# SCHEDA DI ALLENAMENTO LUIGI LOMBARDI

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

### 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

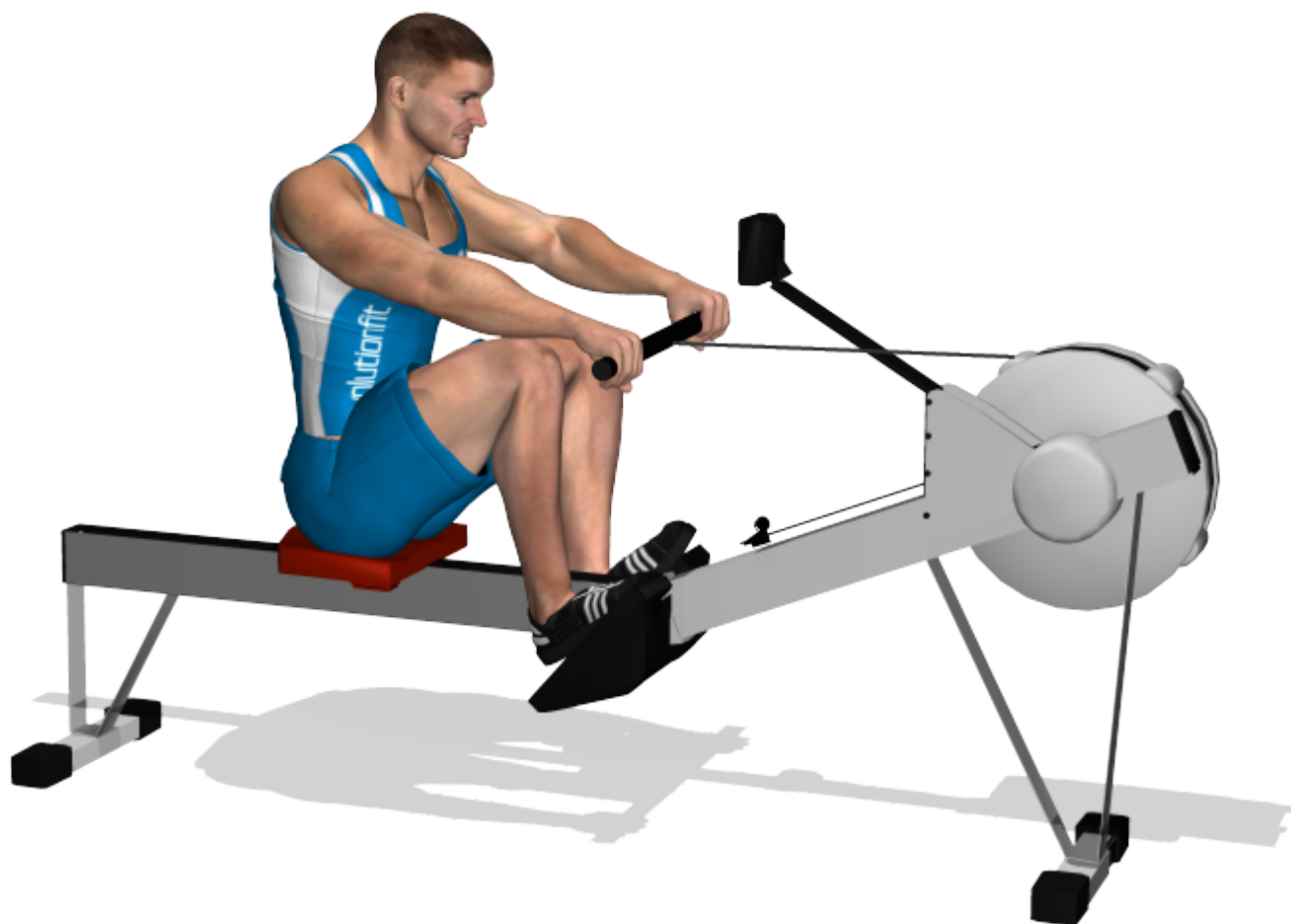
### CORSA SU TAPPETO

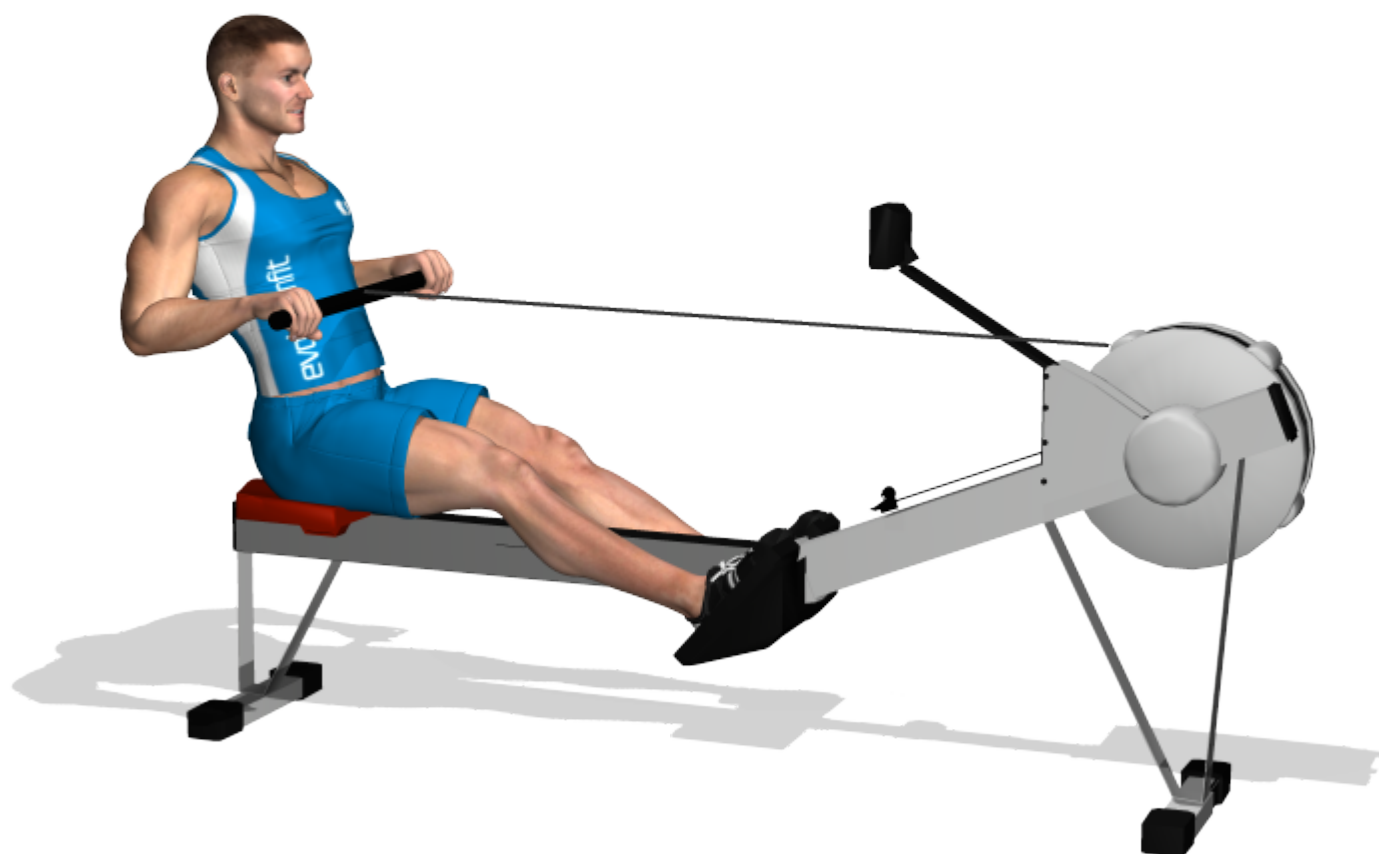
MINUTI: 15



## VOGATORE

2 KM





## ELLITTICA

MINUTI: 20

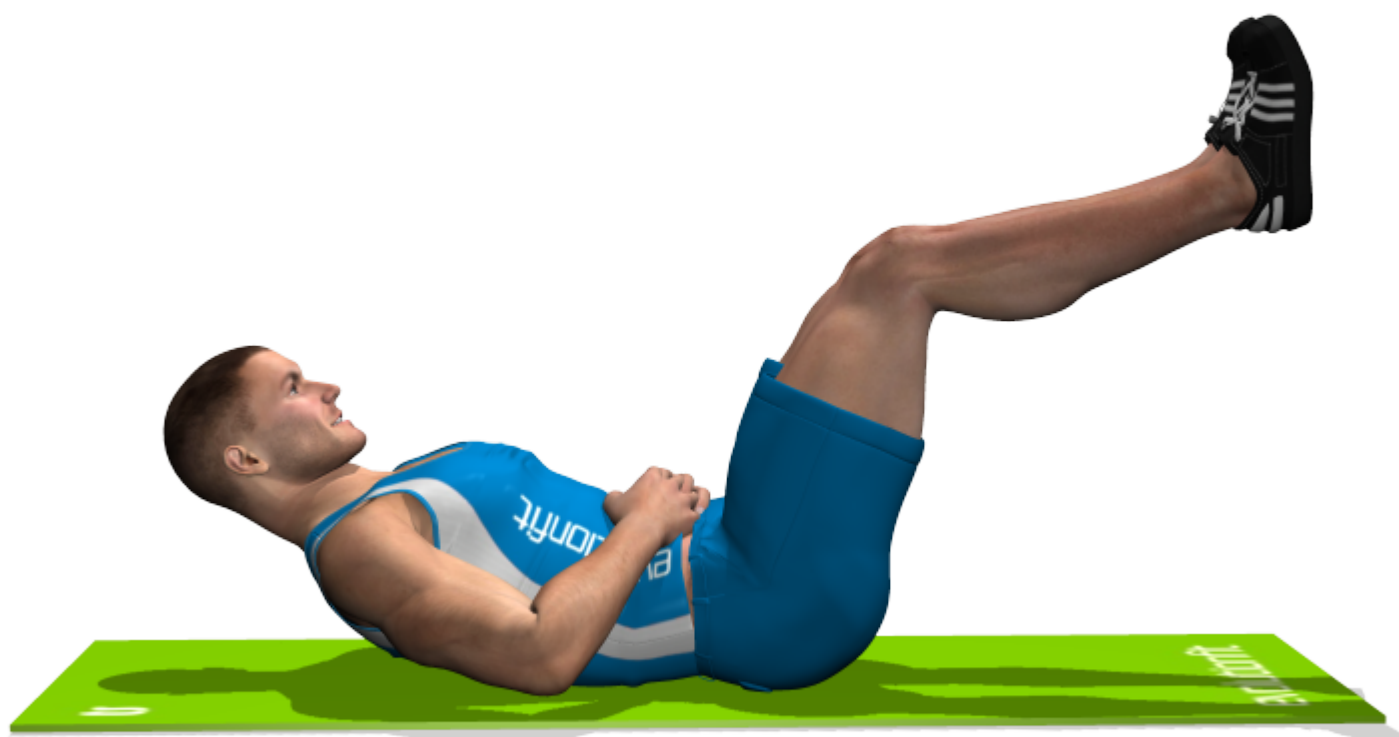


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDOMINALI ALLA PARALLELE**

SERIE: 3x20

REST: 60 SECONDI





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

## PETTORALI

## PANCA PIANA BILANCIERE

SERIE: 4X12

REST: 60 SECONDI





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

## PANCA INCLINATA BILANCIERE

SERIE: 4X10

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: 3x12

REST: 60 SECONDI





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

## BICIPITI - AVAMBRACCI

## CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x12

REST: 60 SECONDI





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

## **CURL MANUBRI MARTELLLO**

SERIE: 3x10

REST: 60 SECONDI





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

## **CURL CONCENTRATO UN MANUBRIO**

SERIE: 3x10

REST: 60 SECONDI





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

## GIORNO 2

# CARDIO - RISCALDAMENTO

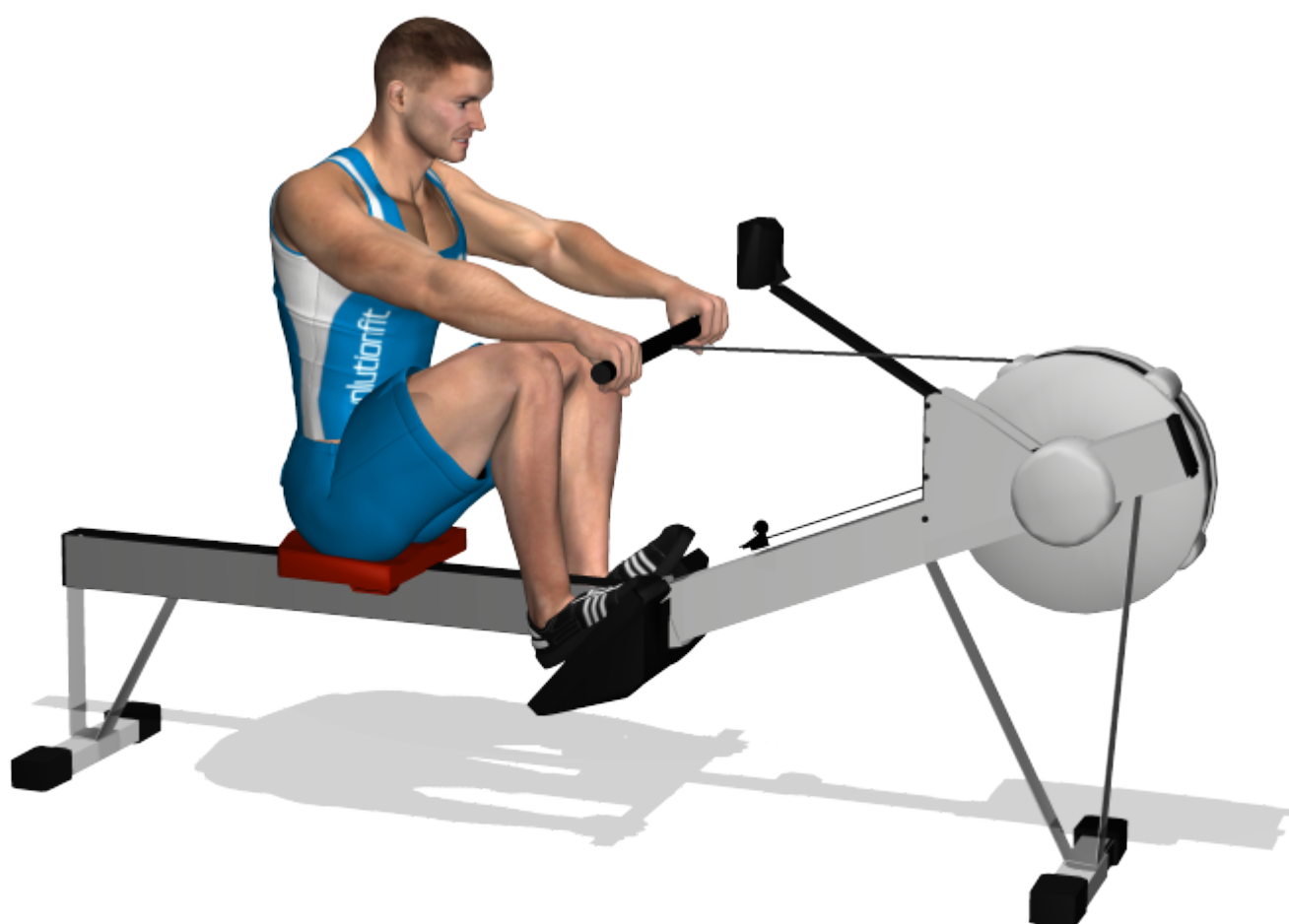
## CORSA SU TAPPETO

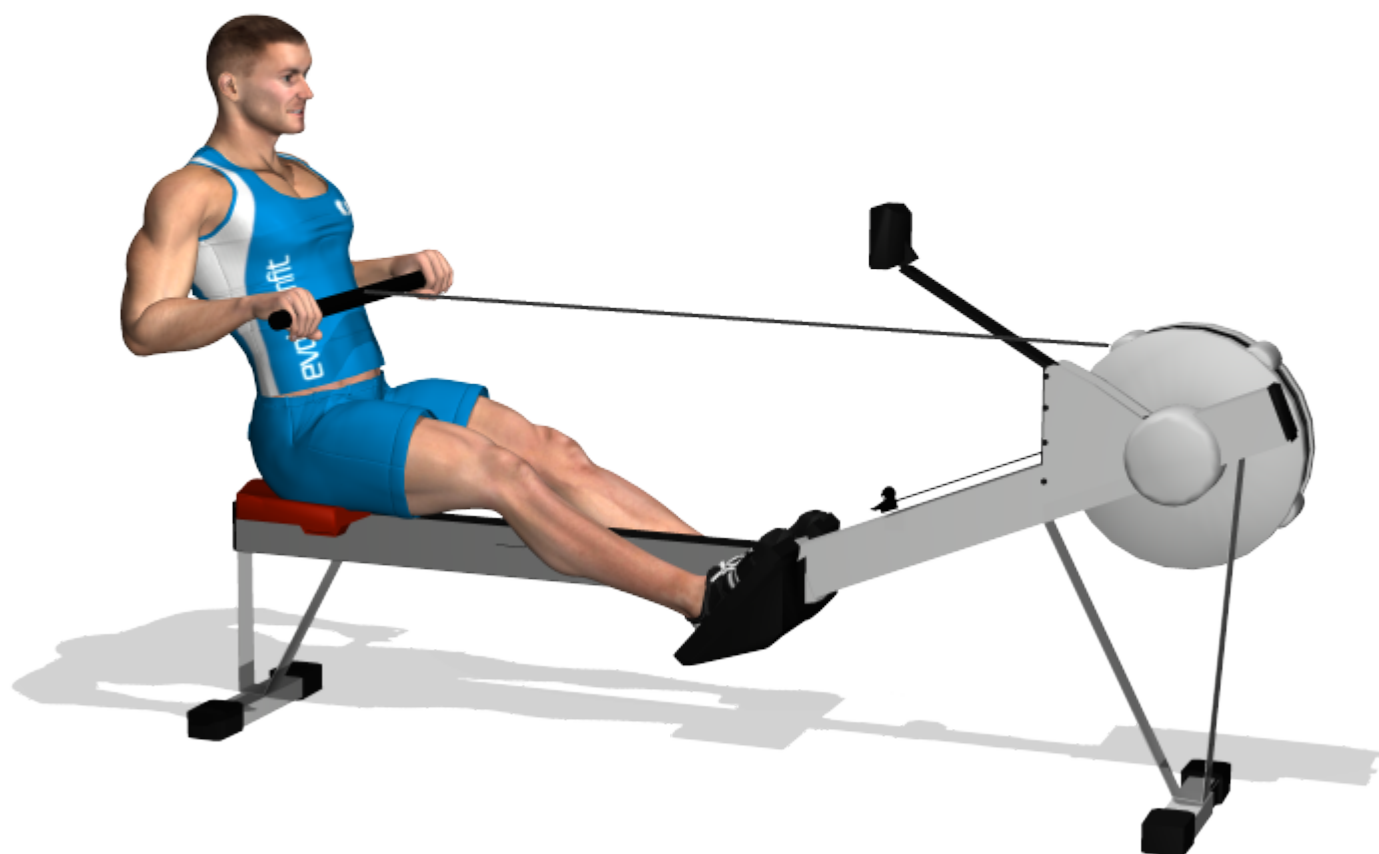
MINUTI: 15



## VOGATORE

2 KM





## ELLITTICA

MINUTI: 20

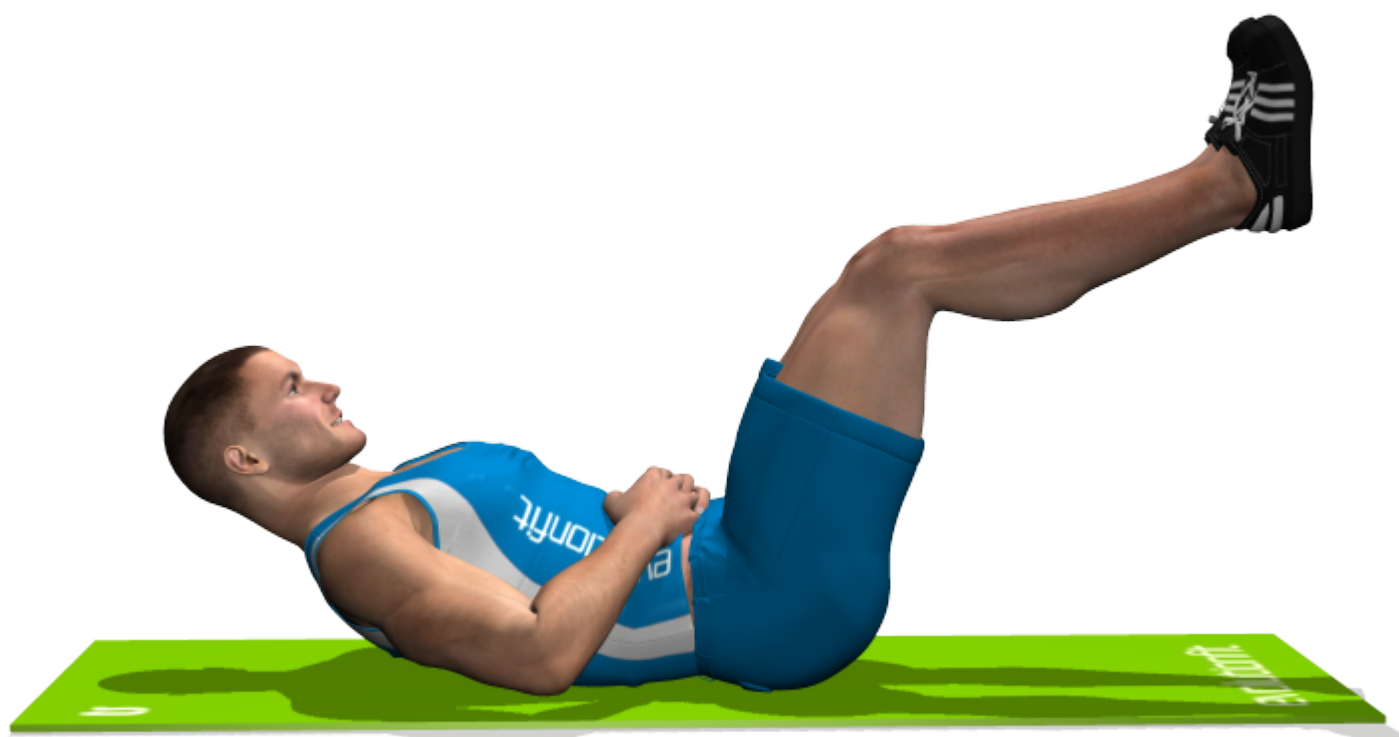


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDOMINALI ALLA PARALLELE**

SERIE: 3x20

REST: 60 SECONDI





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

## DORSALI

## LAT MACHINE AVANTI

SERIE: 4X12

REST: 60 SECONDI



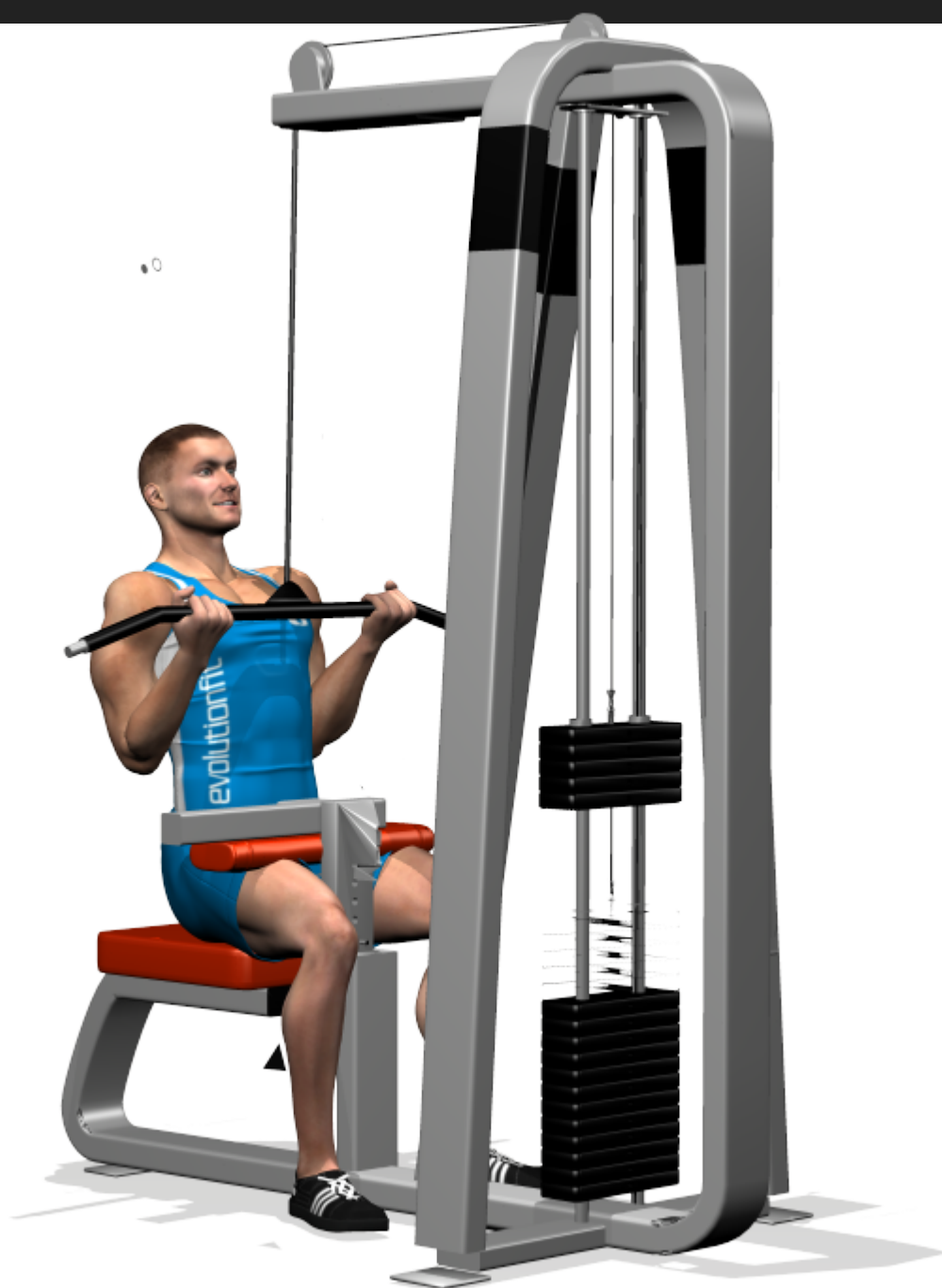


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

## **LAT MACHINE INVERSA**

SERIE: 3x12

REST: 60 SECONDI



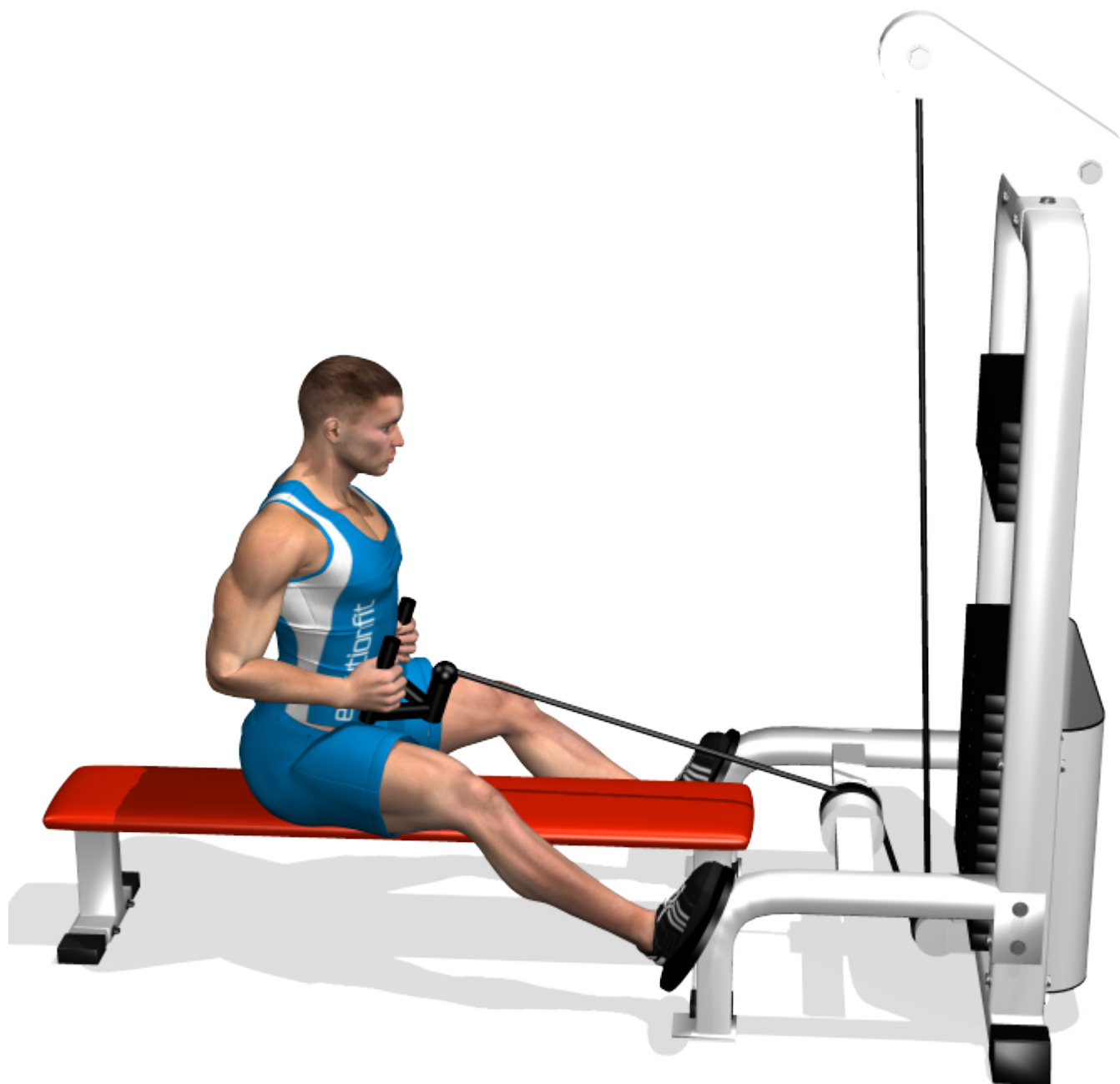


## PULLEY ROW

SERIE: 3X10

REST: 60 SECONDI





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

## REMATORE MANUBRIO SU PANCA

SERIE: 3X10

REST: 60 SECONDI





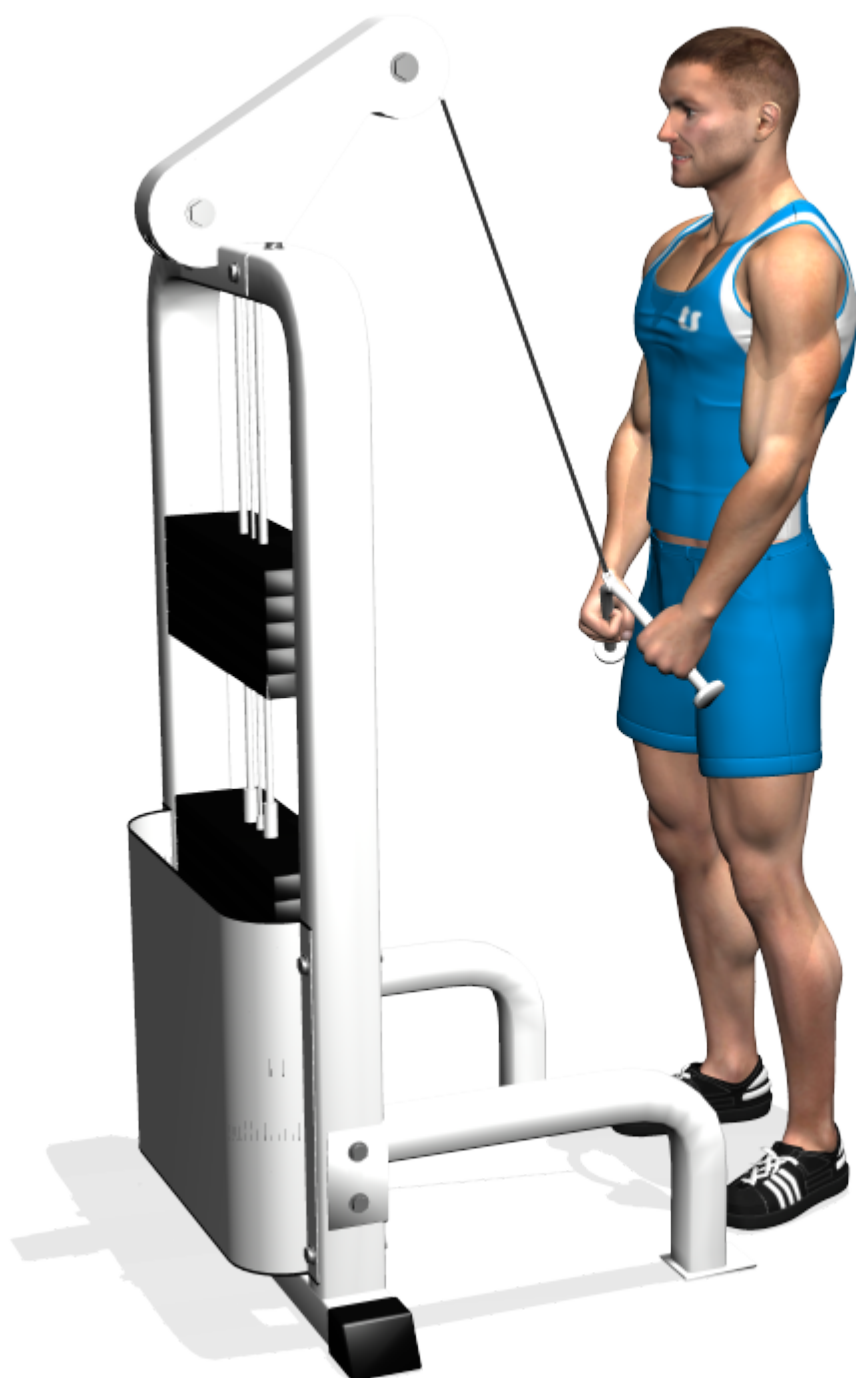
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>  
A.mp4

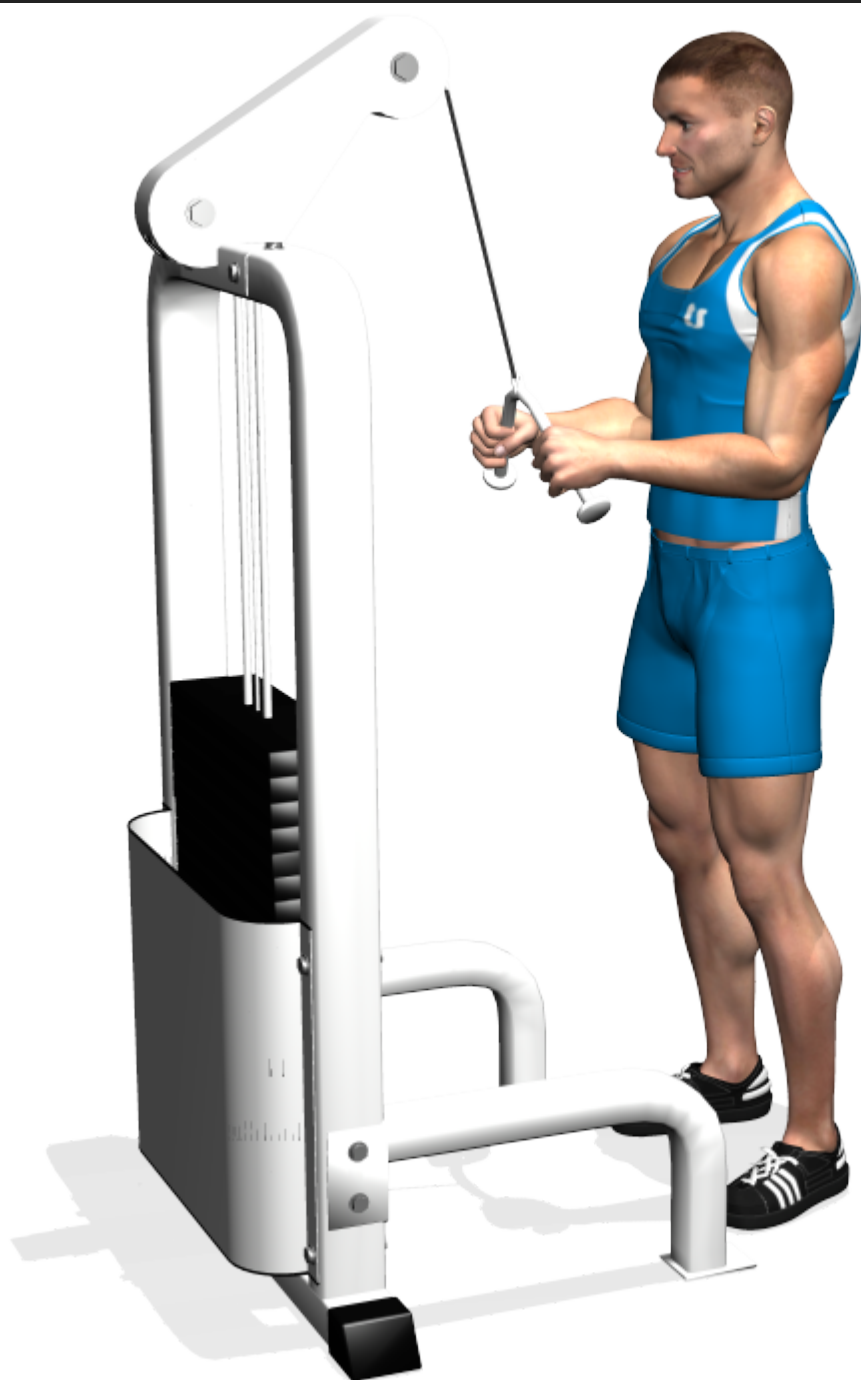
## TRICIPITI

## PULLEY ALTO

SERIE: 3X12

REST: 60 SECONDI

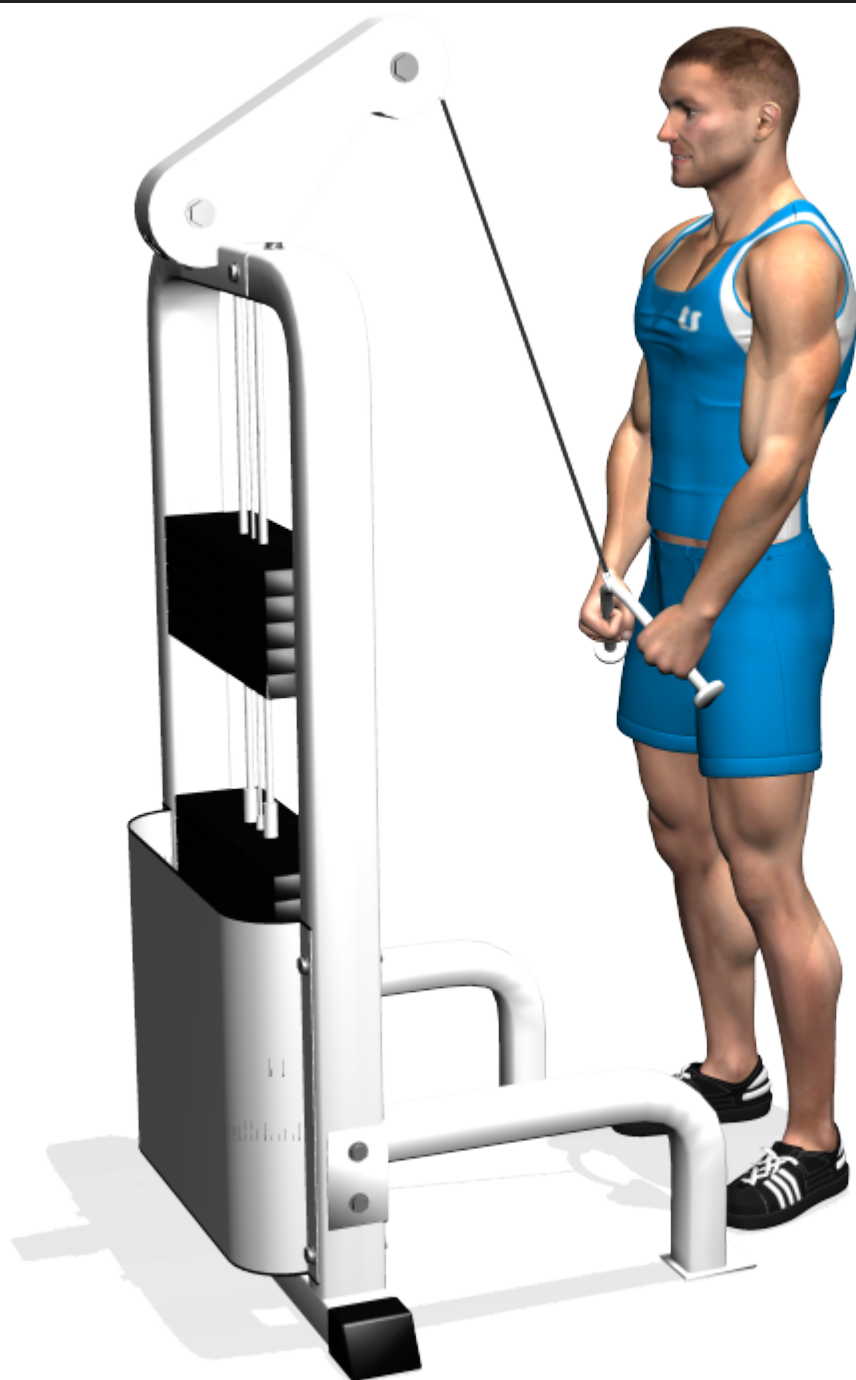


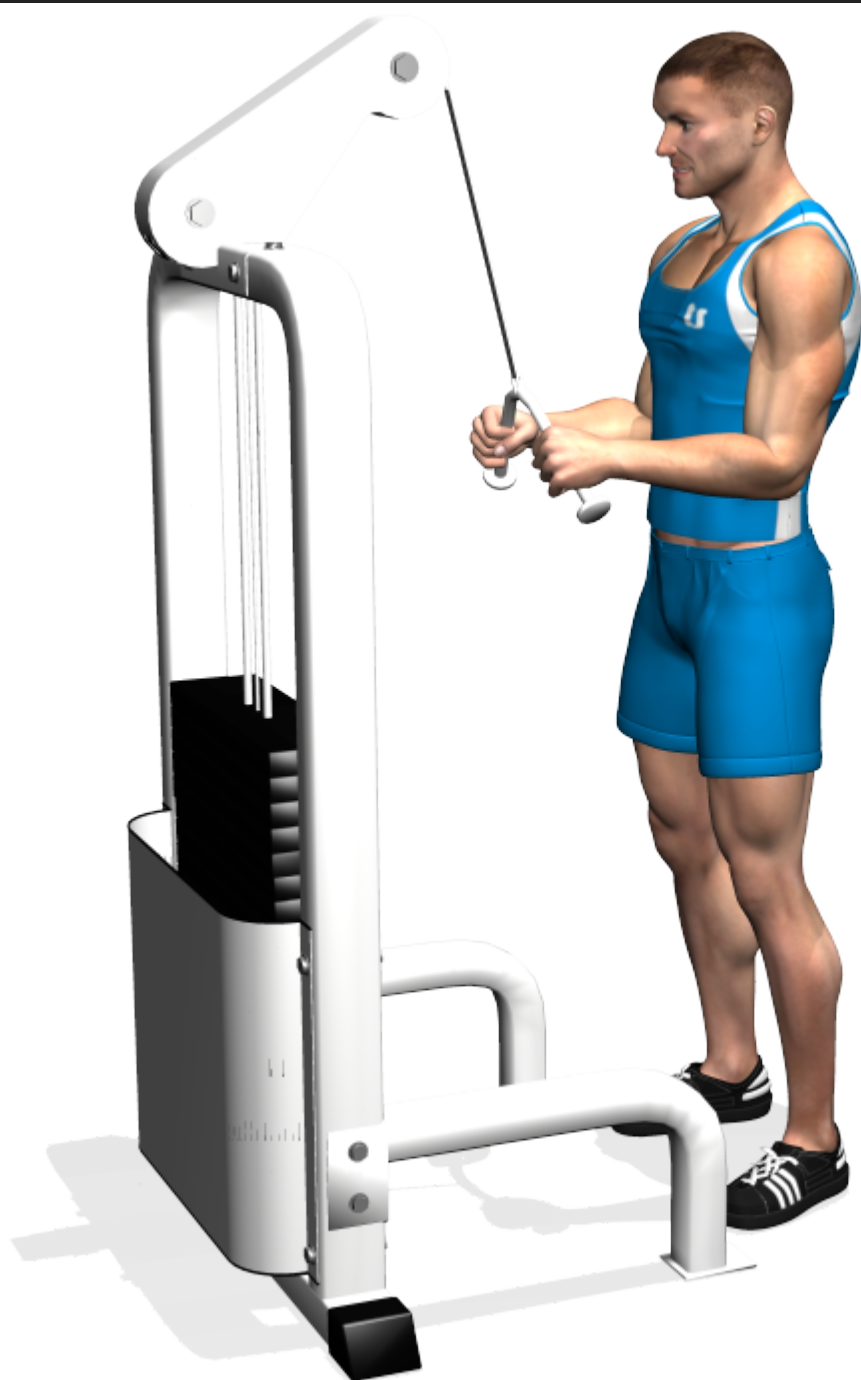


## **CORDA**

SERIE: 3X12

REST: 60 SECONDI





## **KICK BACK SEDUTO UN MANUBRIO**

SERIE: 4X10

REST: 60 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

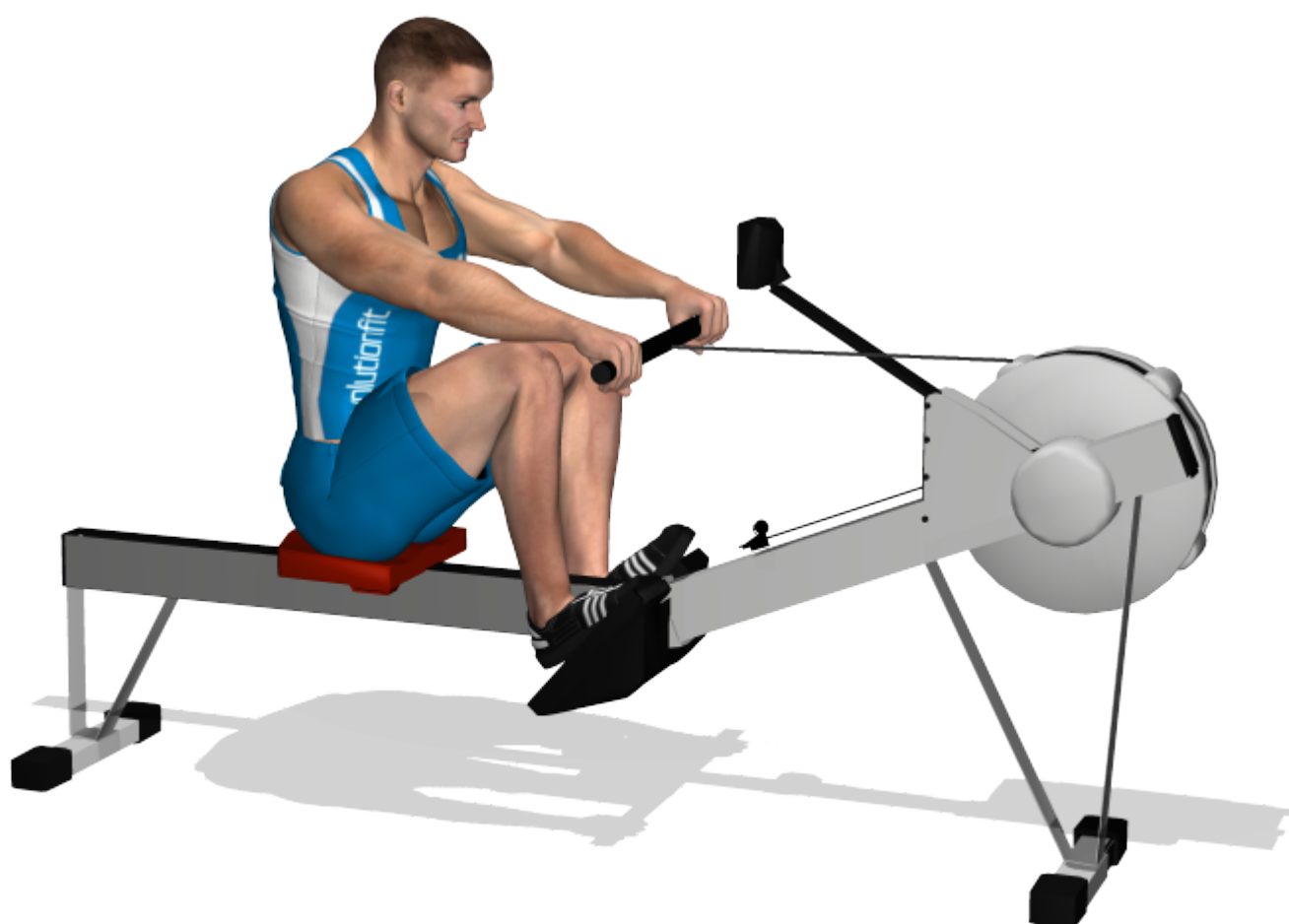
## CORSA SU TAPPETO

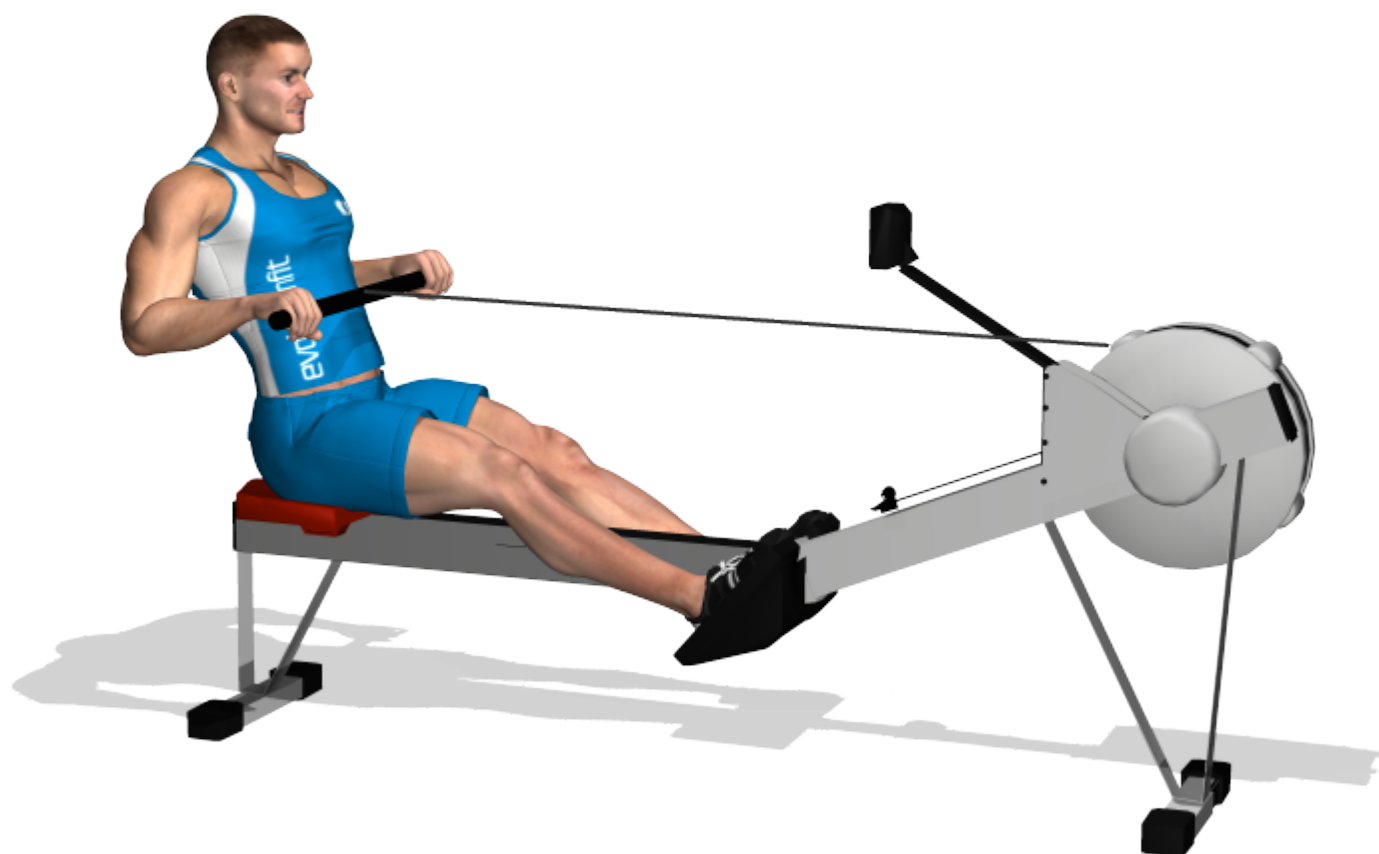
MINUTI: 15



## VOGATORE

2 KM





## ELLITTICA

MINUTI: 20

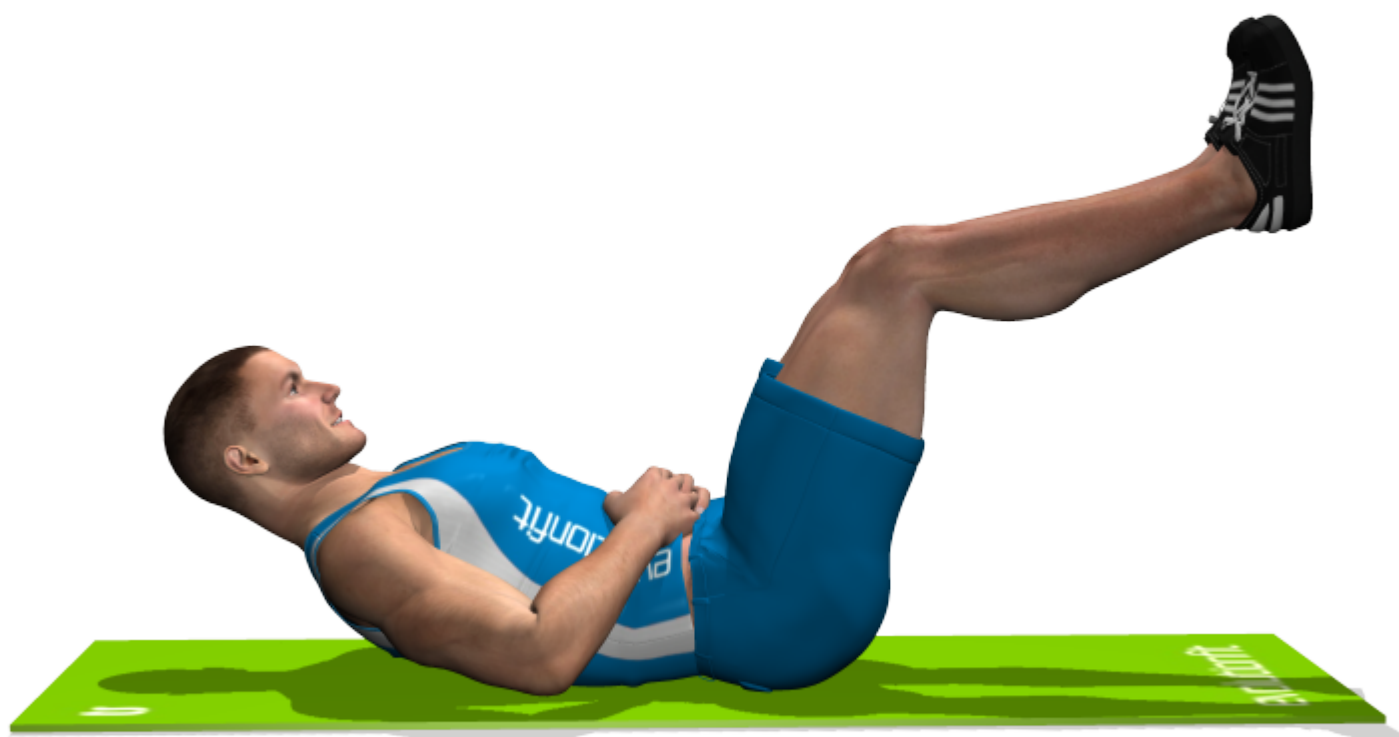


## ADDOMINALI

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

## **CRUNCH A TERRA**

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDOMINALI ALLA PARALLELE**

SERIE: 3x20

REST: 60 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)

## SPALLE

## ALZATE LATERALI SEDUTO

SERIE: 3x12

REST: 60 SECONDI





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

## **ALZATE FRONTALI PANCA INCLINATA**

SERIE: 3X10

REST: 60 SECONDI





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

## **SPINTE SEDUTO MANUBRI**

SERIE: 3x10

REST: 60 SECONDI





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

**GAMBE**

## LEG PRESS ORIZZONTALE

SERIE: 4X10

REST: 60 SECONDI





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

## **AFFONDI SAGITTALI MANUBRI**

SERIE: 3x10

REST: 60 SECONDI





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

4

## LEG EXTENSION

SERIE: 3X10

REST: 60 SECONDI





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

## HACK SQUAT

SERIE: 3X10

REST: 60 SECONDI





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

## **CALF MACHINE SEDUTO**

SERIE: 3X25

REST: 60 SECONDI





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

