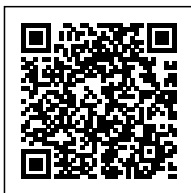


# SCHEDA ALLENAMENTO PIETRO DI STEFANO BASE 2



# **SCHEDA DI ALLENAMENTO PIETRO DI STEFANO**

## **SCHEDA 2 - INIZIO 4 GENNAIO 2022**

### **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

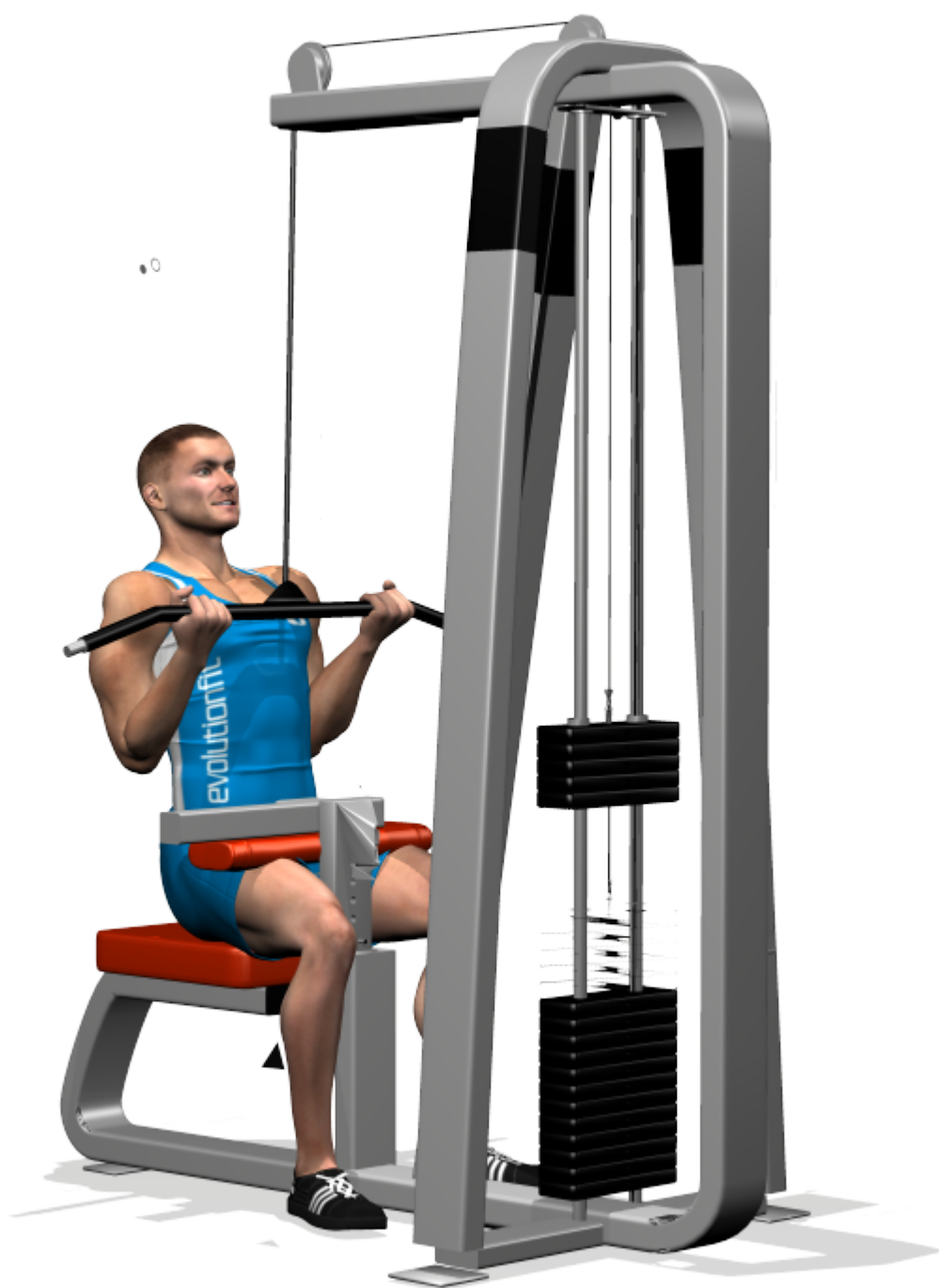


**DORSALI**

## LAT MACHINE INVERSA

REPS: 12/10/8

REST: 60 SECONDI





## REMATORE MANUBRIO SU PANCA

REPS: 12/10/8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>  
A.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





<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>

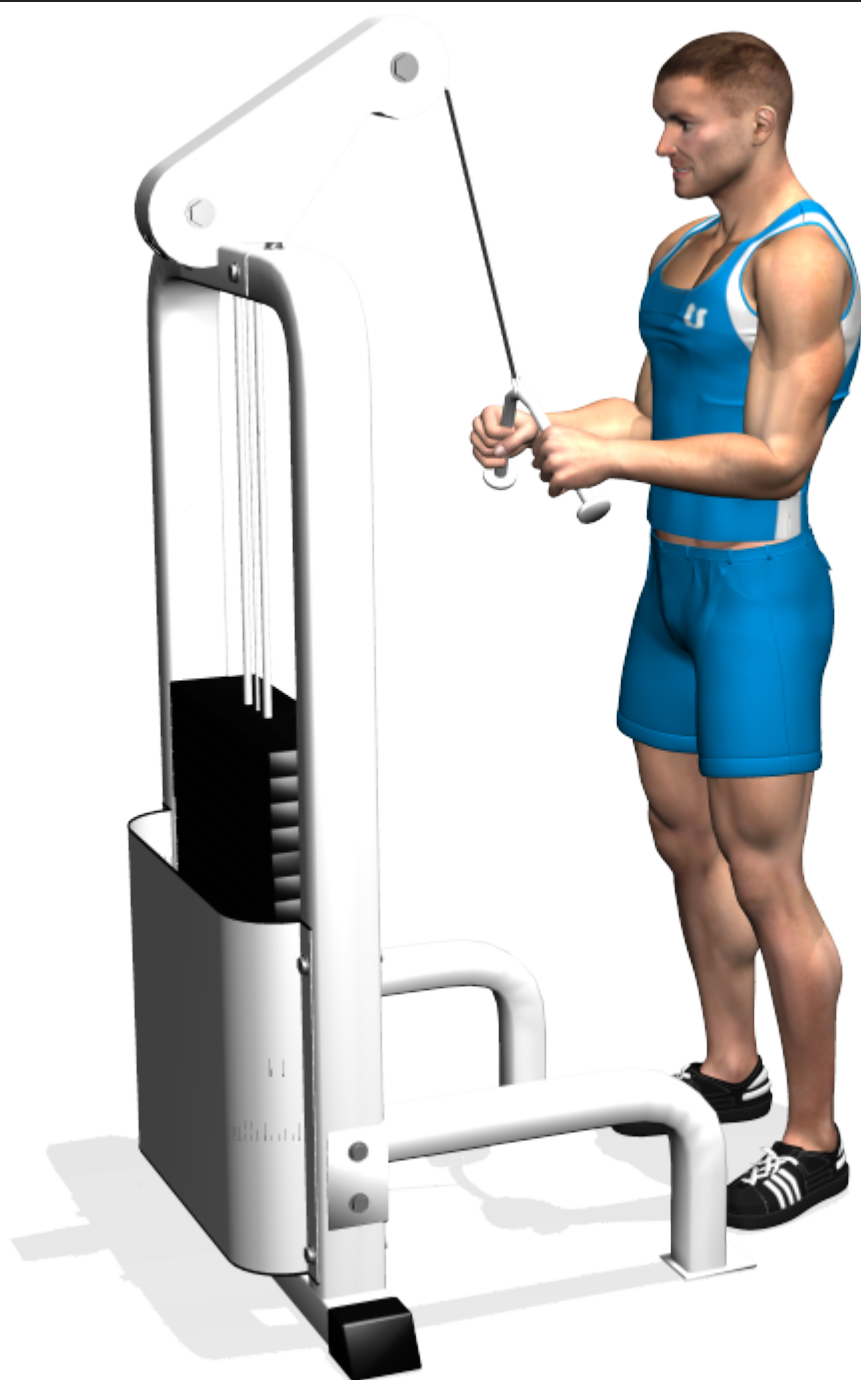
## TRICIPITI

## PUSH DOWN

REPS: 12/10/8

REST: 60 SECONDI





## DIPS

SERIE: 3xMAX

REST: 60 SECONDI





<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>

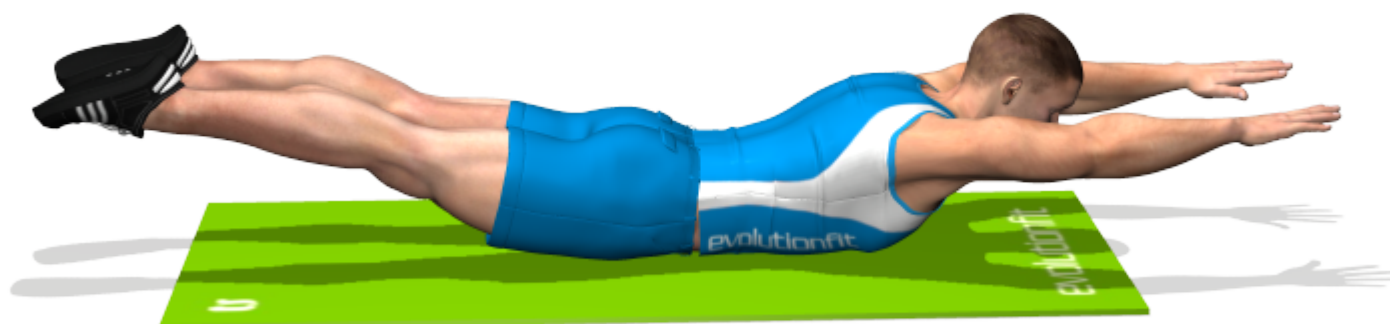
## LOMBARI

## 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



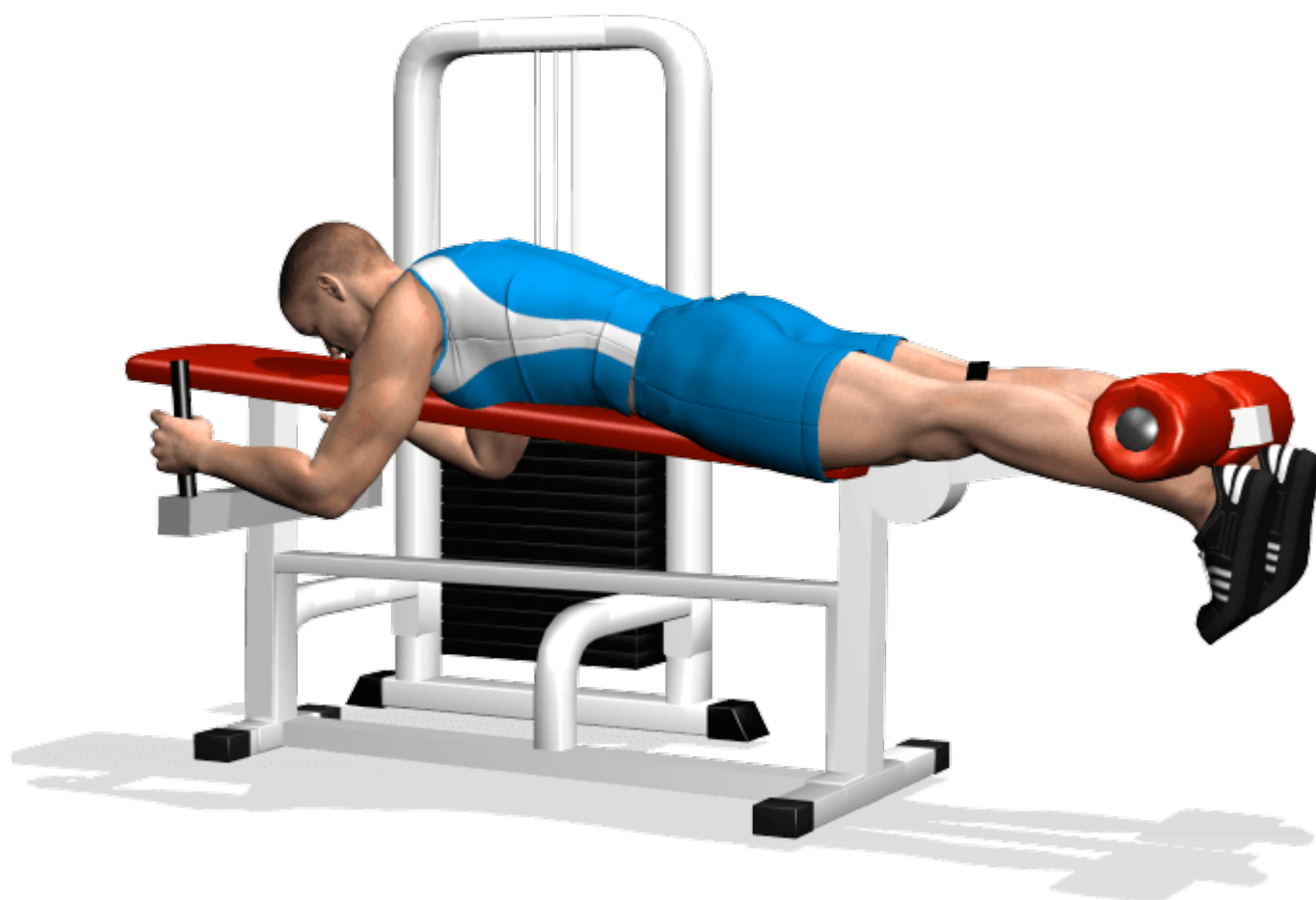


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

## 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-INCLINAT A.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINAT-A.mp4)

## **ADDOMINALI GIORNO 3**

## REVERSE CRUNCH

SERIE: 4x15 GIORNO 3

REST: 60 SECONDI





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

