

SCHEDA ALLENAMENTO MARIA SPERA DONNA 03



SCHEDA DI ALLENAMENTO MARIA SPERA

SCHEDA 2 - INIZIO 2 APRILE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15/20

REST: 60 SECONDI



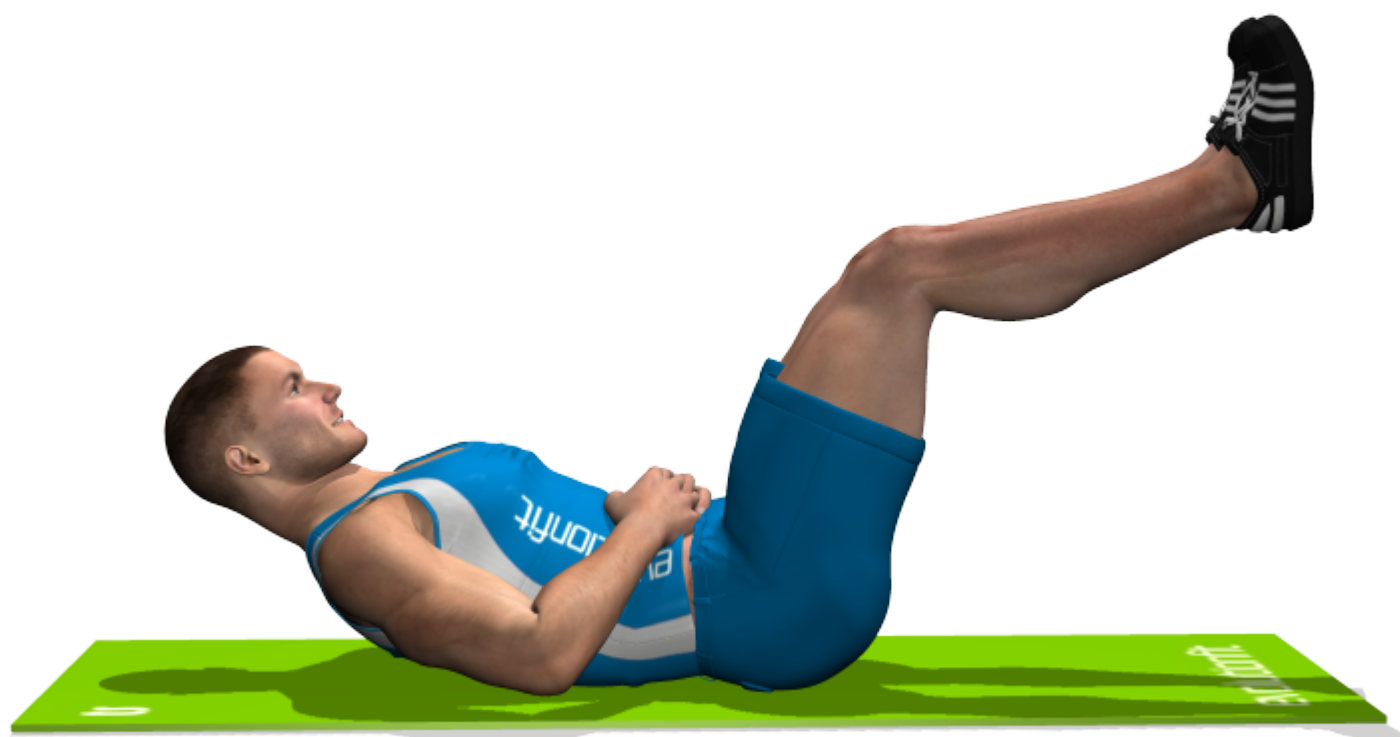


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15/20

REST: 60 SECONDI





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

GAMBE GIORNO 1

LEG PRESS ORIZZONTALE

SERIE: 3x10 GIORNO 1

REST: 60 SECONDI



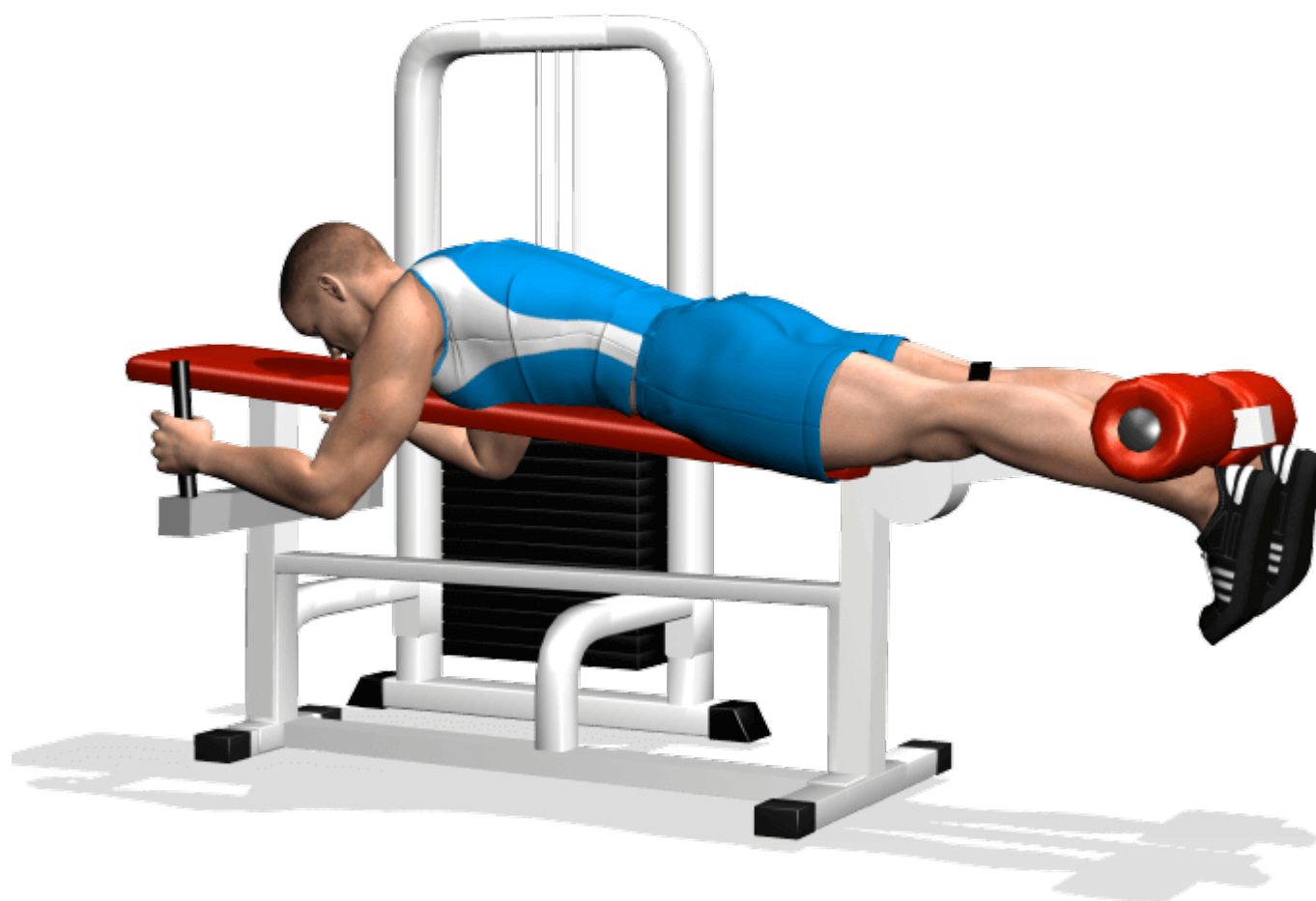


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL

SERIE: 3x10 GIORNO 1

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x10 GIORNO 1

REST: 60 SECONDI





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

LOMBARI - HYPEREXTENSION

SERIE: 3x10

REST: 60 SECONDI





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

TRICIPITI GIORNO 1

FRENCH PRESS MANUBRI

SERIE: 3x10 GIORNO 1

REST: 60 SECONDI





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

PETTORALI

CROCI MANUBRI PANCA INCLINATA

SERIE: 3x10

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15/20

REST: 60 SECONDI



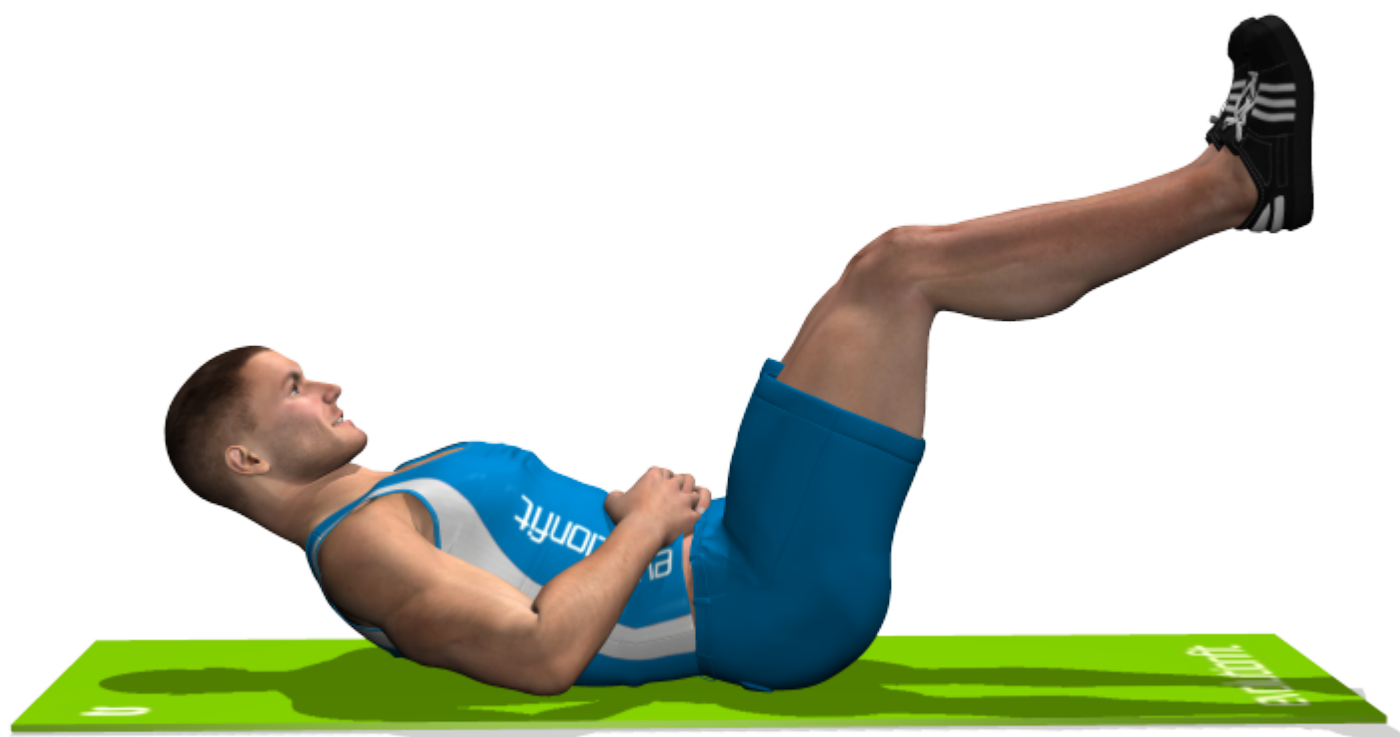


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15/20

REST: 60 SECONDI





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

GAMBE GIORNO 2

LEG EXTENSION

SERIE: 3x10

REST: 60 SECONDI





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

STANDING GLUTEUS

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/GLUTEUS-MACHINE.mp4>

ADDUCTOR MACHINE

SERIE: 3x10

REST: 60 SECONDI





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

CALF SINGOLO LIBERO

SERIE: 3x10

REST: 60 SECONDI





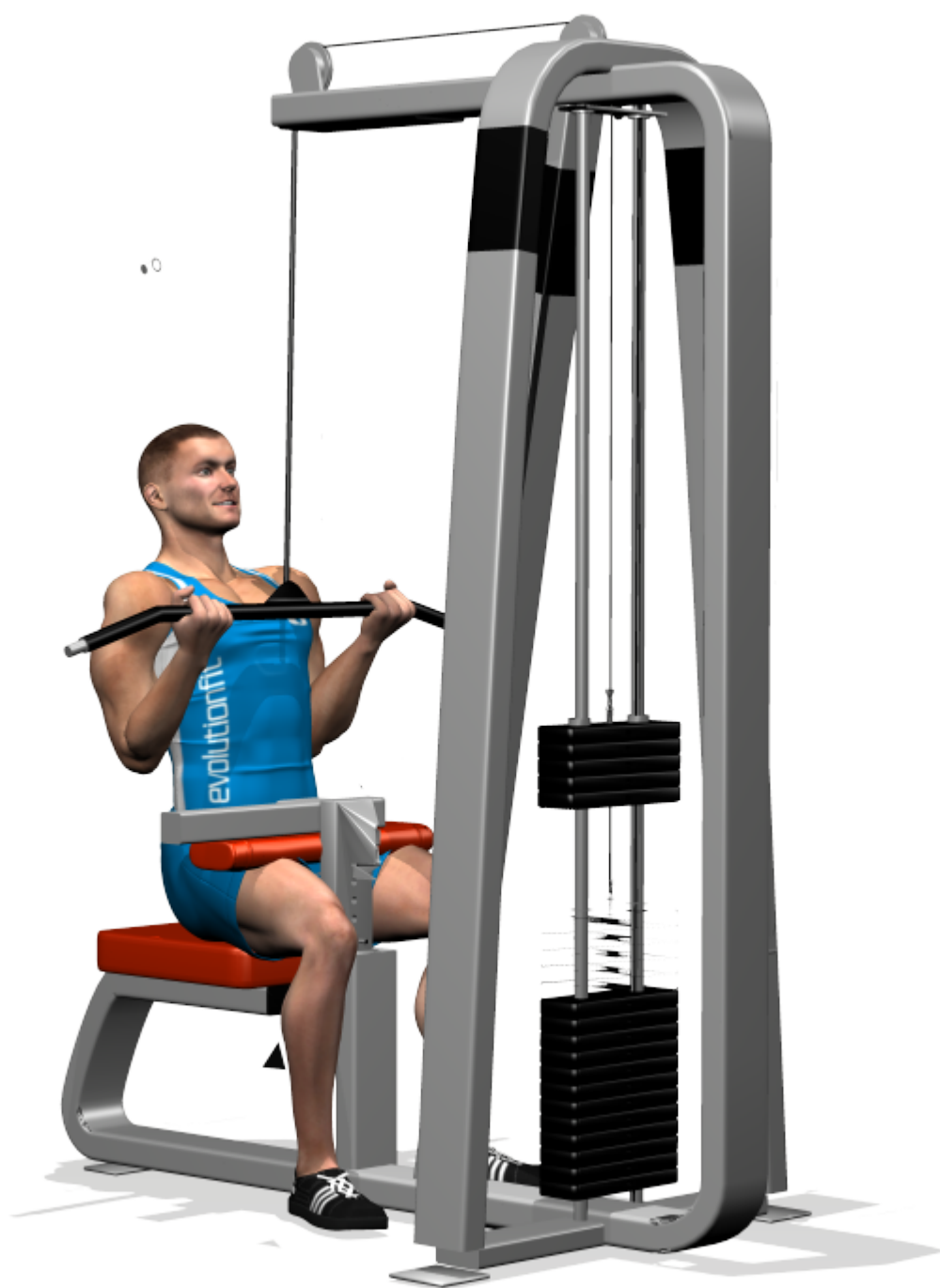
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DORSALI

LAT MACHINE INVERSA

SERIE: 3x10

REST: 60 SECONDI





BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x10

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15



ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15/20

REST: 60 SECONDI



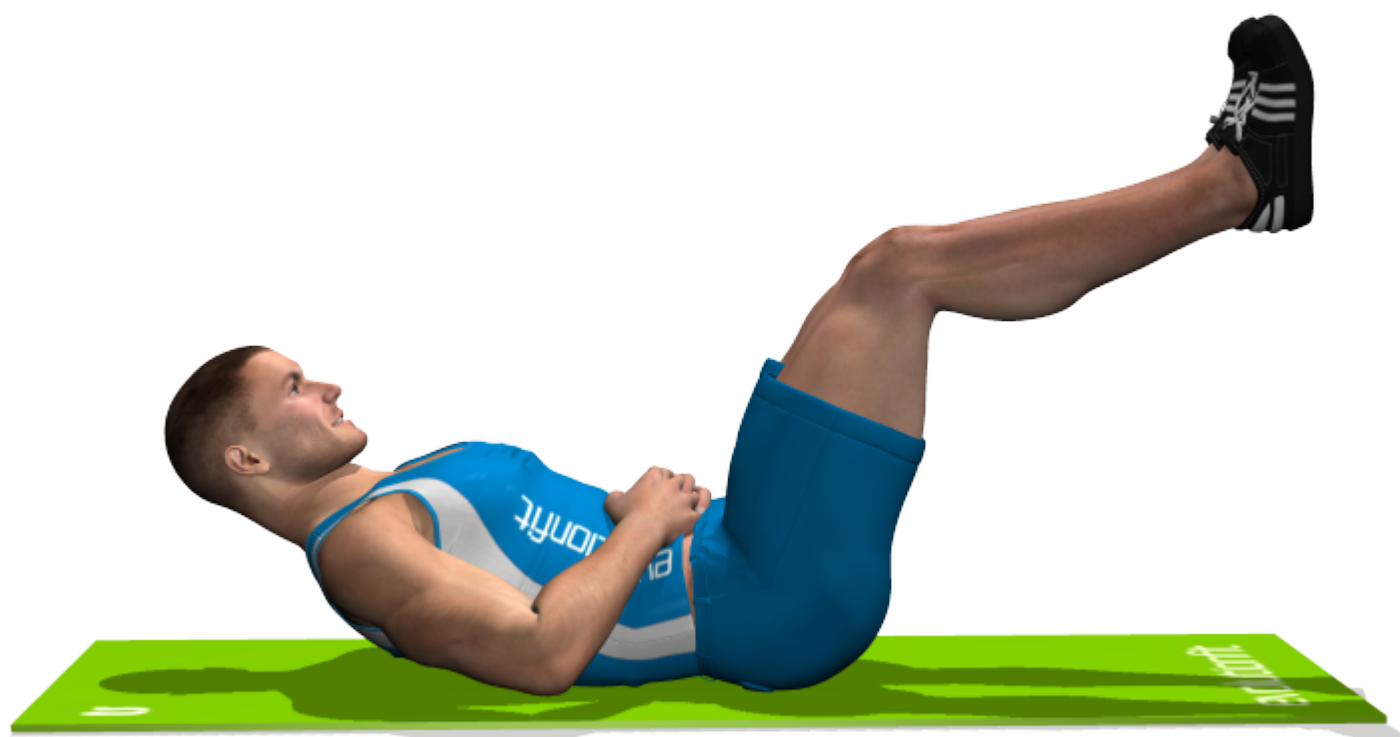


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

REVERSE CRUNCH

SERIE: 3x15/20

REST: 60 SECONDI





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

GAMBE GIORNO 3

GOBLET SQUAT

SERIE: 3x10

REST: 60 SECONDI





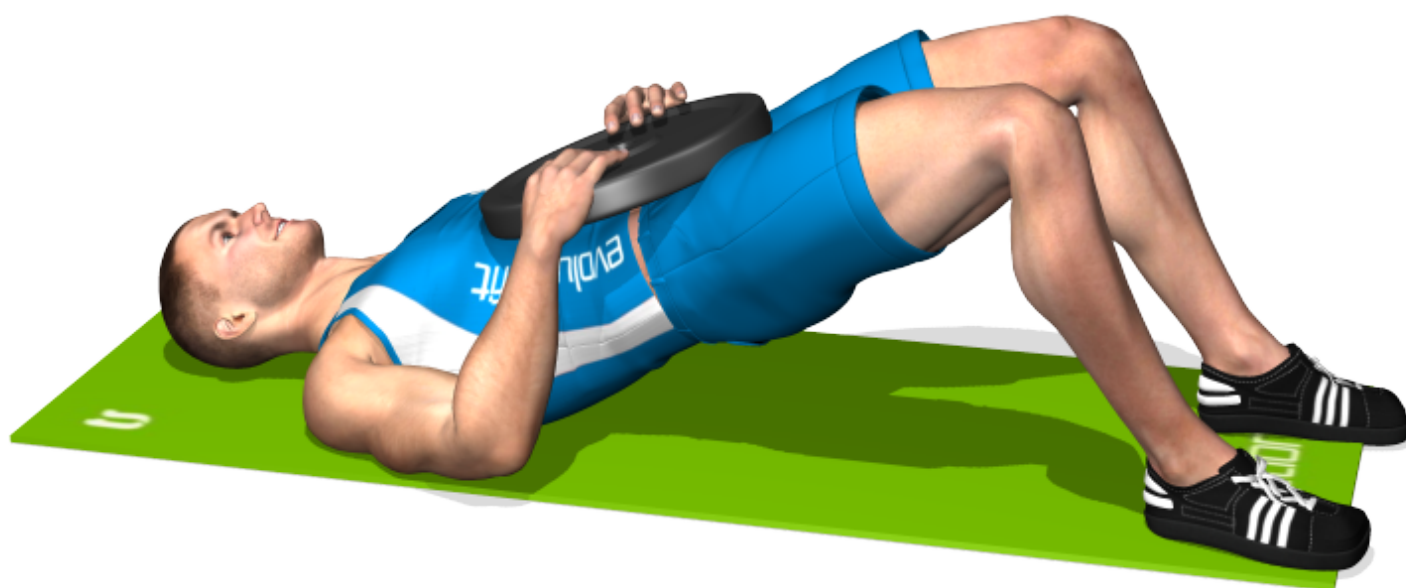
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

BRIDGE/HIP TRUST

SERIE: 3x10

REST: 60 SECONDI



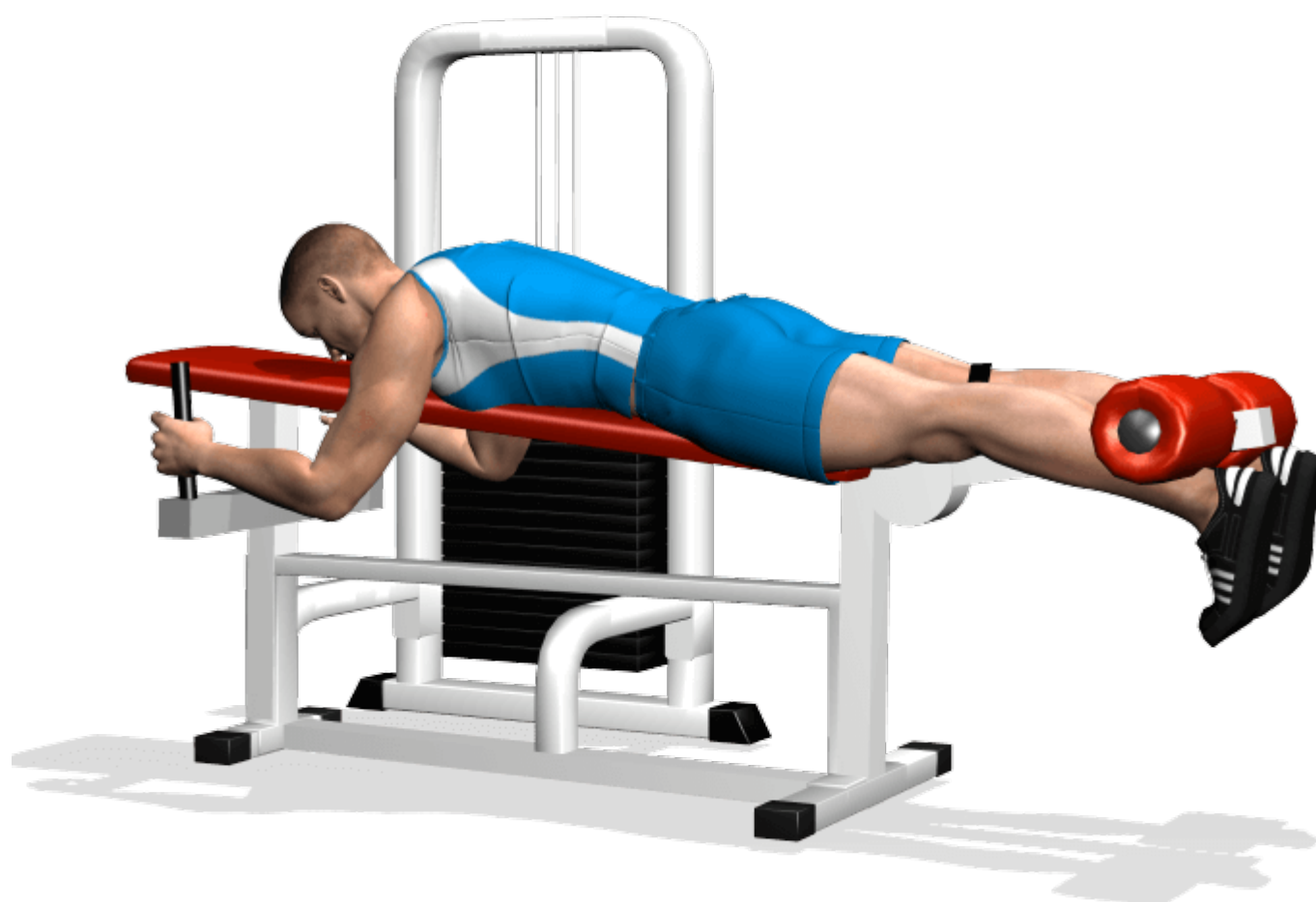


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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.mp4)

LEG CURL SEDUTA

SERIE: 3x10 GIORNO 3

REST: 60 SECONDI





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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 3x10

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>

TRICIPITI GIORNO 3

PULLEY ALTO

SERIE: 3x10

REST: 60 SECONDI

