SCHEDA ALLENAMENTO MICHAEL BATTAGLIA BASE 2

SCHEDA DI ALLENAMENTO MICHAEL BATTAGLIA

SCHEDA 1 - 4 OTTOBRE

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

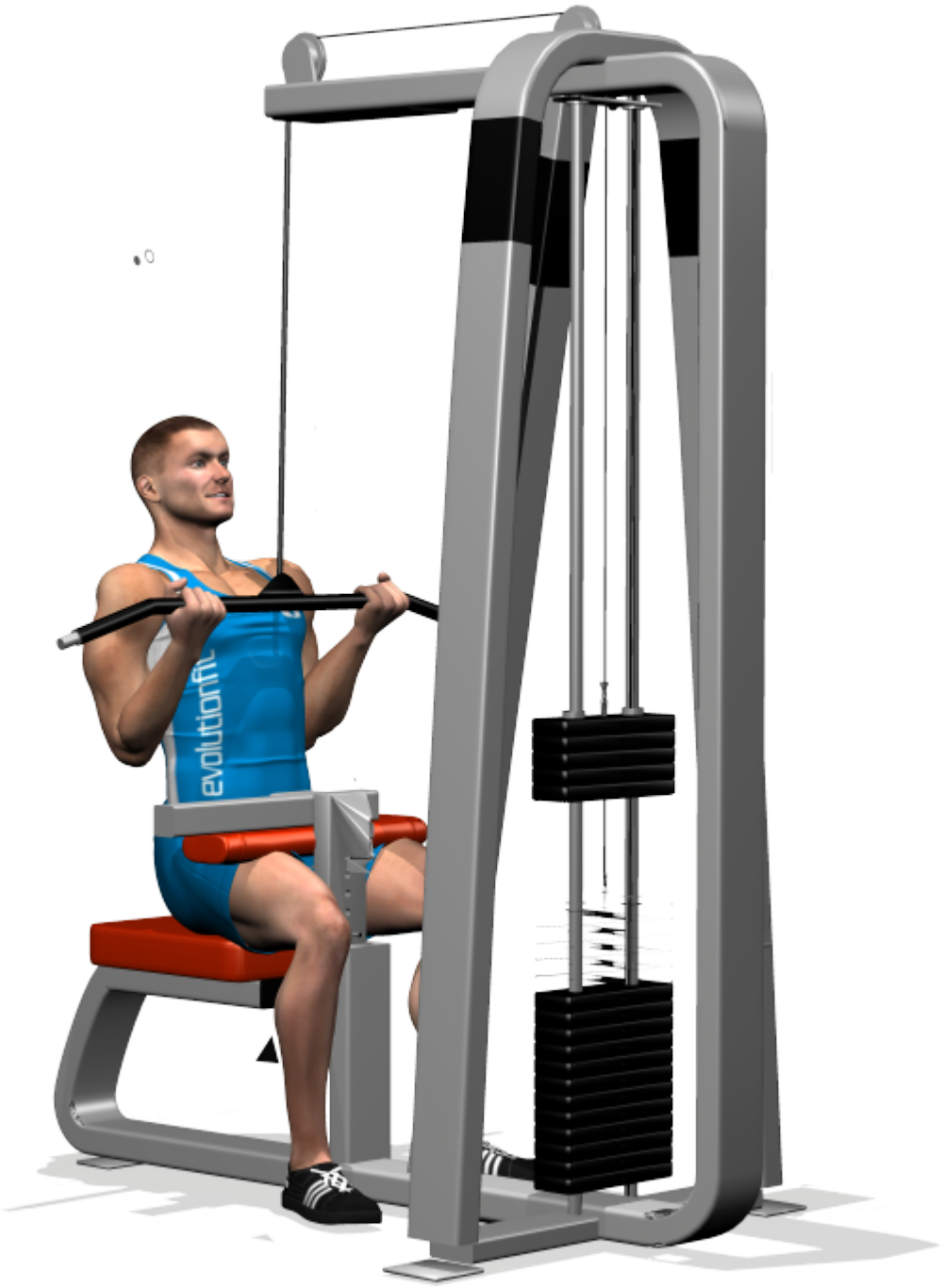
MINUTI: 10

DORSALI

LAT MACHINE INVERSA

REPS: 12/10/8

REST: 60 SECONDI



REMATORE MANUBRIO SU PANCA

REPS: 12/10/8

REST: 60 SECONDI

evolutionfit

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANCA.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

evolutionfit

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

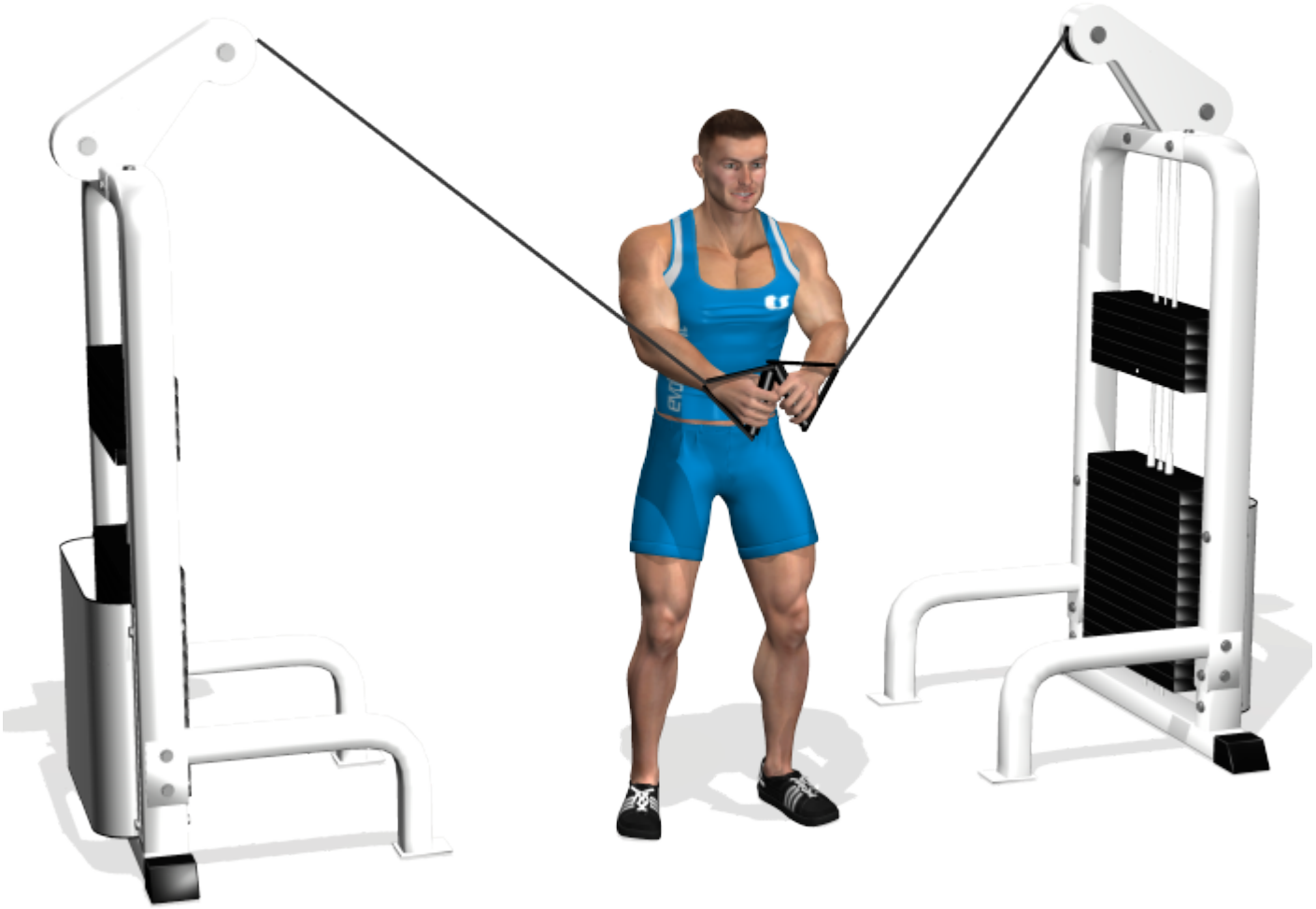
REST: 60 SECONDI

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

CHIUSURE AI CAVI

SERIE: 3x10

REST: 60 SECONDI



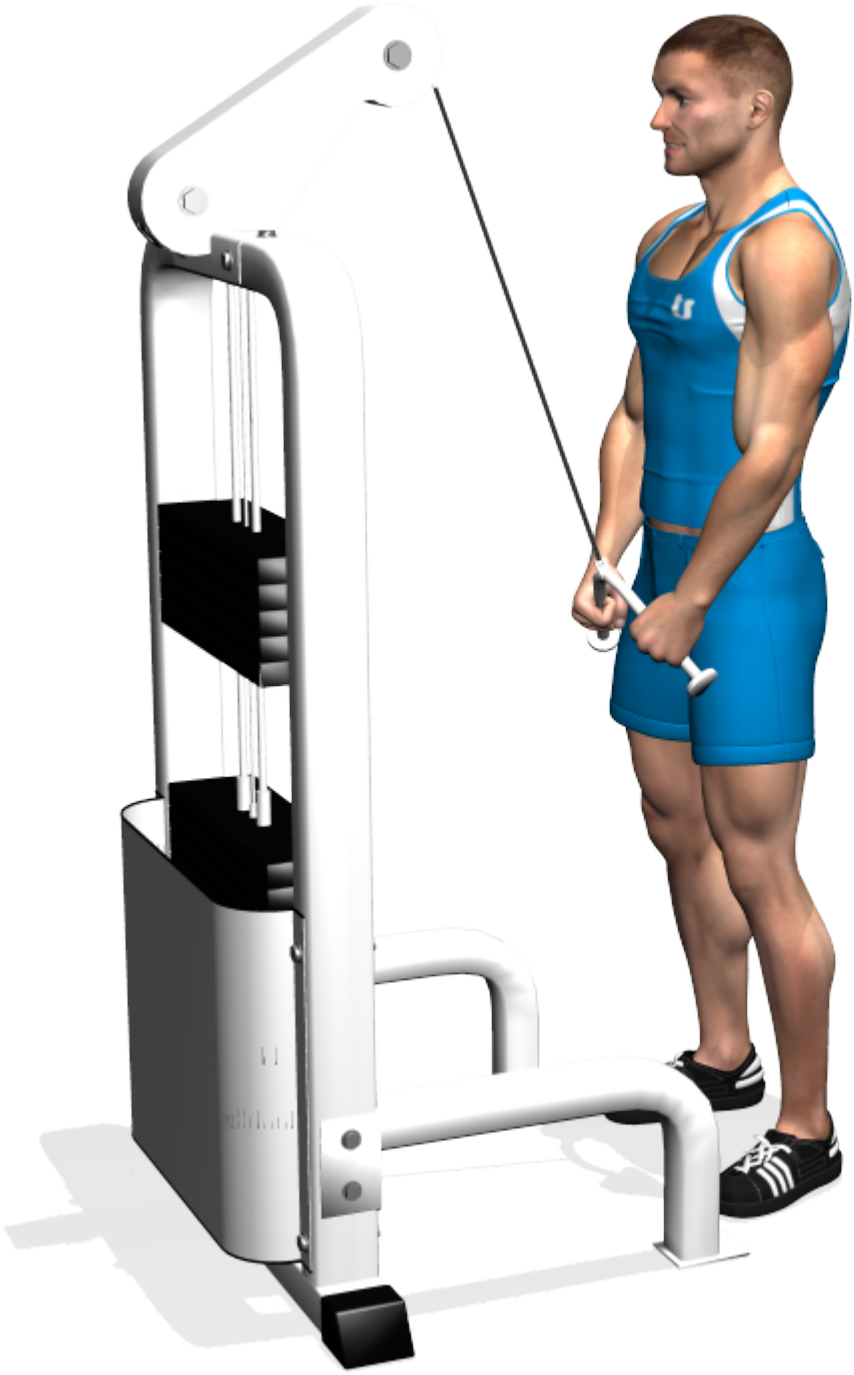
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CHIUSURE-AI-CAVI.mp4

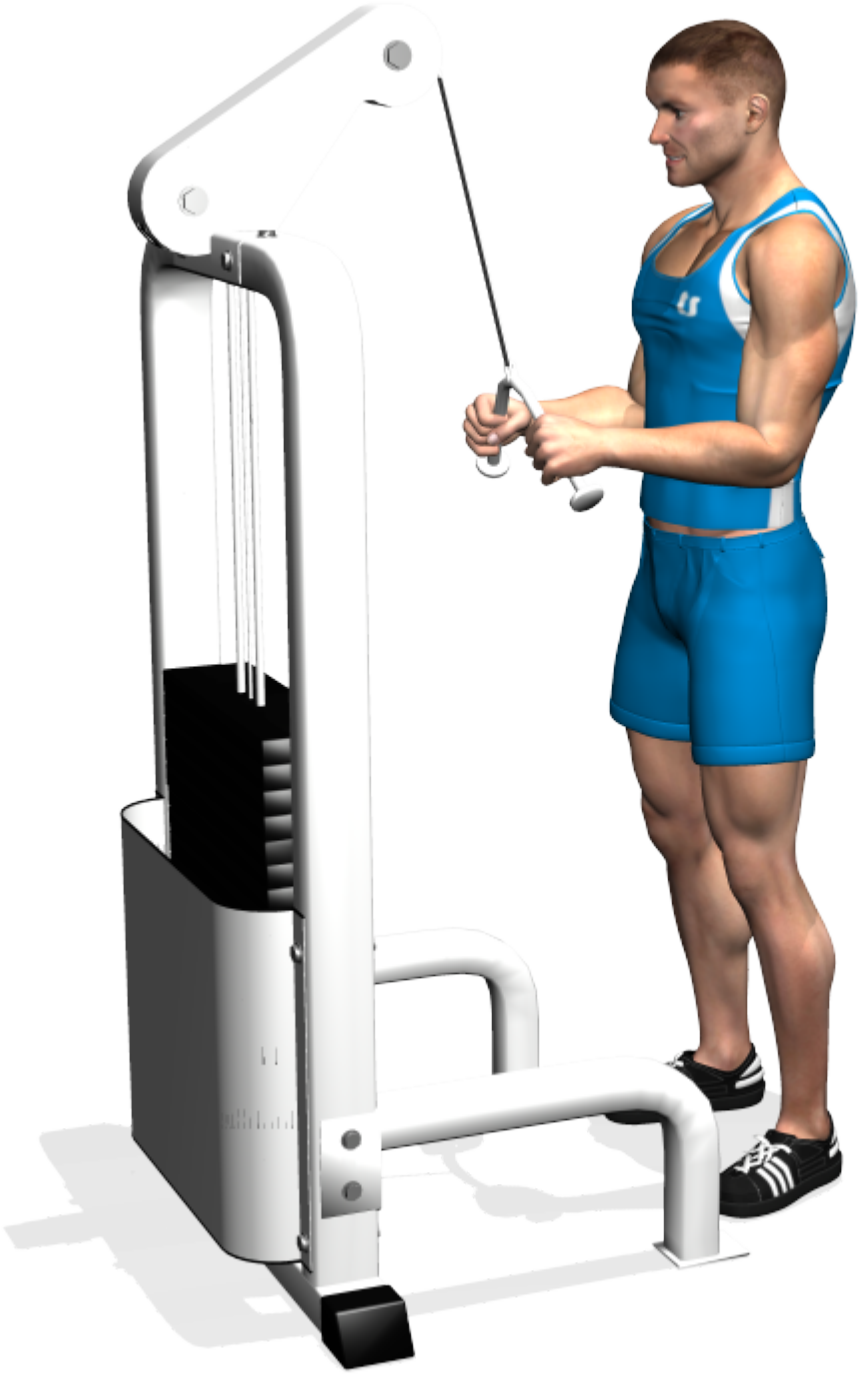
TRICIPITI

PUSH DOWN

REPS: 12/10/8

REST: 60 SECONDI





DIPS

SERIE: 3xMAX

REST: 60 SECONDI

evolutionfit

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

POLPACCI

CALF SINGOLO

SERIE: 3x8

REST: 60 SECONDI

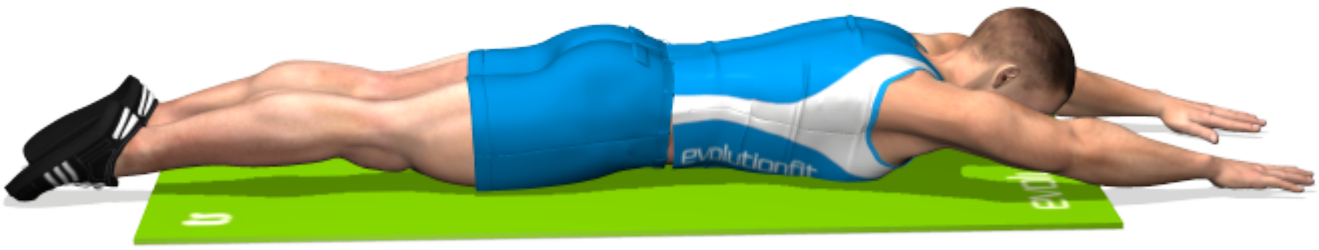
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CALF-SINGOLO.mp4

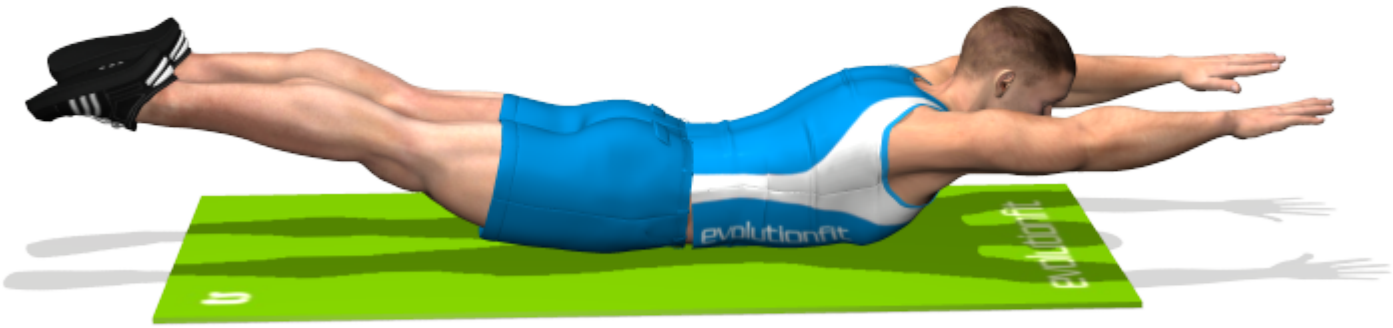
LOMBARI

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

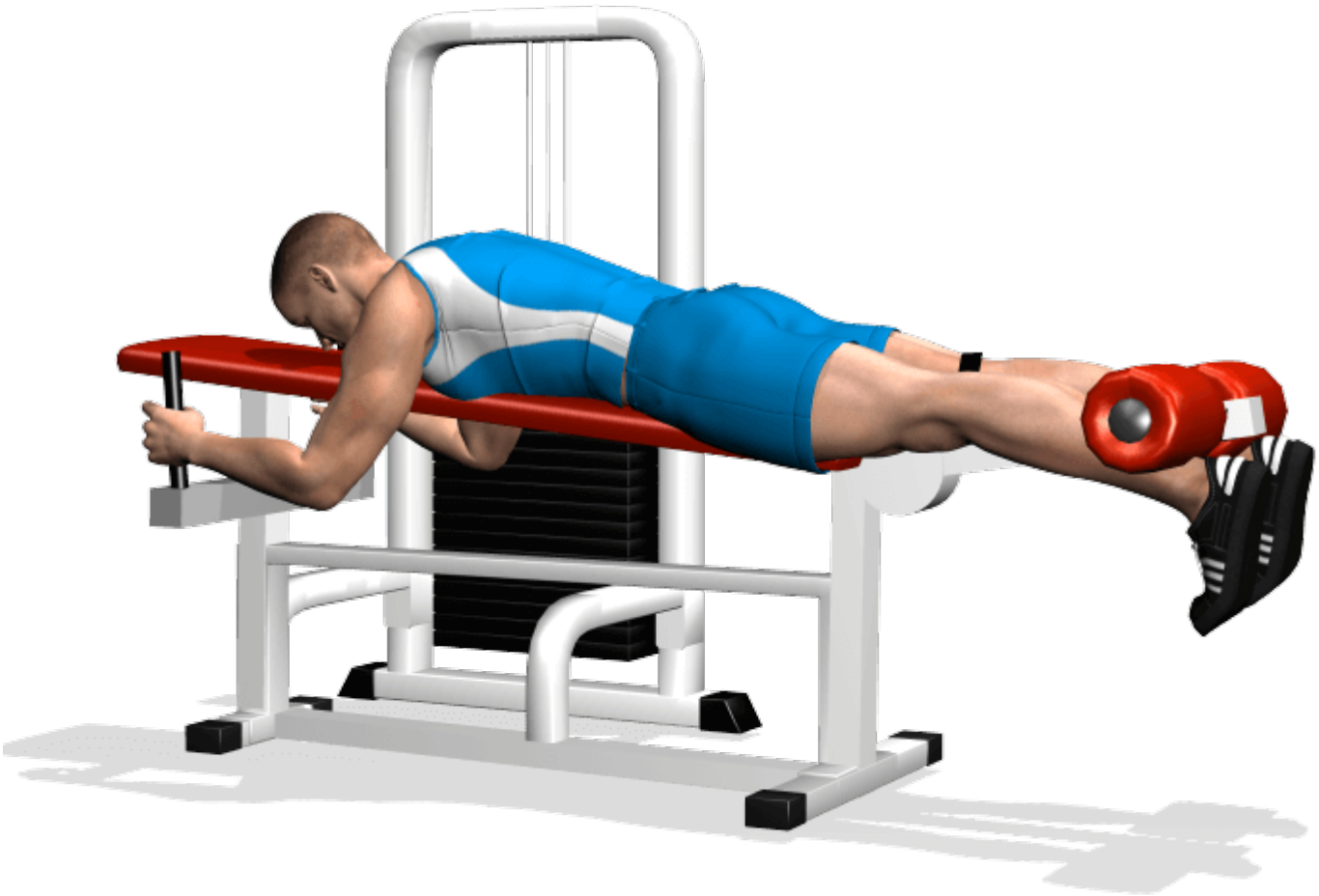
REST: 60 SECONDI

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