SCHEDA ALLENAMENTO NADIA LA MANTIA DONNA 06

SCHEDA DI ALLENAMENTO NADIA LA MANTIA

SCHEDA 4 - INIZIO 15 MARZO - SCADENZA 8 SETTIMANE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 3

GIORNO 1

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
-LOMBARI
Clicca qui

- GAMBE
Clicca qui

- DORSALI
Clicca qui

- TRICIPITI
Clicca qui

GIORNO 2

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
-LOMBARI
Clicca qui

- GAMBE
Clicca qui

- SPALLE
Clicca qui

- BICIPITI
- AVAMBRACCI
Clicca qui

GIORNO 3

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
-LOMBARI
Clicca qui

- GAMBE
Clicca qui

- PETTORALI
Clicca qui

- TRICIPITI
Clicca qui

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 20

ADDOMINALI - LOMBARI

CRUNCH A TERRA

SERIE: 3x25 GIORNO

REST: 60 SECONDI

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

REVERSE CRUNCH

SERIE: 3x25 GIORNO

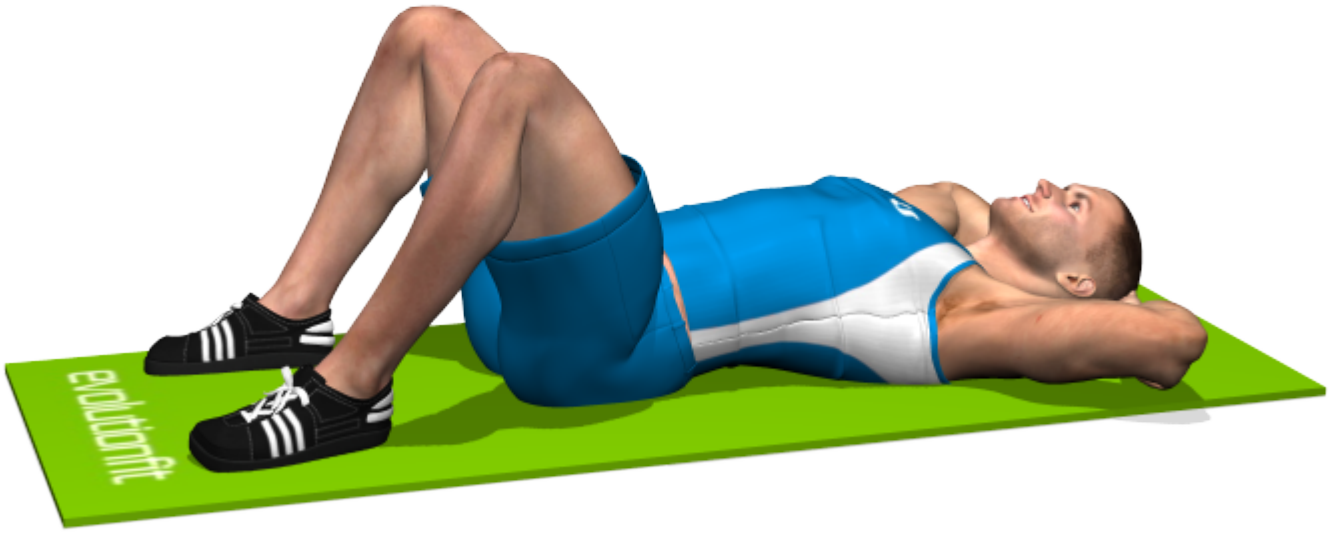
REST: 60 SECONDI

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

SIT UP

SERIE: 3x20

REST: 60 SECONDI

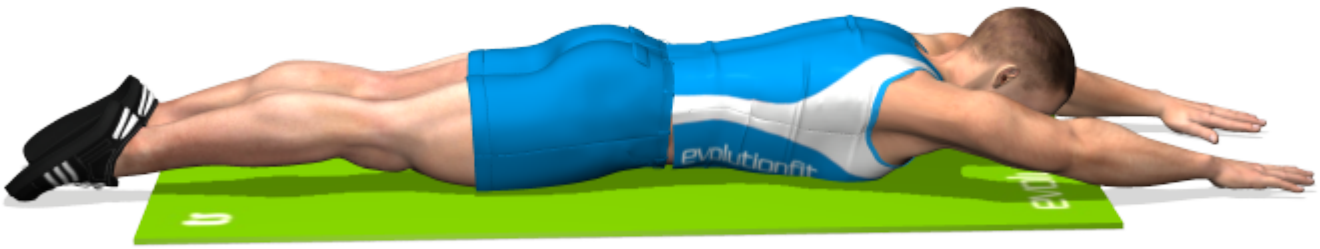

evolutionfit

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

LOMBARI

SERIE: 3x20

REST: 60 SECONDI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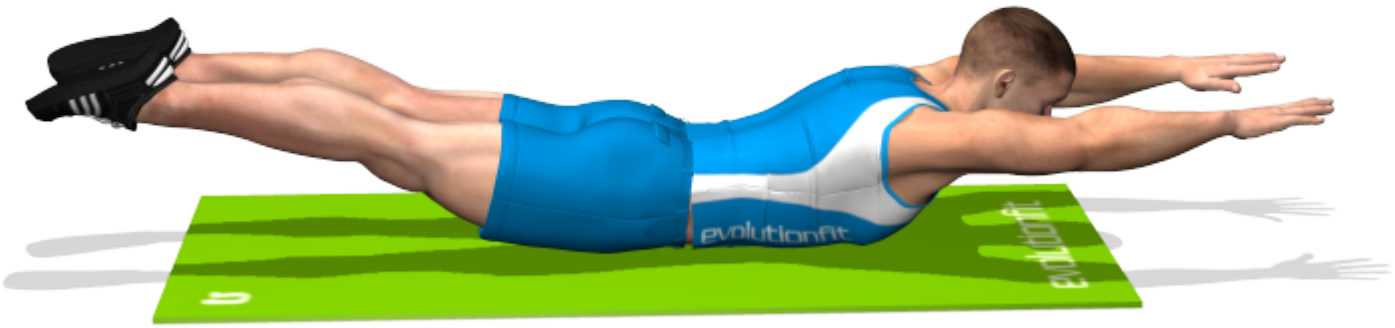

https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/LOMBARI.mp4

GAMBE GIORNO 1

MEZZI STACCHI CON MANUBRI

SERIE: 3x20

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4

LEG EXTENSION

SERIE: 3x20

REST: 60 SECONDI

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FITNESS

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

ADDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI

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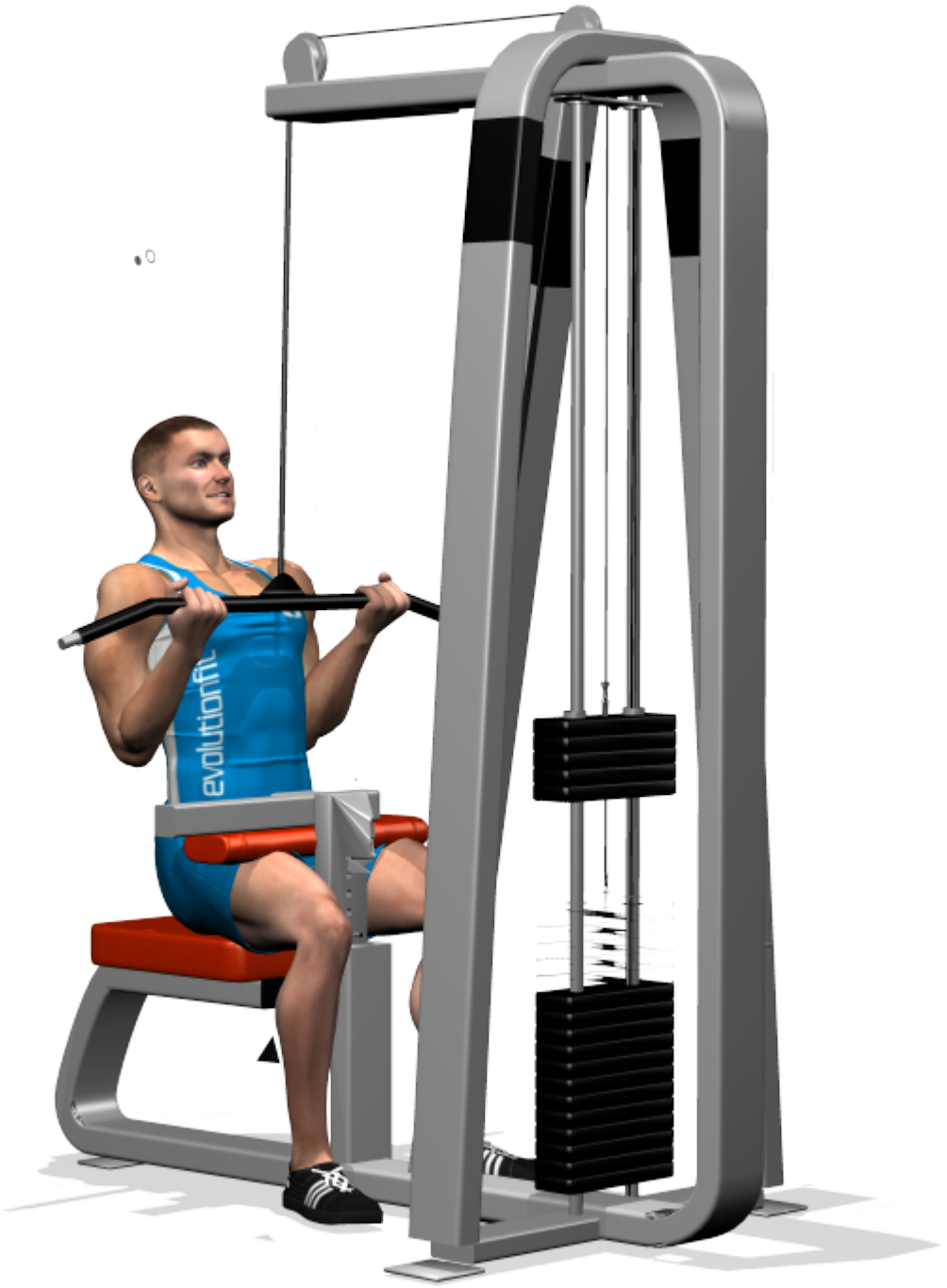
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4

DORSALI

LAT MACHINE INVERSA

SERIE: 3x20

REST: 60 SECONDI



TRICIPITI GIORNO 1

FRENCH PRESS SEDUTO

SERIE: 3x20

REST: 60 SECONDI

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

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 20

ADDOMINALI - LOMBARI

CRUNCH A TERRA

SERIE: 3x25 GIORNO

REST: 60 SECONDI

evolutionfit

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

REVERSE CRUNCH

SERIE: 3x25 GIORNO

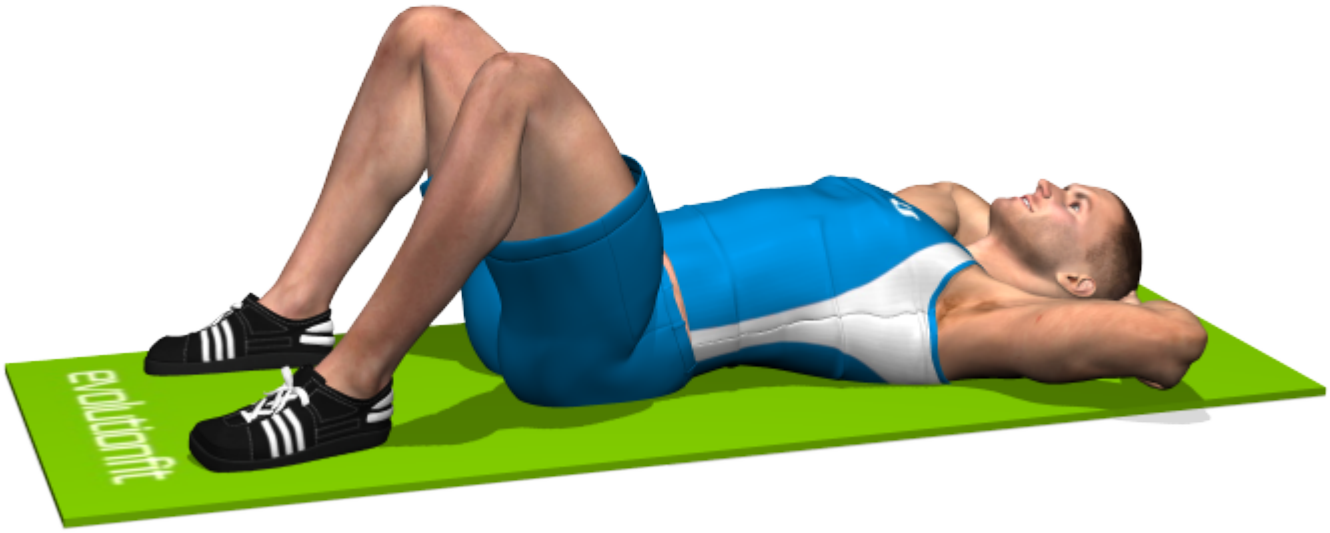
REST: 60 SECONDI

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

SIT UP

SERIE: 3x20

REST: 60 SECONDI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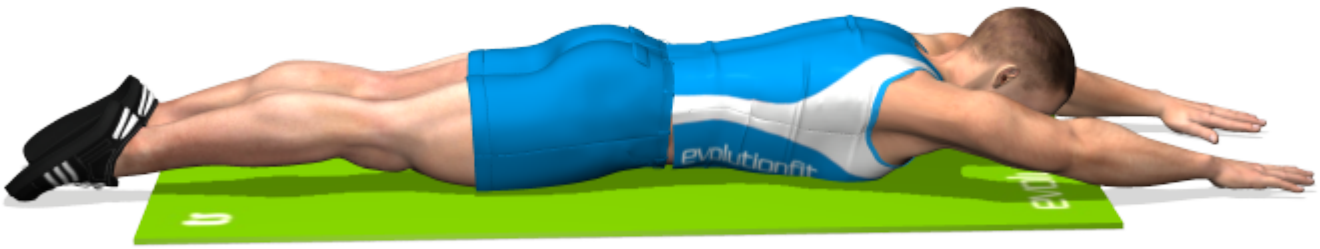
LOMBARI

SERIE: 3x20

REST: 60 SECONDI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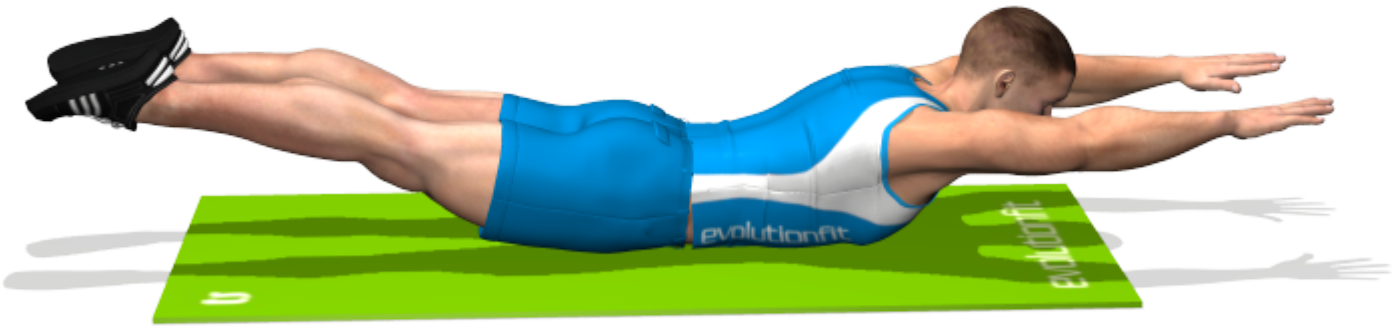

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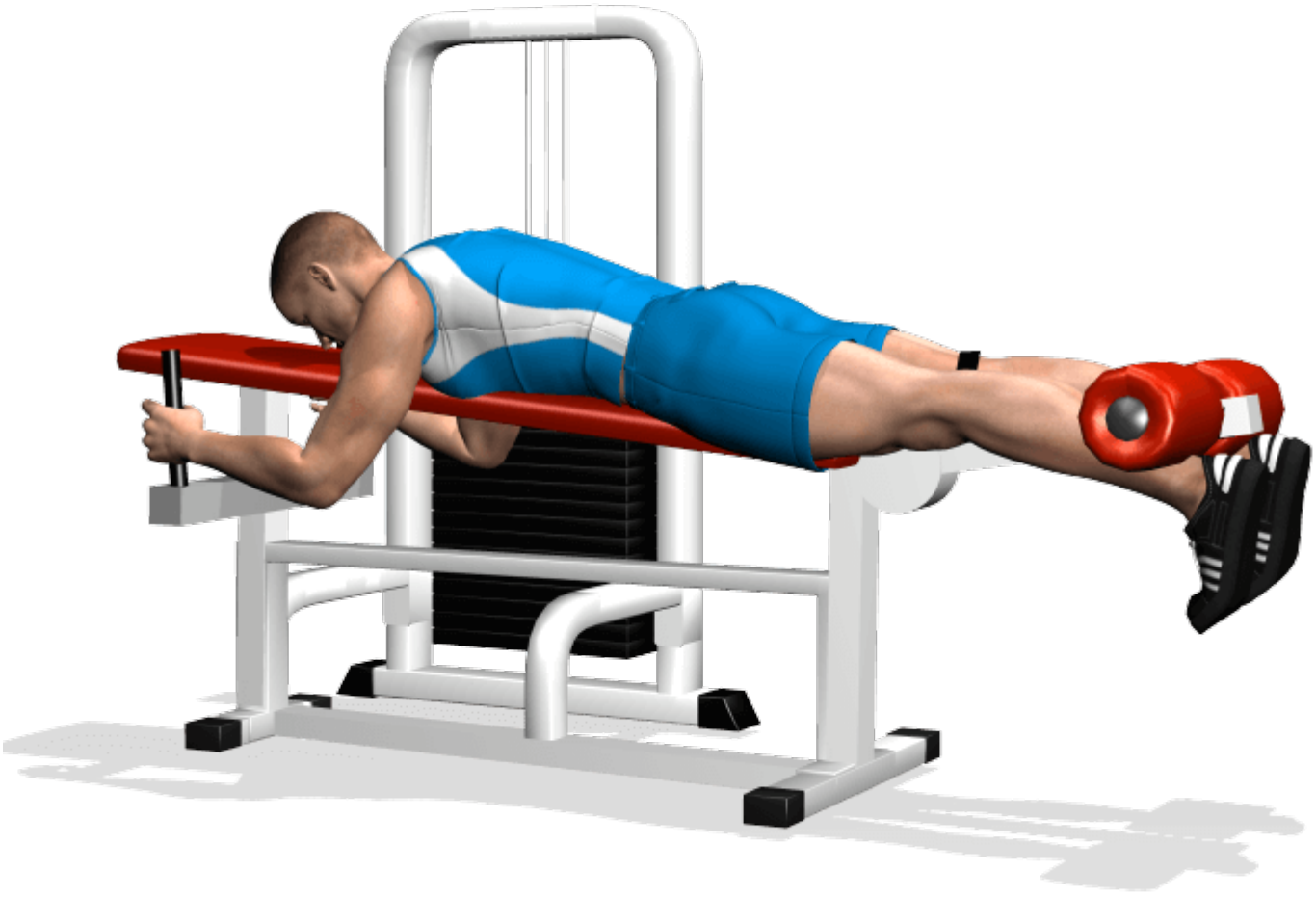
GAMBE GIORNO 2

LEG CURL DISTESA

SERIE: 3x20

REST: 60 SECONDI



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AFFONDI INVERSI

SERIE: 3x20

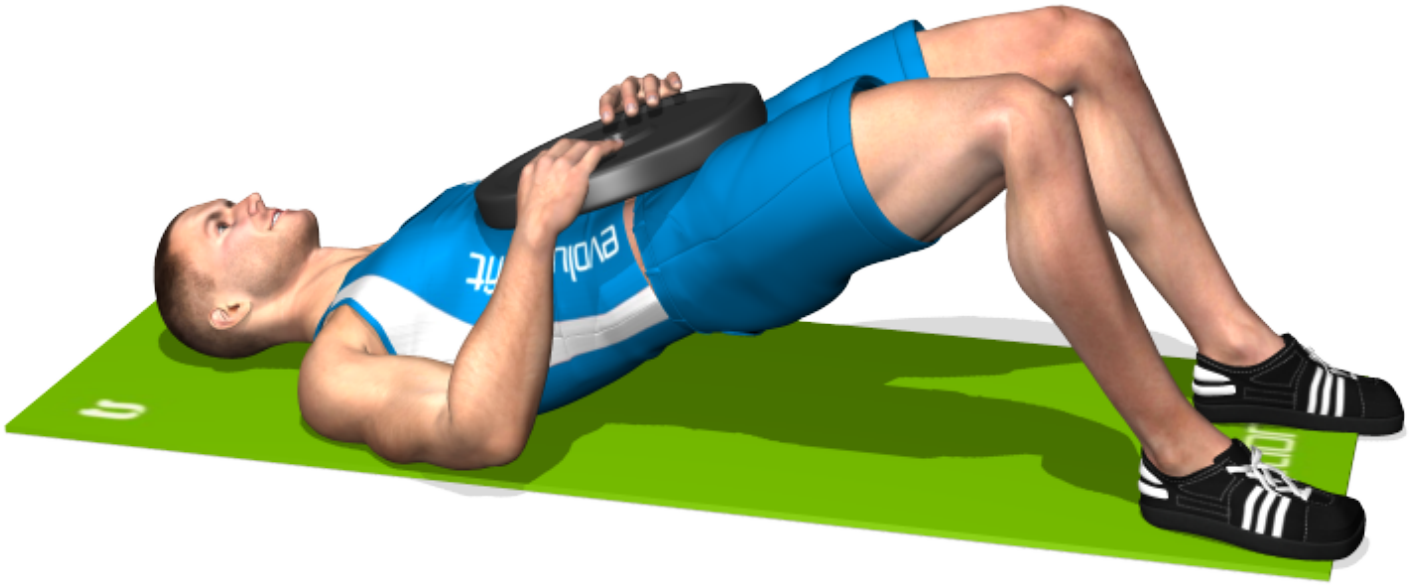
REST: 60 SECONDI

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

PONTE GLUTEI MONOPODALICO

SERIE: 3x20

REST: 60 SECONDI



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

SPALLE

SPINTE SEDUTO MANUBRI

SERIE: 3x20

REST: 60 SECONDI

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

BICIPITI - AVAMBRACCI

ARM CURL MACHINE

SERIE: 3x20

REST: 60 SECONDI

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

GIORNO 3

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 20

ADDOMINALI - LOMBARI

CRUNCH A TERRA

SERIE: 3x25 GIORNO

REST: 60 SECONDI

evolutionfit

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

REVERSE CRUNCH

SERIE: 3x25 GIORNO

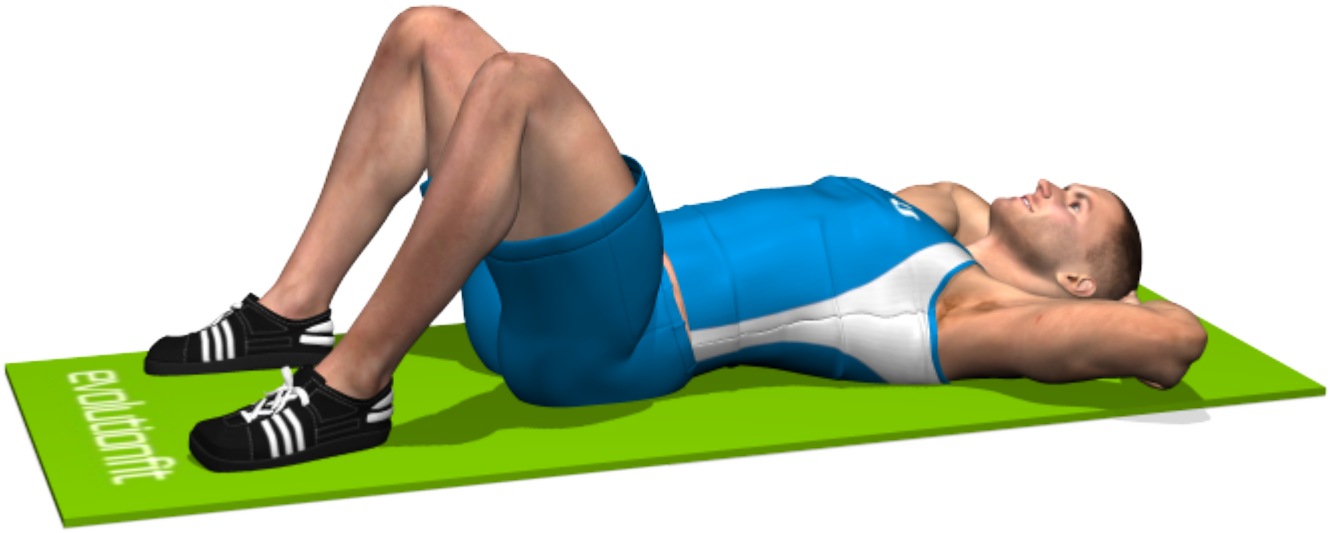
REST: 60 SECONDI

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

SIT UP

SERIE: 3x20

REST: 60 SECONDI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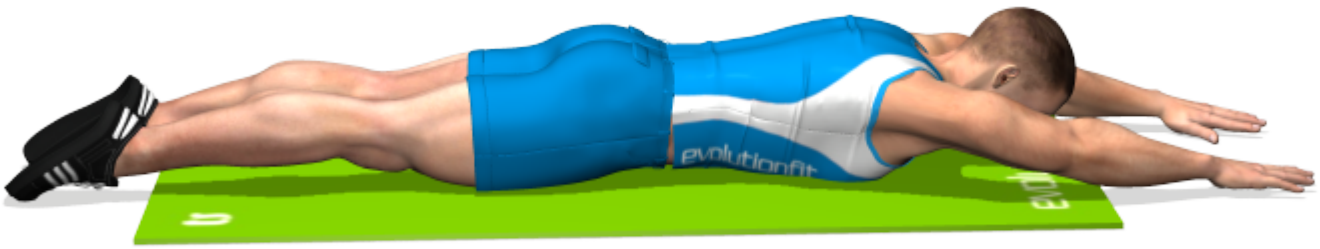
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SIT-UP.mp4

LOMBARI

SERIE: 3x20

REST: 60 SECONDI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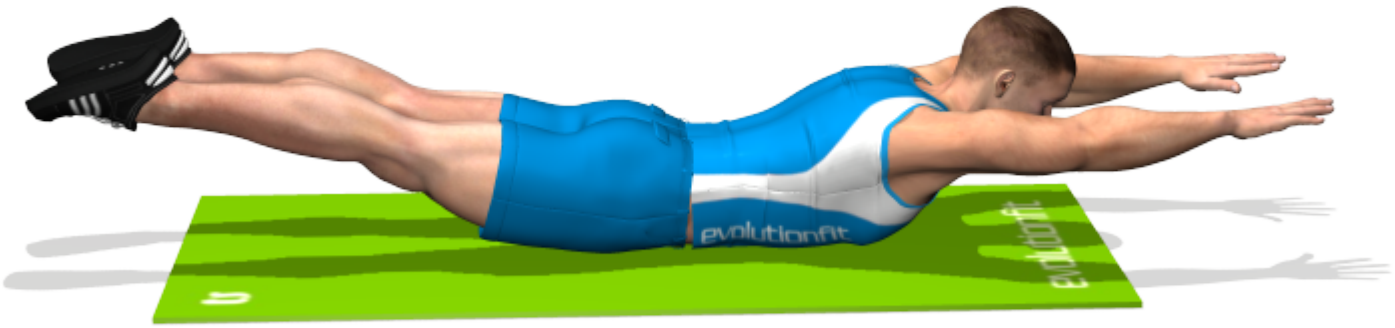


https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/LOMBARI.mp4

GAMBE GIORNO 3

SUMO SQUAT

SERIE: 3x20

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/SUMO-SQUAT1.mp4

STANDING LEG CURL

SERIE: 3x20

REST: 60 SECONDI

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

ABDUCTOR MACHINE

SERIE: 3x20

REST: 60 SECONDI

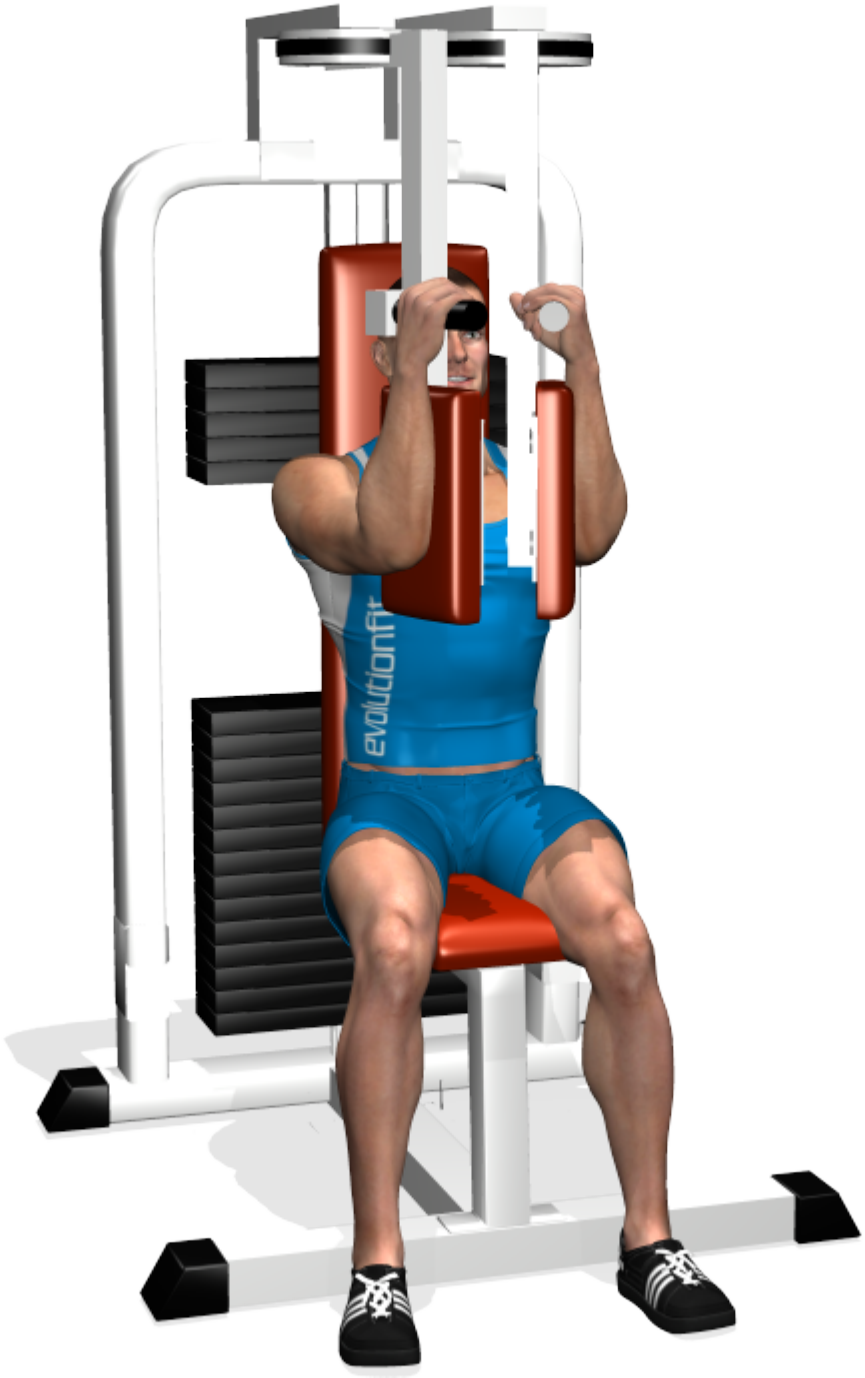
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4

PETTORALI

PECTORAL MACHINE

SERIE: 3x20

REST: 60 SECONDI



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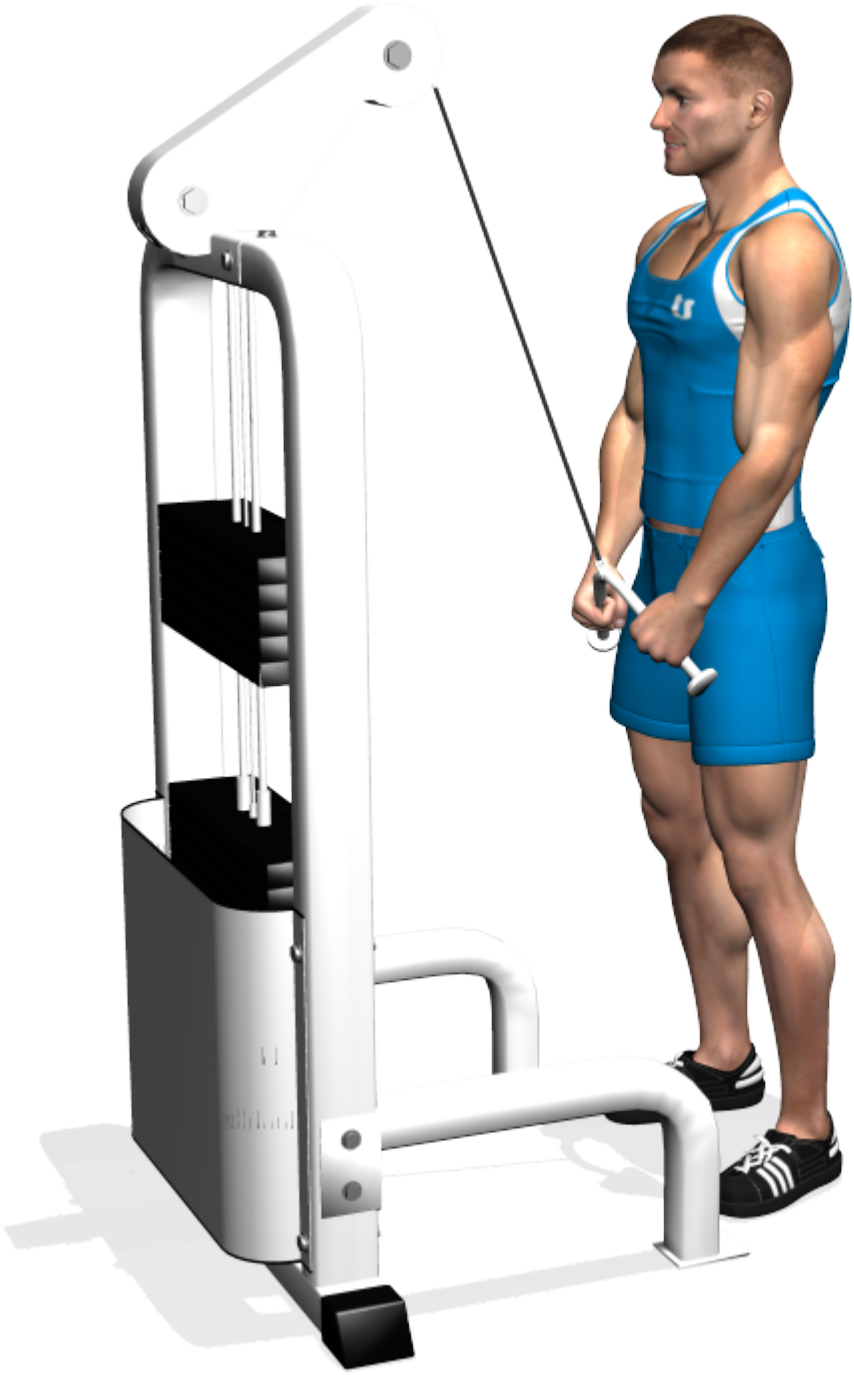
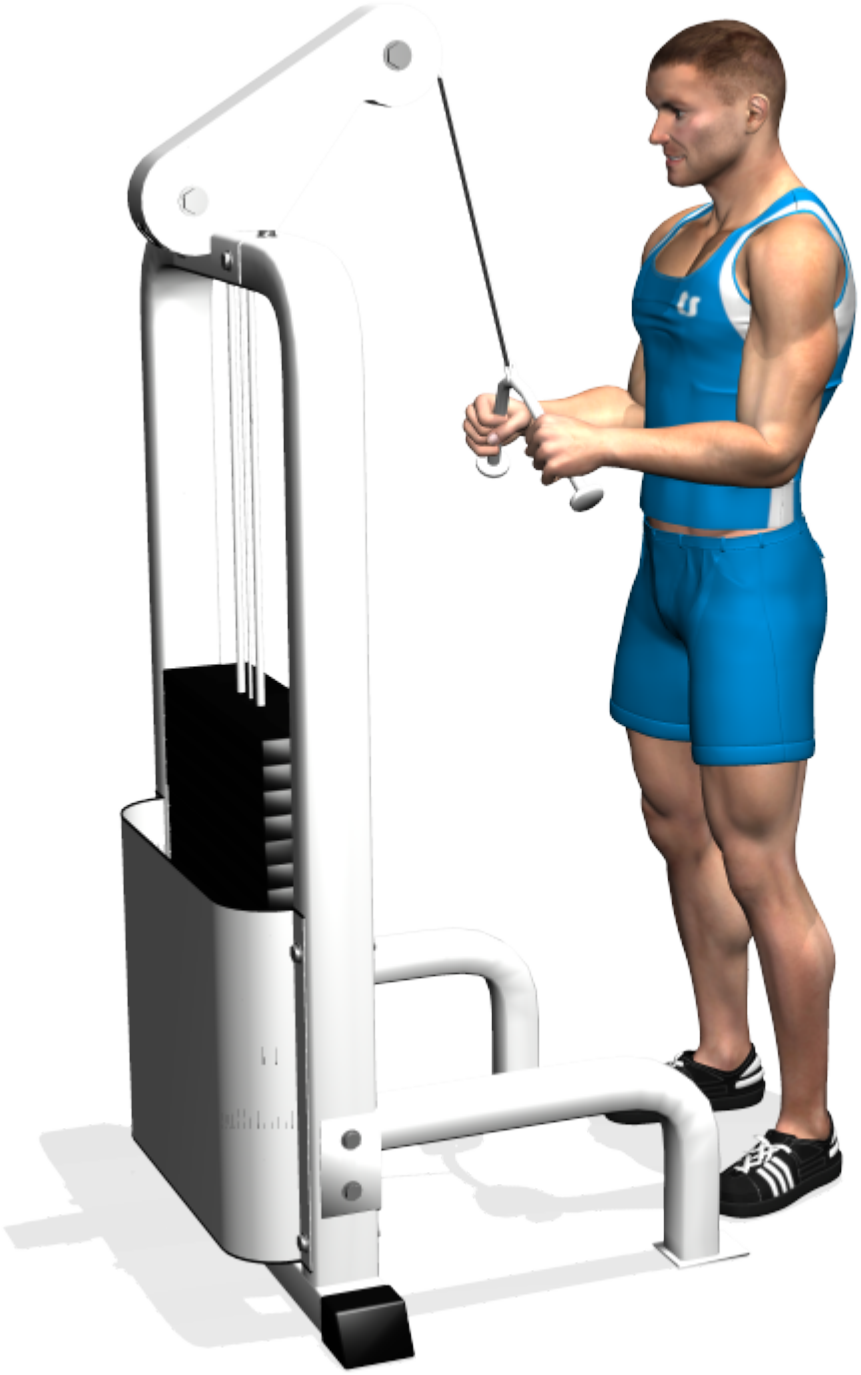
TRICIPITI GIORNO 3

PULLEY ALTO

SERIE: 3x20

REST: 60 SECONDI