

SCHEDA ALLENAMENTO MARCO CITARDA BASE 2



SCHEDA DI ALLENAMENTO MARCO CITARDA

SCHEDA 2 - INIZIO 5 FEBBRAIO 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

POLPACCI

[Clicca qui](#)

LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10

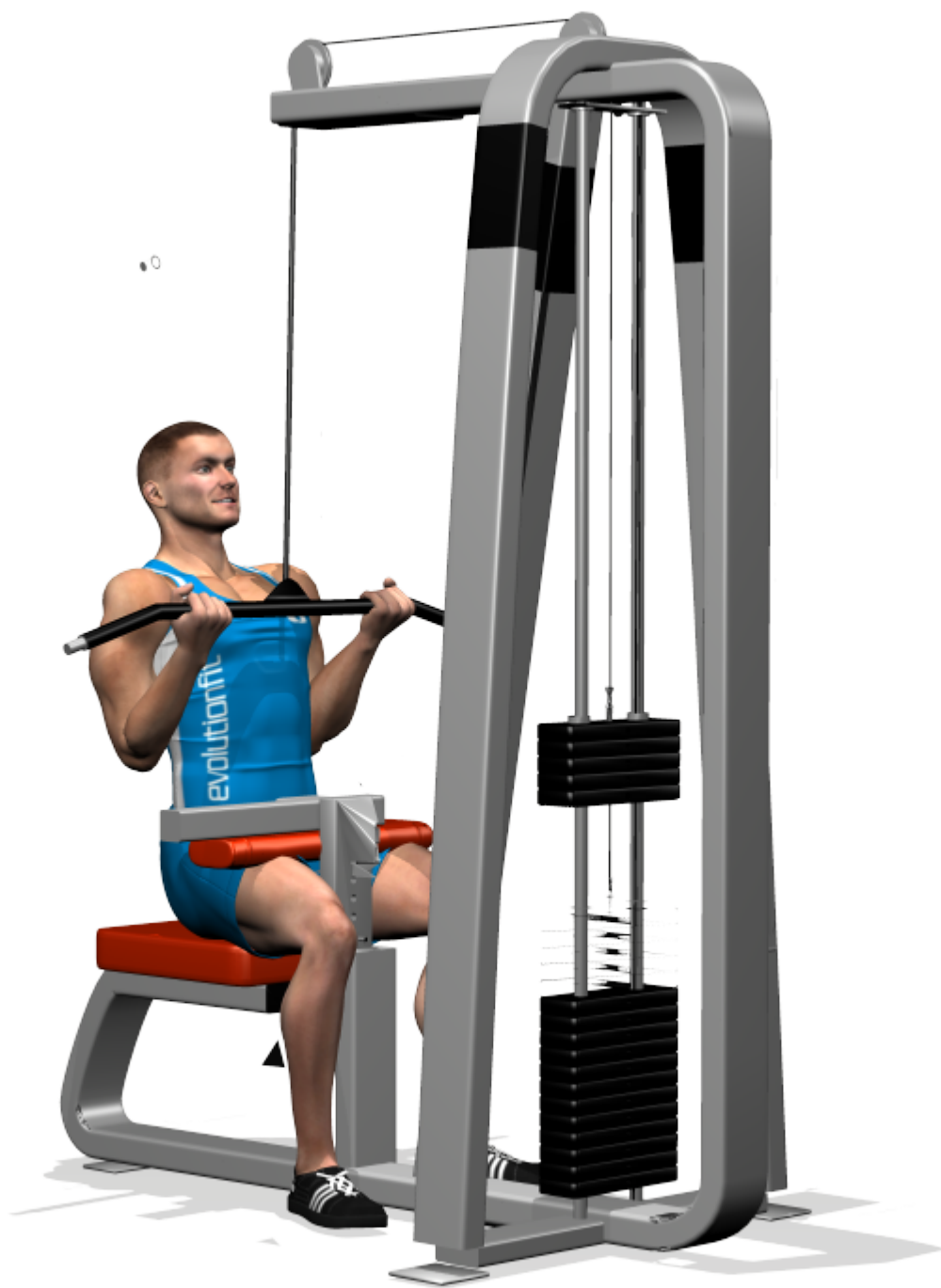


DORSALI

LAT MACHINE INVERSA

REPS: 12/10/8

REST: 60 SECONDI





REMATORE MANUBRIO SU PANCA

REPS: 12/10/8

REST: 60 SECONDI





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

TRAZIONI ALLA SBARRA

SERIE: 3xMAX

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TRAZIONI-ALLA-SBARRA.mp4>

BICIPITI - AVAMBRACCI

ARM CURL MACHINE

REPS: 12/10/8

REST: 60 SECONDI





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

CURL AL CAVO SINGOLO

REPS: 12/10/8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-UN-BRACCIO-IN-PIEDI-CAVO-BASSO.mp4>

ADDOMINALI GIORNO 1

CRUNCH A TERRA

SERIE: 4x15 - GIORNO 1

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



PETTORALI

PANCA PIANA BILANCIERE

REPS: 12/10/8

REST: 60 SECONDI





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

SPINTE MANUBRI PANCA INCLINATA

REPS: 12/10/8

REST: 60 SECONDI





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

CHIUSURE AI CAVI

SERIE: 3x10

REST: 60 SECONDI





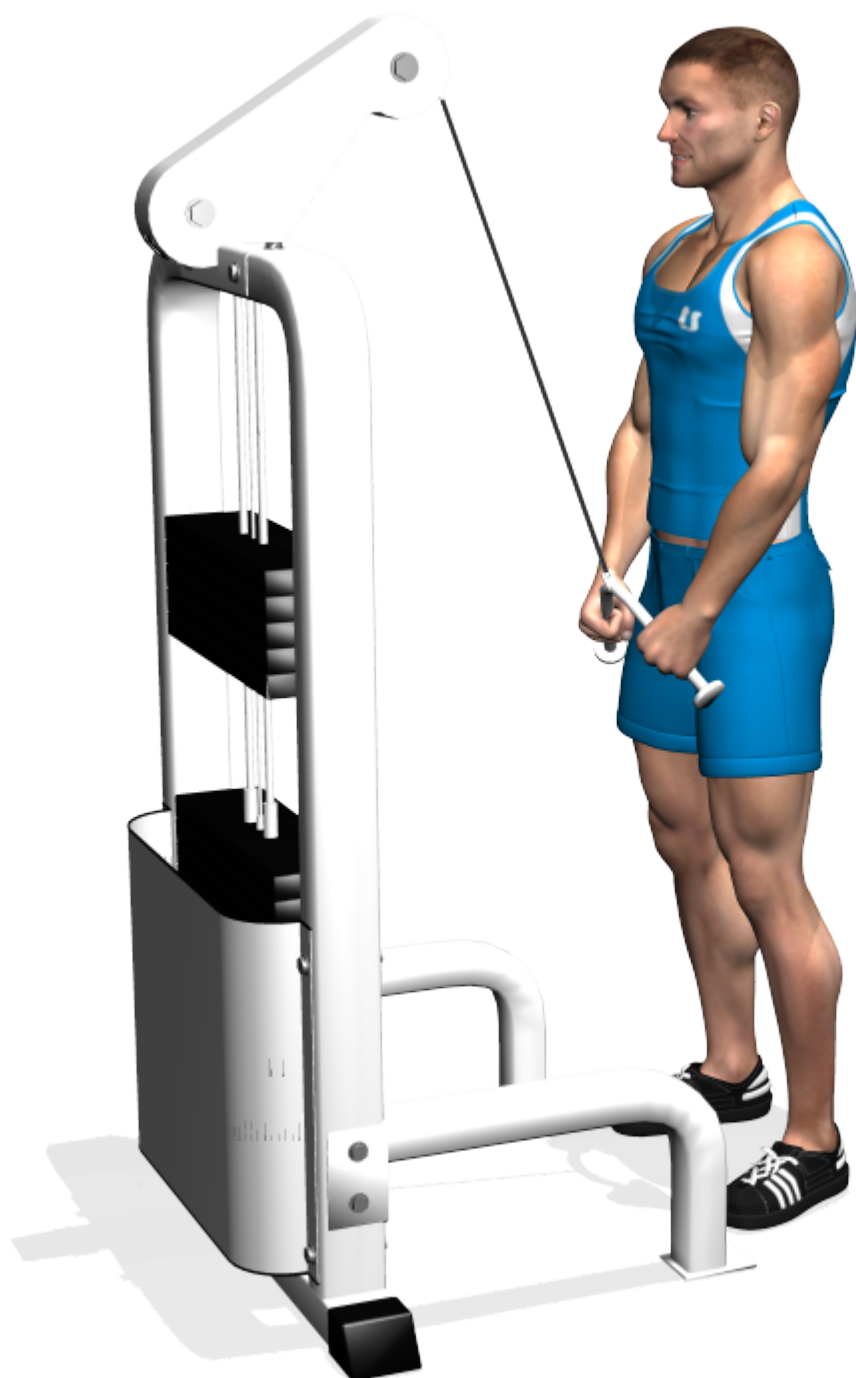
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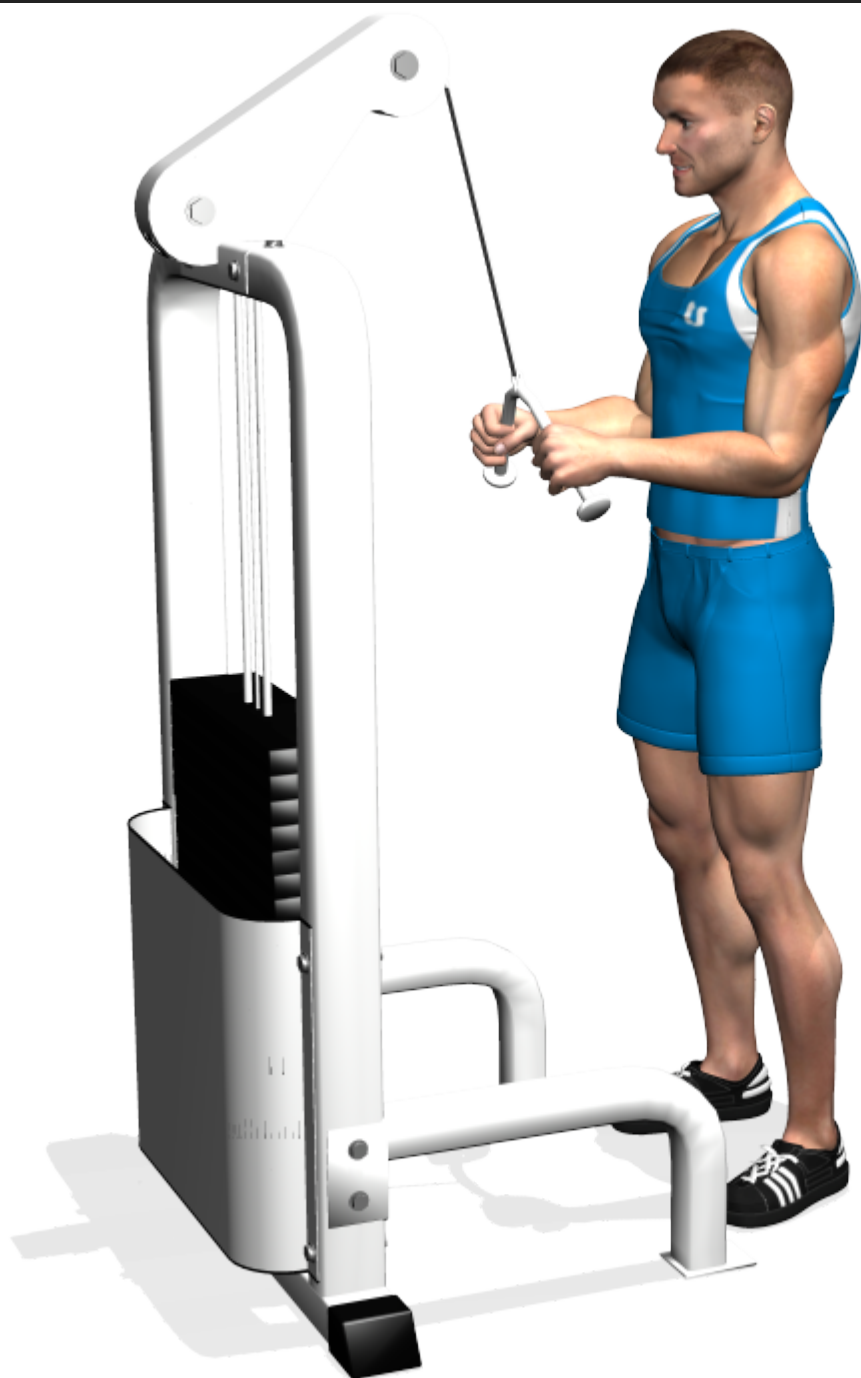
TRICIPITI

PUSH DOWN

REPS: 12/10/8

REST: 60 SECONDI





DIPS

SERIE: 3xMAX

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

POLPACCI

CALF SINGOLO

SERIE: 3x8

REST: 60 SECONDI





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

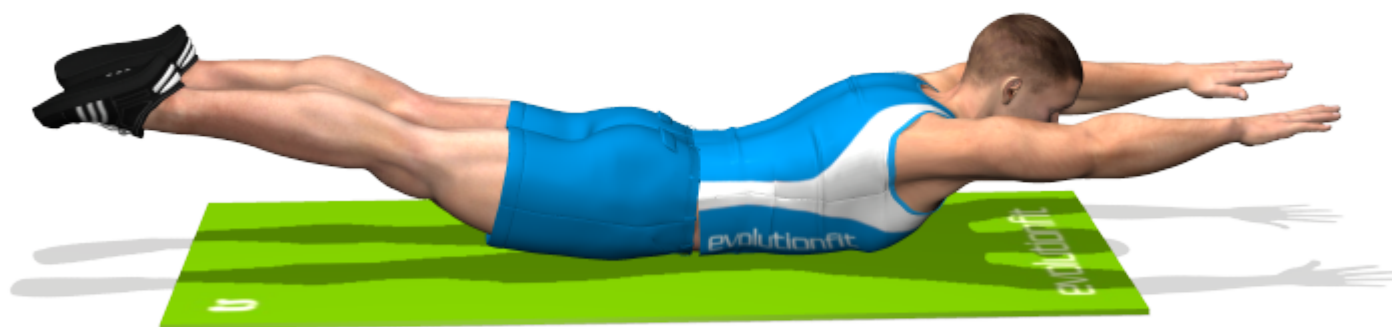
LOMBARI

LOMBARI

SERIE: 3x12

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10



GAMBE

GOBLET SQUAT

REPS: 12/10/8

REST: 60 SECONDI





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

LEG EXTENSION

REPS: 12/10/8

REST: 60 SECONDI



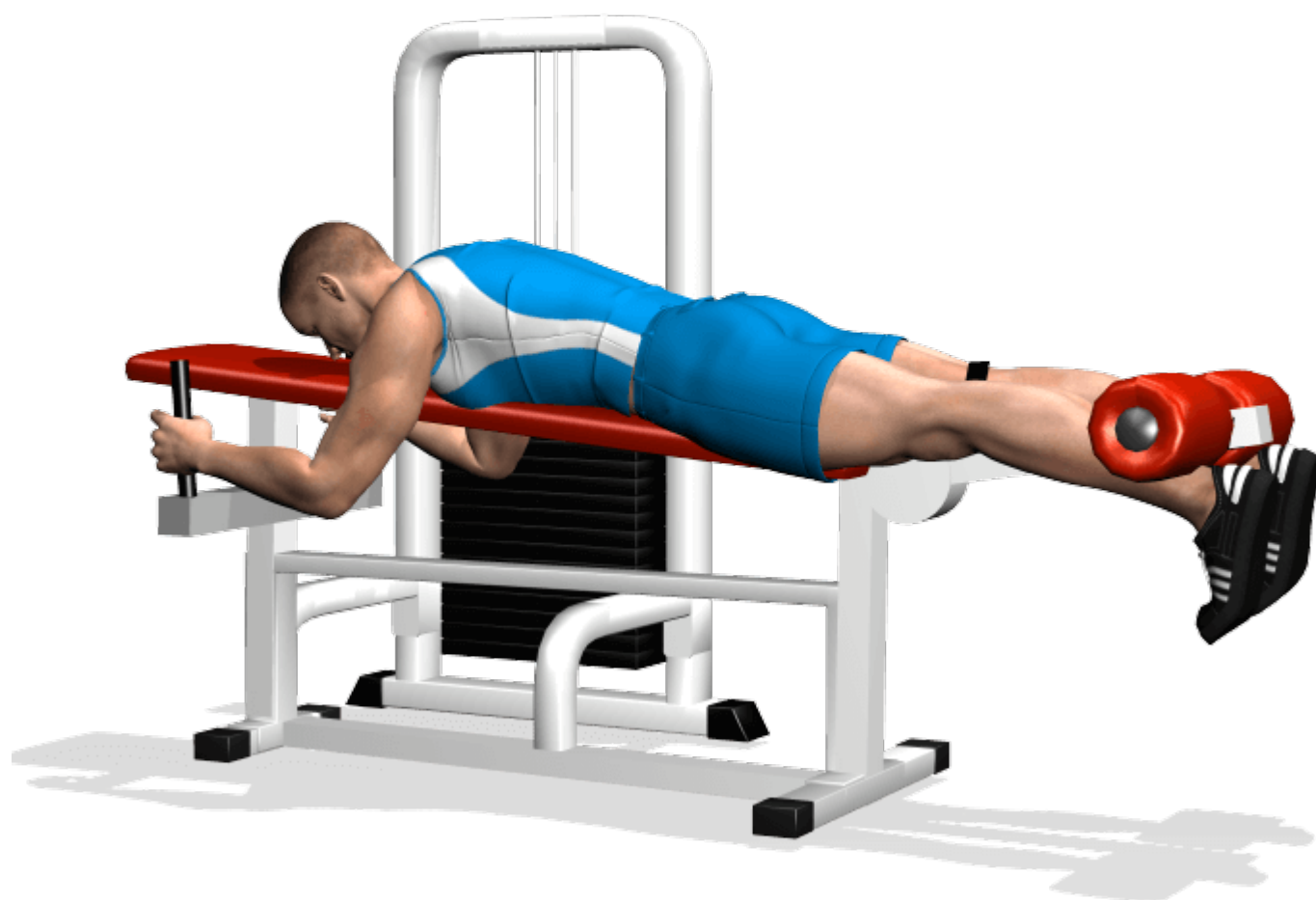


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL

REPS: 12/10/8

REST: 60 SECONDI





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

DELTOIDI

SPINTE SEDUTO MANUBRI

REPS: 12/10/8

REST: 60 SECONDI





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

ALZATE FRONTALI

REPS: 12/10/8

REST: 60 SECONDI





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

CROCI INVERSE PANCA INCLINATA

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI GIORNO 3

REVERSE CRUNCH

SERIE: 4x15 GIORNO 3

REST: 60 SECONDI





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

