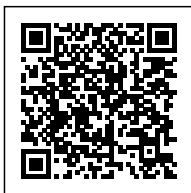


SCHEDA ALLENAMENTO MARIO FICARRA UOMO 07



SCHEDA DI ALLENAMENTO MARIO FICARRA

SCHEDA 2 - INIZIO 19 FEBBRAIO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

POLPACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15/20



PETTORALI

PANCA PIANA BILANCIERE

REPS: 8/8/10/10

REST: 90 SECONDI





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

SPINTE MANUBRI PANCA INCLINATA

REPS: 8/8/10/10

REST: 90 SECONDI





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

PECTORAL MACHINE

REPS: 8/10/12

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

REPS: 8/8/10/10

REST: 90 SECONDI





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

CURL PANCA SCOTT

REPS: 8/8/10/10

REST: 90 SECONDI





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

CURL CAVO BASSO CORDA

REPS: 8/10/12

REST: 90 SECONDI





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

ADDOMINALI GIORNO 1

ABDOMINAL MACHINE

SERIE: 4x15

REST: 90 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 4x15

REST: 90 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)

RUSSIAN TWIST

SERIE: 3x15 KETTLEBELL OPZIONALE

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/RUSSIAN-TWIST-KETTLEBELL.mp4>

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15/20



DELTOIDI

CROCI INVERSE PANCA INCLINATA

REPS: 8/8/10/10

REST: 90 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 8/8/10/10

REST: 90 SECONDI





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

ALZATE FRONTALI

SERIE: 3x10

REST: 90 SECONDI





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

SCROLLATE

SERIE: 3x10

REST: 90 SECONDI





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

GAMBE

LEG PRESS ORIZZONTALE

REPS: 8/8/10/10

REST: 90 SECONDI



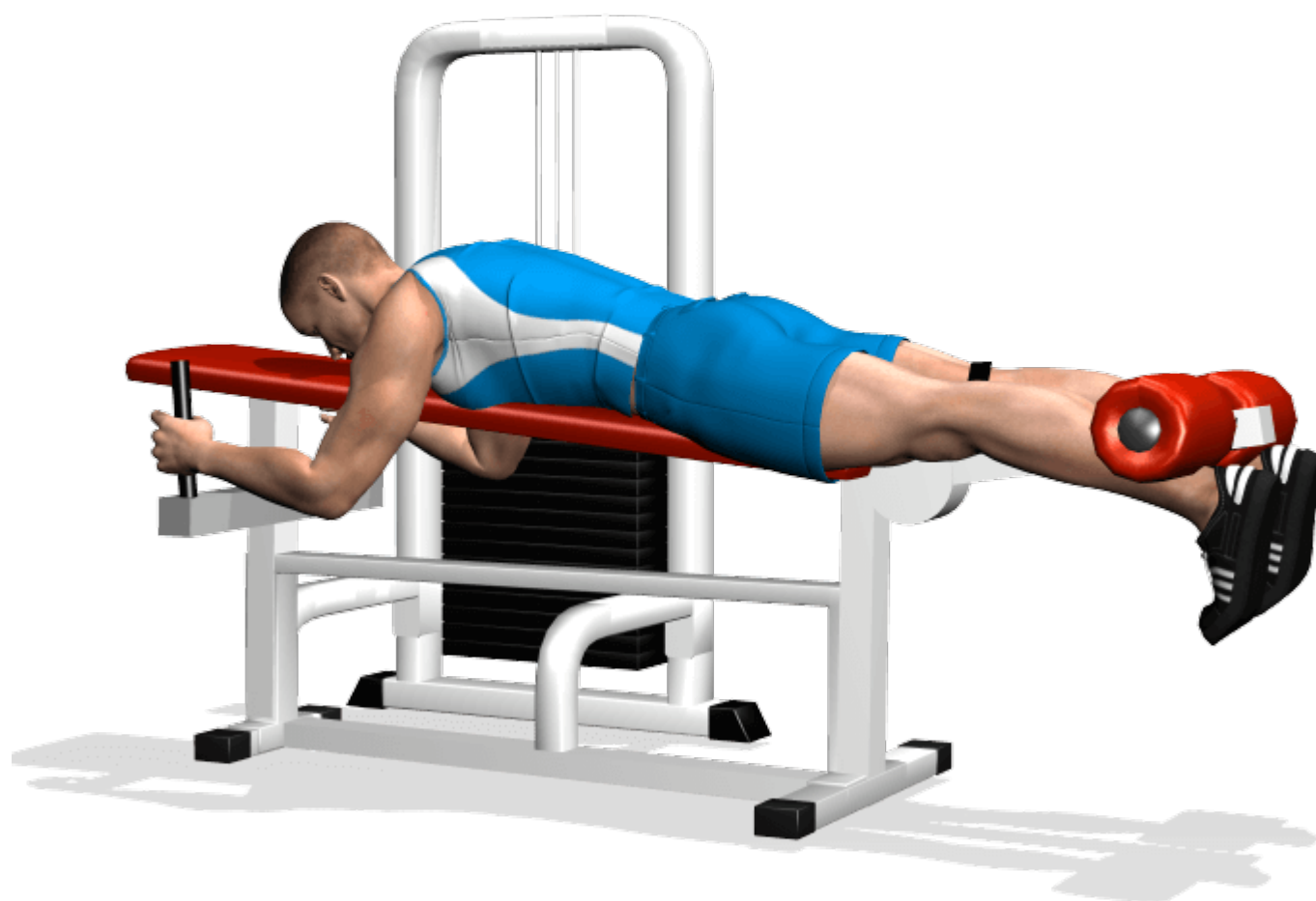


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SEDUTO

REPS: 8/8/10/10

REST: 90 SECONDI





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

LEG EXTENSION

REPS: 8/10/12

REST: 90 SECONDI





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

POLPACCI

CALF PRESSA ORIZZONTALE

SERIE: 3x10

REST: 90 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3x15

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 15/20



DORSALI

VERTICAL TRACTION

REPS: 8/8/10/10

REST: 90 SECONDI





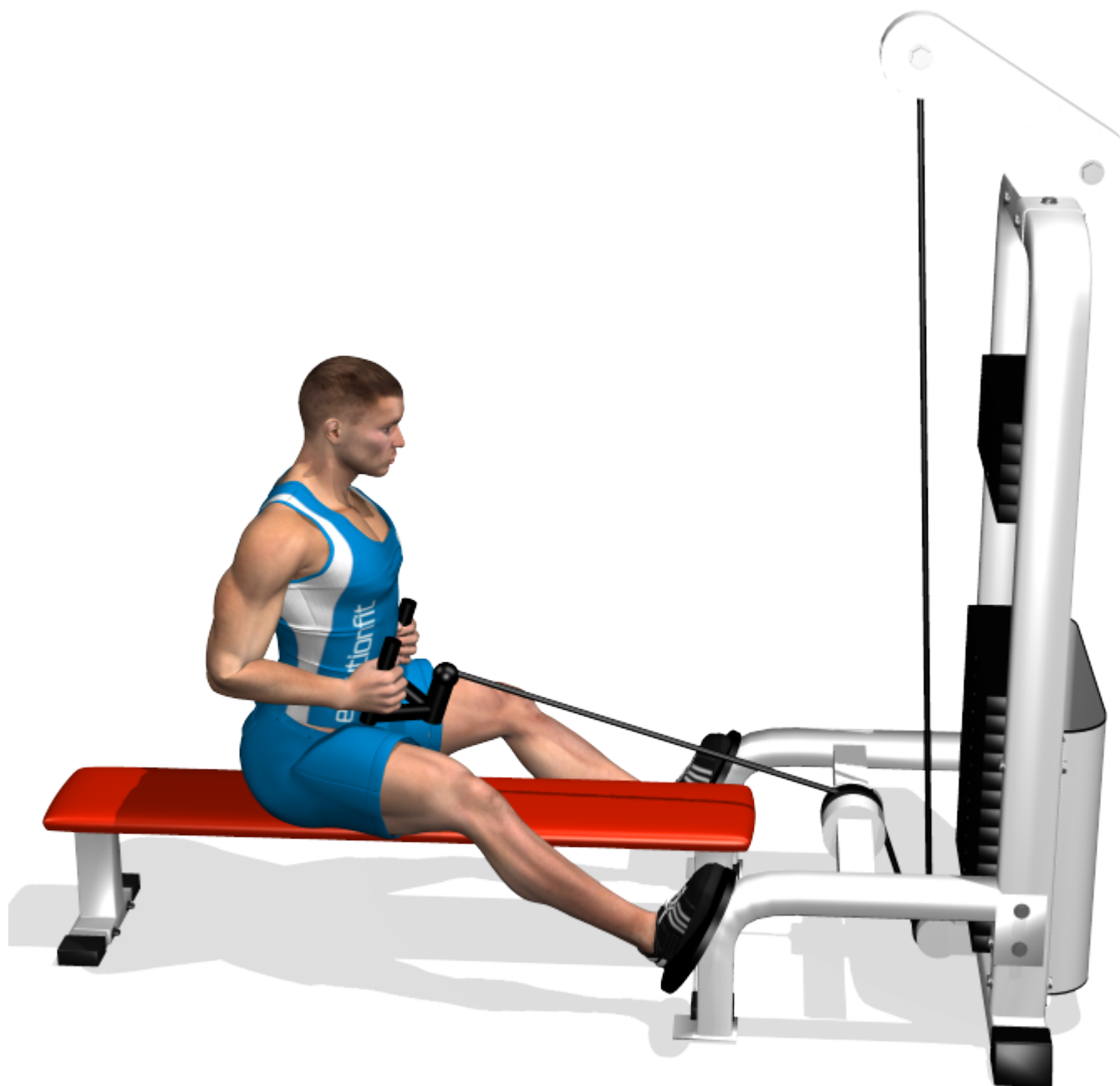
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULL-DOWN.mp4>

PULLEY ROW

REPS: 8/8/10/10

REST: 90 SECONDI





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

LAT MACHINE AVANTI

REPS: 8/10/12

REST: 90 SECONDI





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

TRICIPITI

FRENCH PRESS MANUBRI

REPS: 8/8/10/10

REST: 90 SECONDI





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

FRENCH PRESS SEDUTO

REPS: 8/8/10/10

REST: 90 SECONDI





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

KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/KICK-BACK-UN-MANUBRIO.mp4>

ADDOMINALI GIORNO 3

ABDOMINAL MACHINE

SERIE: 4x15

REST: 90 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 4x15

REST: 90 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)

RUSSIAN TWIST

SERIE: 3x15 KETTLEBELL OPZIONALE

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/RUSSIAN-TWIST-KETTLEBELL.mp4>

