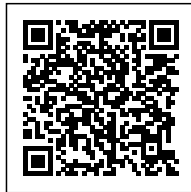


SCHEDA ALLENAMENTO MARCO CITARDA BASE 1



SCHEDA DI ALLENAMENTO MARCO CITARDA

SCHEDA 1 - INIZIO 11 DICEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI



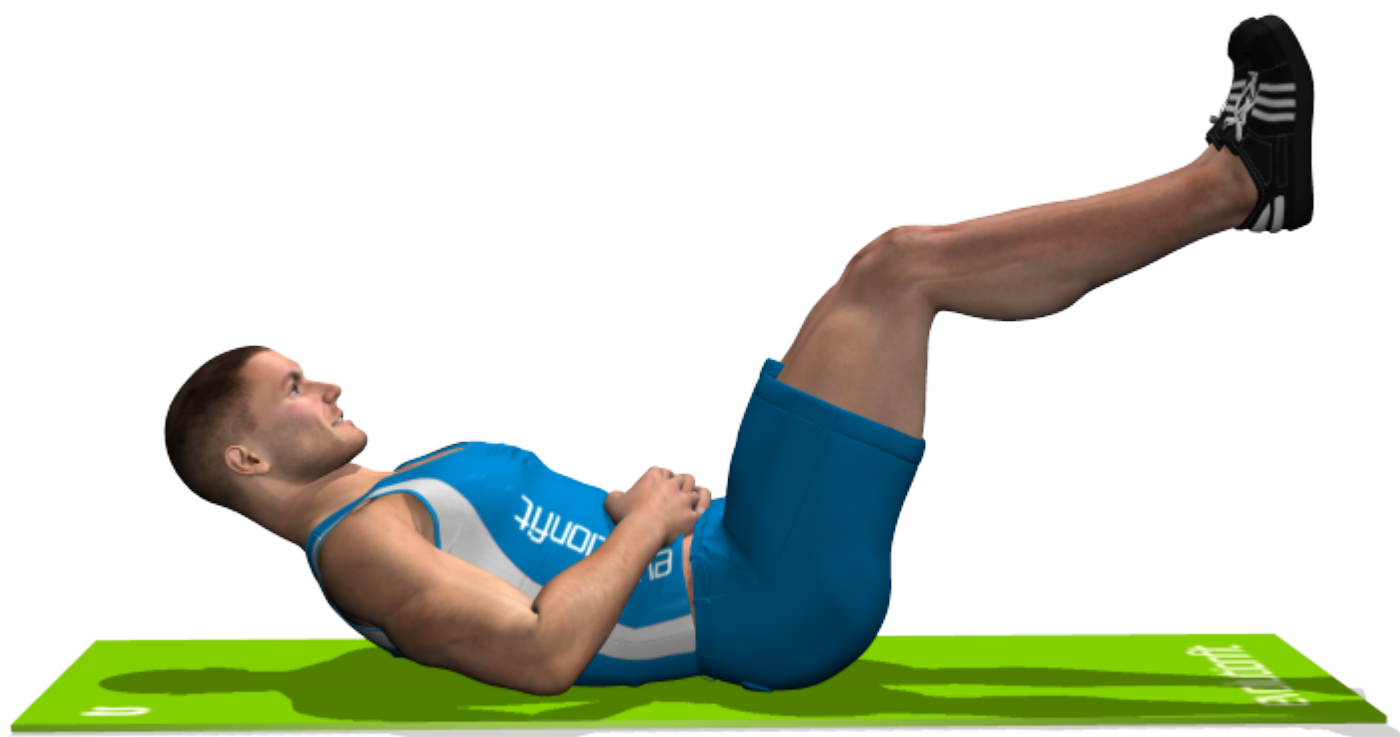


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





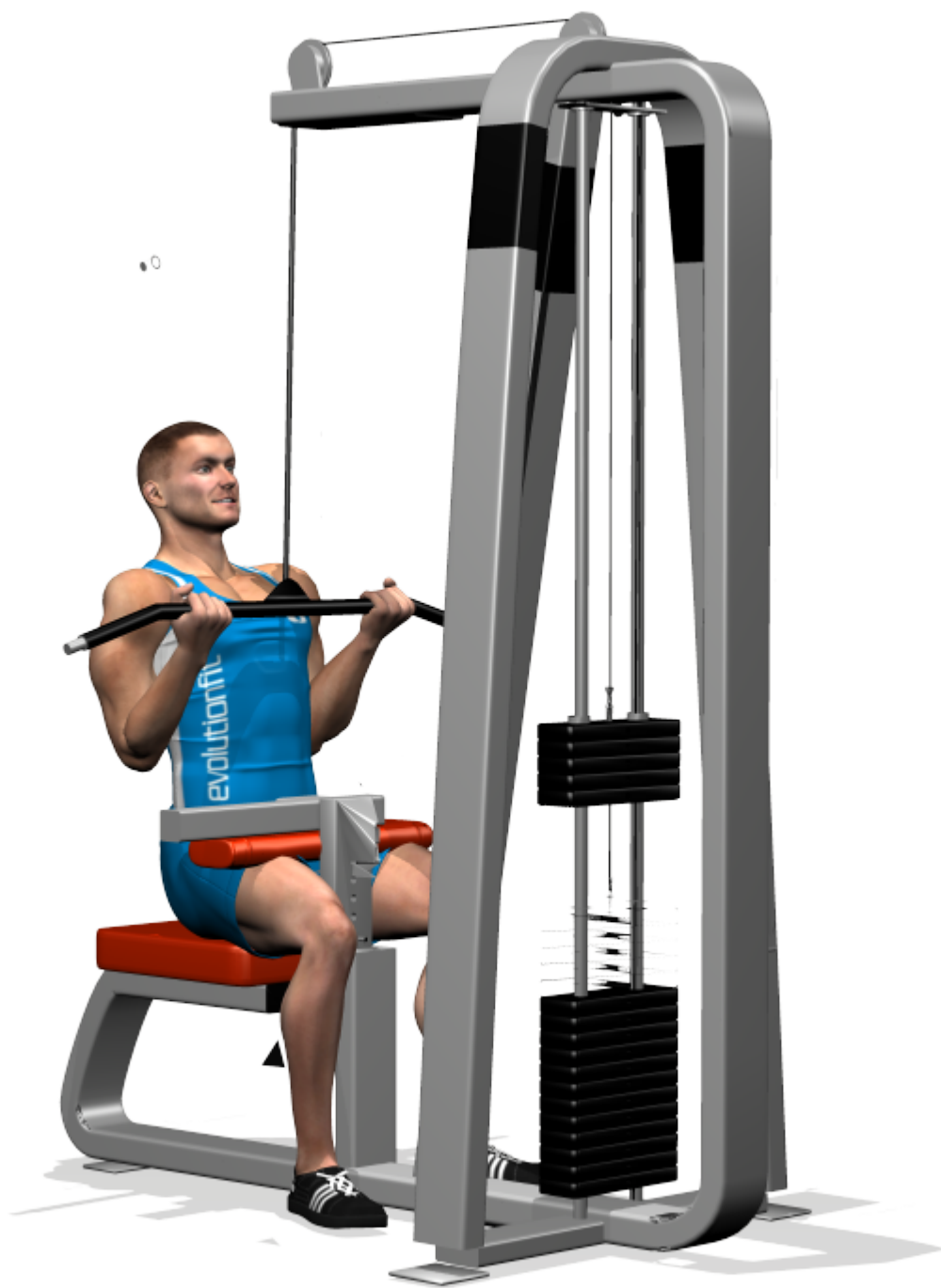
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

DORSALI

LAT MACHINE INVERSA

SERIE: 3x8

REST: 60 SECONDI





PULLEY ROW

SERIE: 3x8

REST: 60 SECONDI





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

VERTICAL TRACTION

SERIE: 3x10

REST: 60 SECONDI





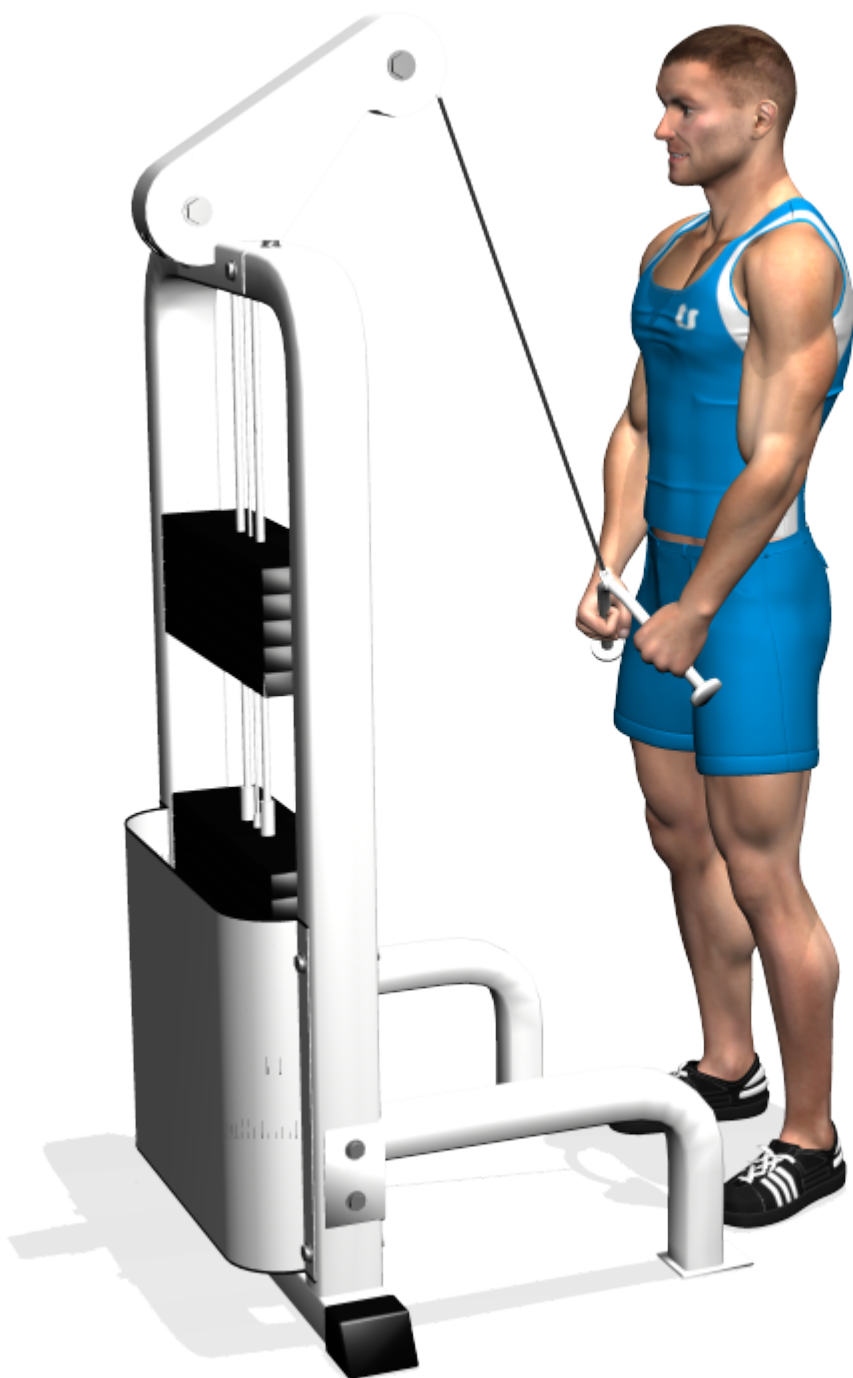
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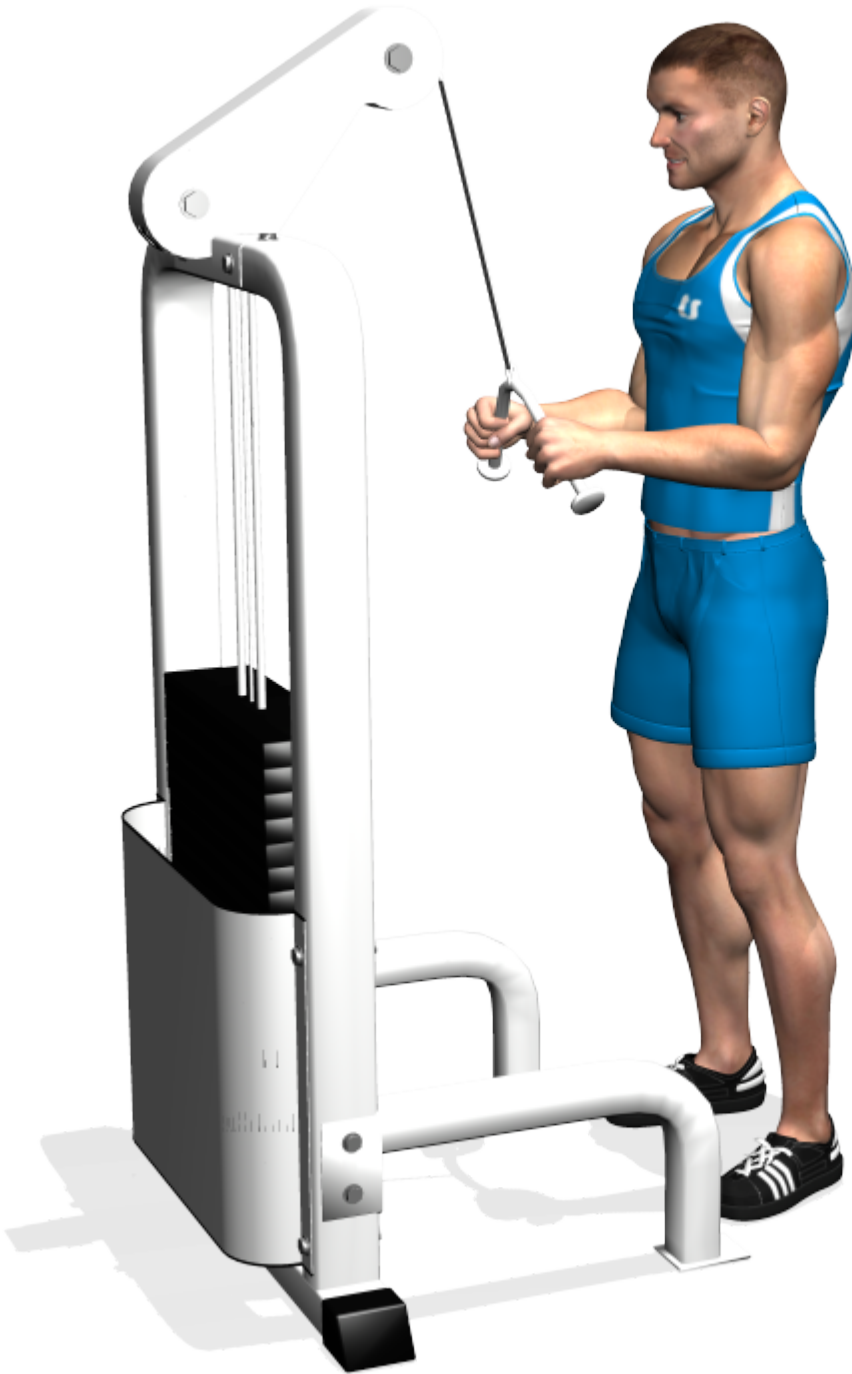
TRICIPITI

PULLEY ALTO

SERIE: 3x8

REST: 60 SECONDI





FRENCH PRESS SEDUTO

SERIE: 3x10

REST: 60 SECONDI





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

KICK BACK SEDUTO UN MANUBRIO

SERIE: 3x10

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI



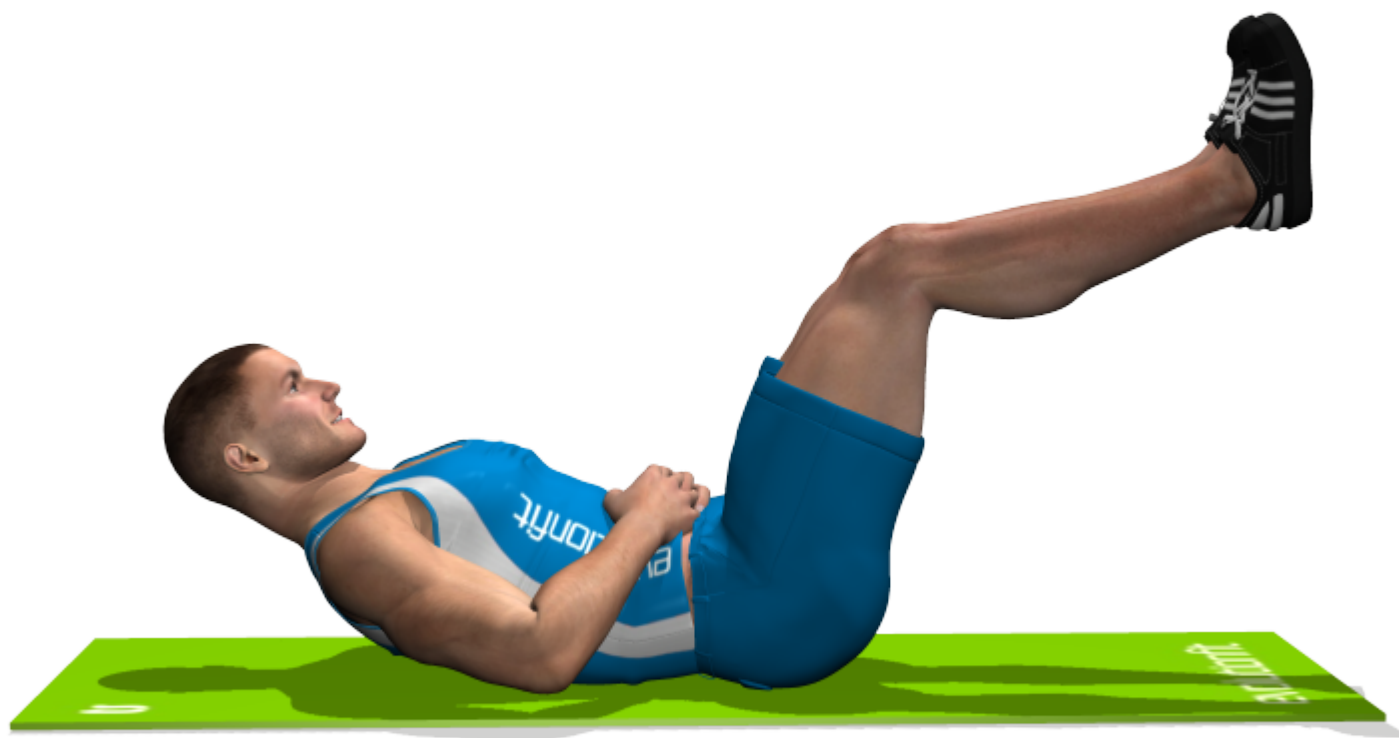


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





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

PETTORALI

PANCA INCLINATA BILANCIERE

SERIE: 3x8

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 INCLINATA

SERIE: 3x8

REST: 60 SECONDI





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

PECTORAL MACHINE

SERIE: 3x10

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x8

REST: 60 SECONDI





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

CURL PULLEY BASSO CORDA

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CAVO-BASSO.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 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI



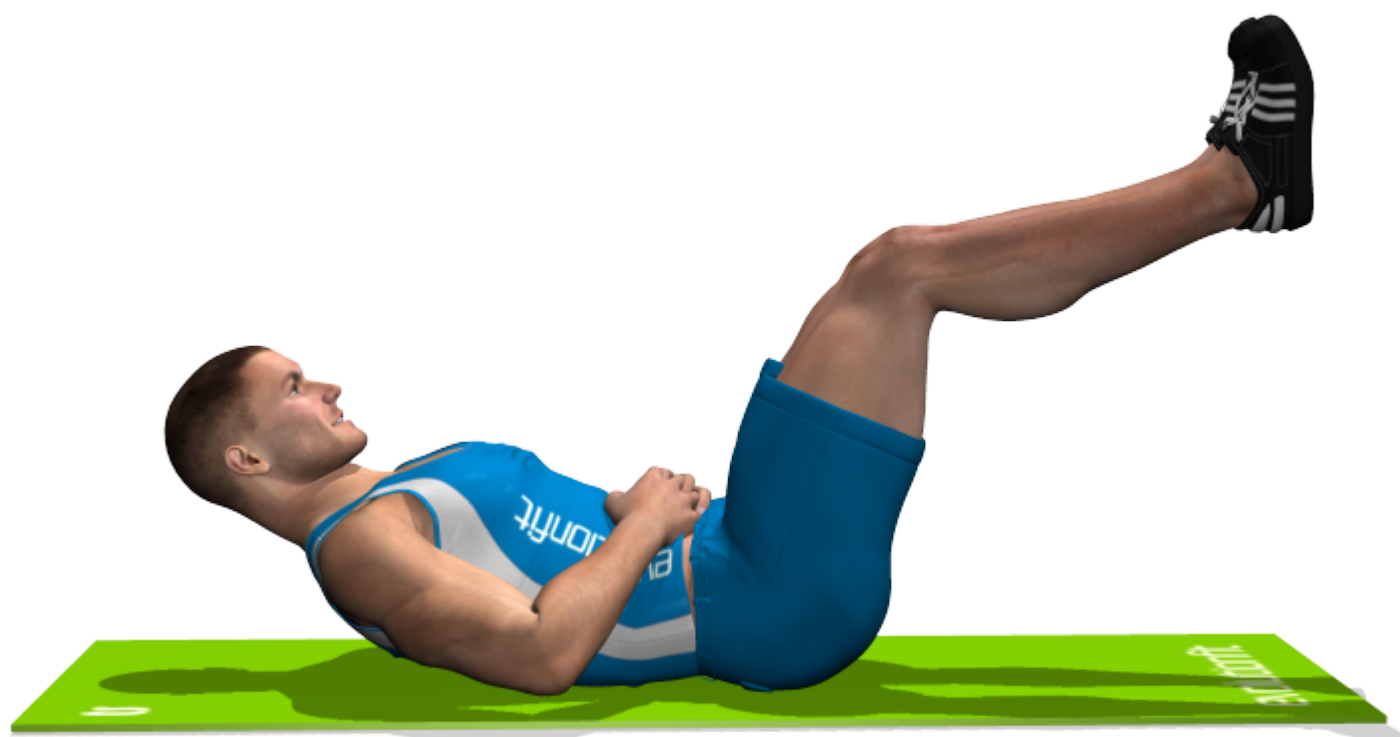


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





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

GAMBE

LEG EXTENSION

SERIE: 3x10

REST: 60 SECONDI



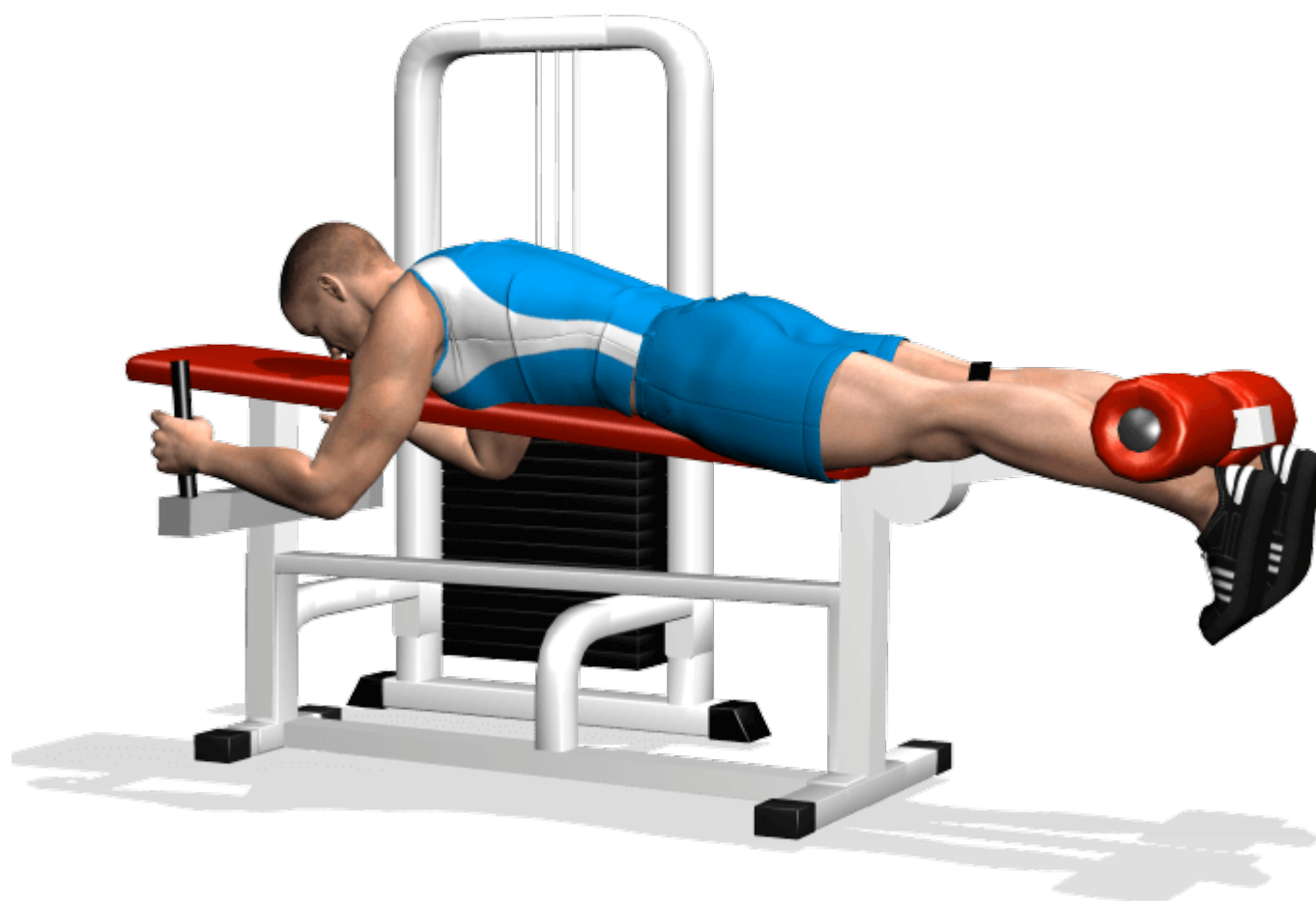


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL

SERIE: 3x8

REST: 60 SECONDI





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

CALF LIBERO

SERIE: 3x10

REST: 60 SECONDI





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

SPALLE

ROWING TORSO

SERIE: 3x8

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

SERIE: 3x8

REST: 60 SECONDI





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

ALZATE LATERALI

SERIE: 3x10

REST: 60 SECONDI





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

