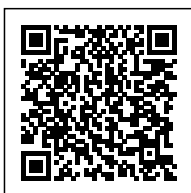


# SCHEDA ALLENAMENTO MARIA PROVENZANO DONNA 3



# SCHEDA DI ALLENAMENTO MARIA PROVENZANO

## SCHEDA 2 - INIZIO 21 GIUGNO - SCADENZA 6 SETTIMANE

### GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

## GIORNO 1

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

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

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

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

## GIORNO 2

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

## GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

# GIORNO 1

## CARDIO - RISCALDAMENTO

### CORSA SU TAPPETO

MINUTI: 15/20



## **ADDOMINALI GIORNO 1**

## REVERSE CRUNCH

SERIE: 3x20 GIORNO

REST: 60 SECONDI





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

## SIT UP

SERIE: 3x20

REST: 60 SECONDI





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

## GAMBE GIORNO 1

## AFFONDI SAGITTALI MANUBRI

SERIE: 3x12

REST: 60 SECONDI





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

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## LEG EXTENSION

SERIE: 3x12

REST: 60 SECONDI





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

## ABDUCTOR MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

## JUMP SQUAT

SERIE: 3x12

REST: 60 SECONDI





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

## **BICIPITI - AVAMBRACCI**

## CURL MANUBRI MARTELLO

SERIE: 3x12

REST: 60 SECONDI





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

## **CURL CAVO BASSO**

SERIE: 3x12

REST: 60 SECONDI





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

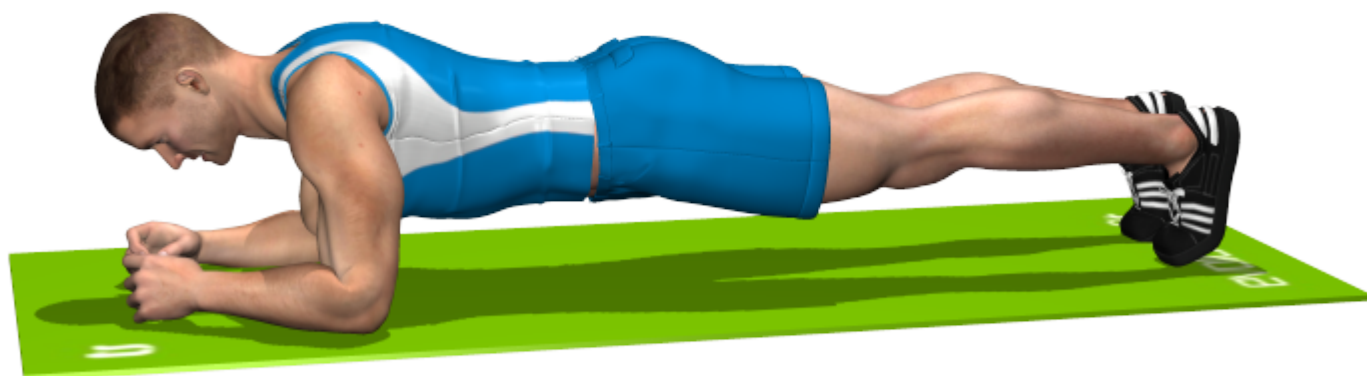
## GIORNO 2

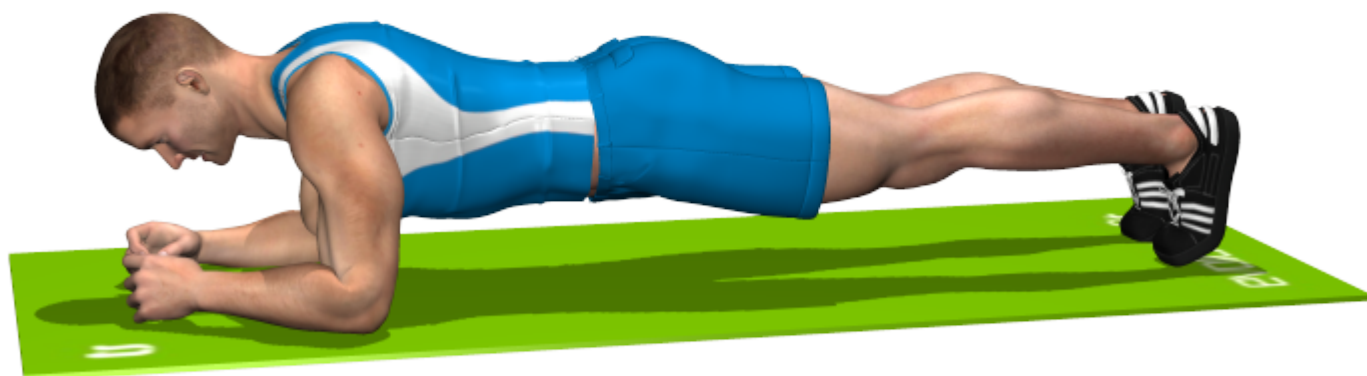
# ADDOMINALI GIORNO 2

## PLANK

SERIE: 3x60 SECONDI

REST: 60 SECONDI





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

## **GAMBE GIORNO 2**

## STANDING LEG CURL

SERIE: 3x12

REST: 60 SECONDI





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

## GOBLET SQUAT

SERIE: 3x12

REST: 60 SECONDI





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

## PETTORALI

## CHEST INCLINE

SERIE: 3x12

REST: 60 SECONDI





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

## **DORSALI**

## VERTICAL TRACTION

SERIE: 3x12

REST: 60 SECONDI





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

## SPALLE

## ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI





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

## **SPINTE SEDUTO MANUBRI**

SERIE: 3x12

REST: 60 SECONDI





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

## GIORNO 3

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 15/20

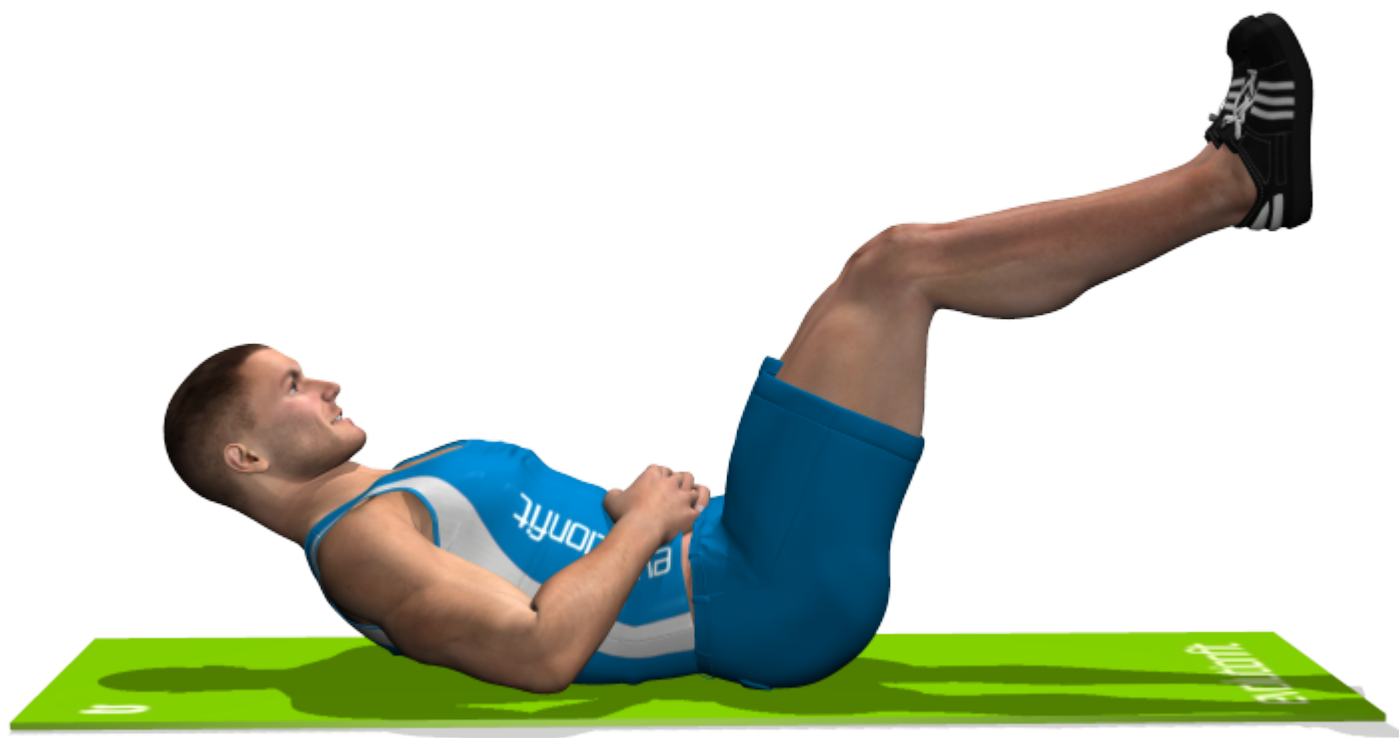


# ADDOMINALI GIORNO 3

## REVERSE CRUNCH

SERIE: 3x20 GIORNO

REST: 60 SECONDI





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

## SIT UP

SERIE: 3x20

REST: 60 SECONDI





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

## **GAMBE GIORNO 3**

## LEG PRESS ORIZZONTALE

SERIE: 3x12

REST: 60 SECONDI



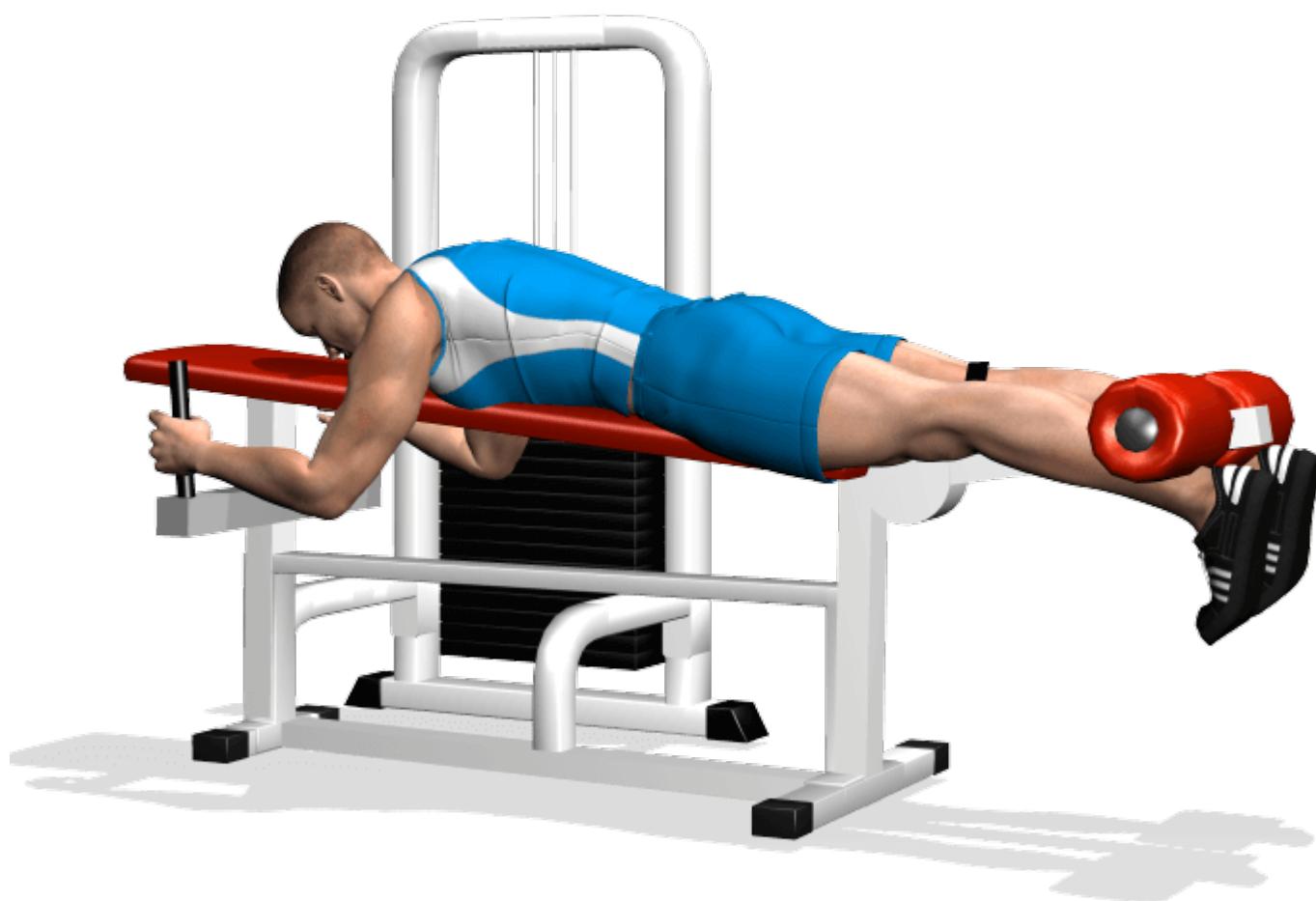


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

## LEG CURL DISTESA

SERIE: 3x12

REST: 60 SECONDI





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

## **ADDUCTOR MACHINE**

SERIE: 3x12

REST: 60 SECONDI





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

## **CALF SINGOLO LIBERO**

SERIE: 3x15

REST: 60 SECONDI





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

## TRICIPITI

## FRENCH PRESS SEDUTO

SERIE: 3x10 GIORNO 1

REST: 60 SECONDI





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

## **PULLEY ALTO**

SERIE: 3x10

REST: 60 SECONDI

