

SCHEDA ALLENAMENTO PIETRO MESSINA BASE 4



SCHEDA DI ALLENAMENTO PIETRO MESSINA

RINNOVO SCHEDA 2 - INIZIO 3 NOVEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

GIORNO 2

- CARDIO

- RISCALDAMENTO

[Clicca qui](#)

-DELTOIDI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

ADDOMINALI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

- LOMBARI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10/15

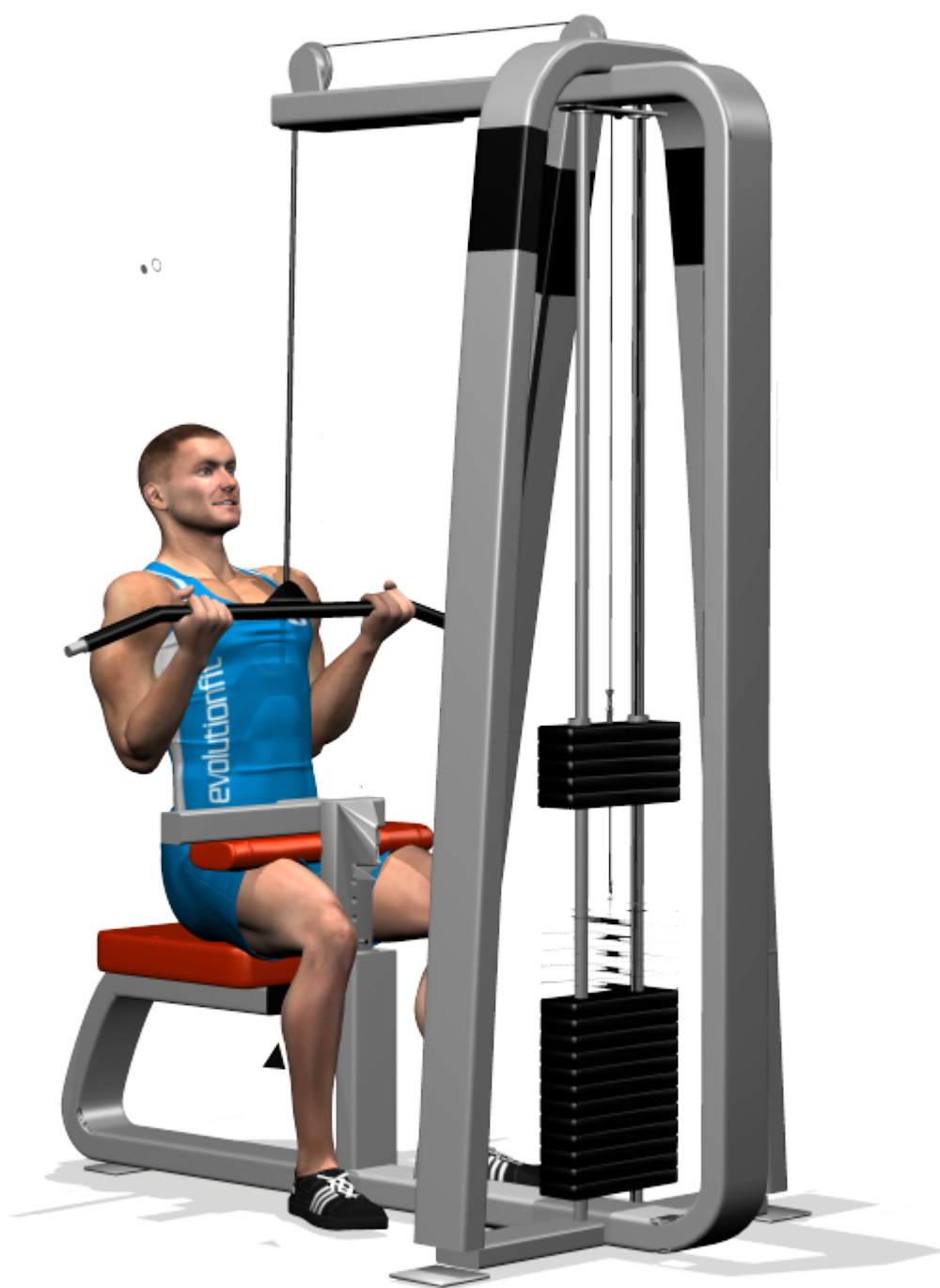


DORSALI

LAT MACHINE INVERSA

REPS: 6/6/8/8

REST: 60 SECONDI





REMATORE MANUBRIO SU PANCA

REPS: 6/6/8/8

REST: 60 SECONDI



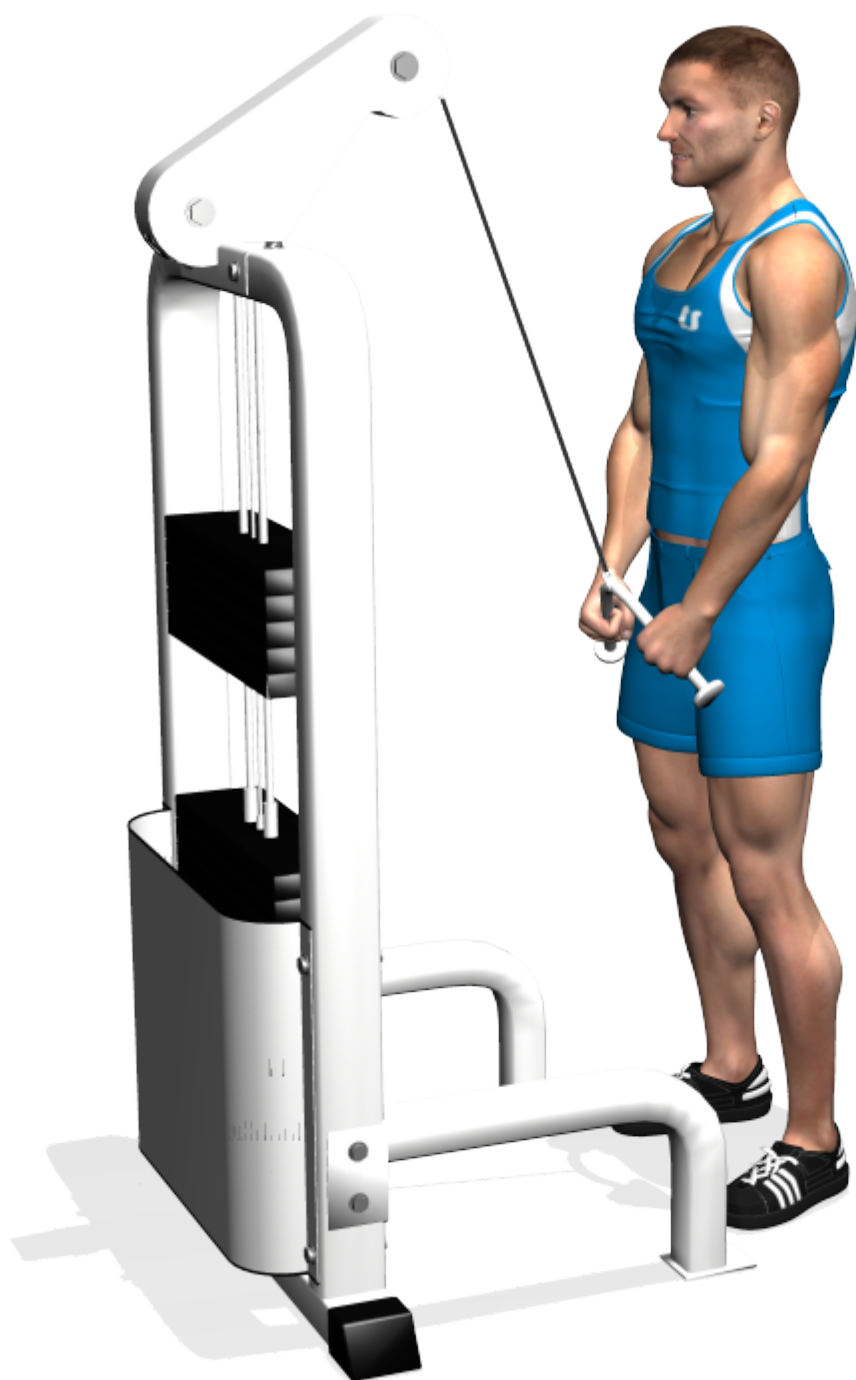


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>
A.mp4

PULL DOWN

SERIE: 4x8

REST: 60 SECONDI



DIPS

SERIE: 4 MAX

REST:60 SECONDI





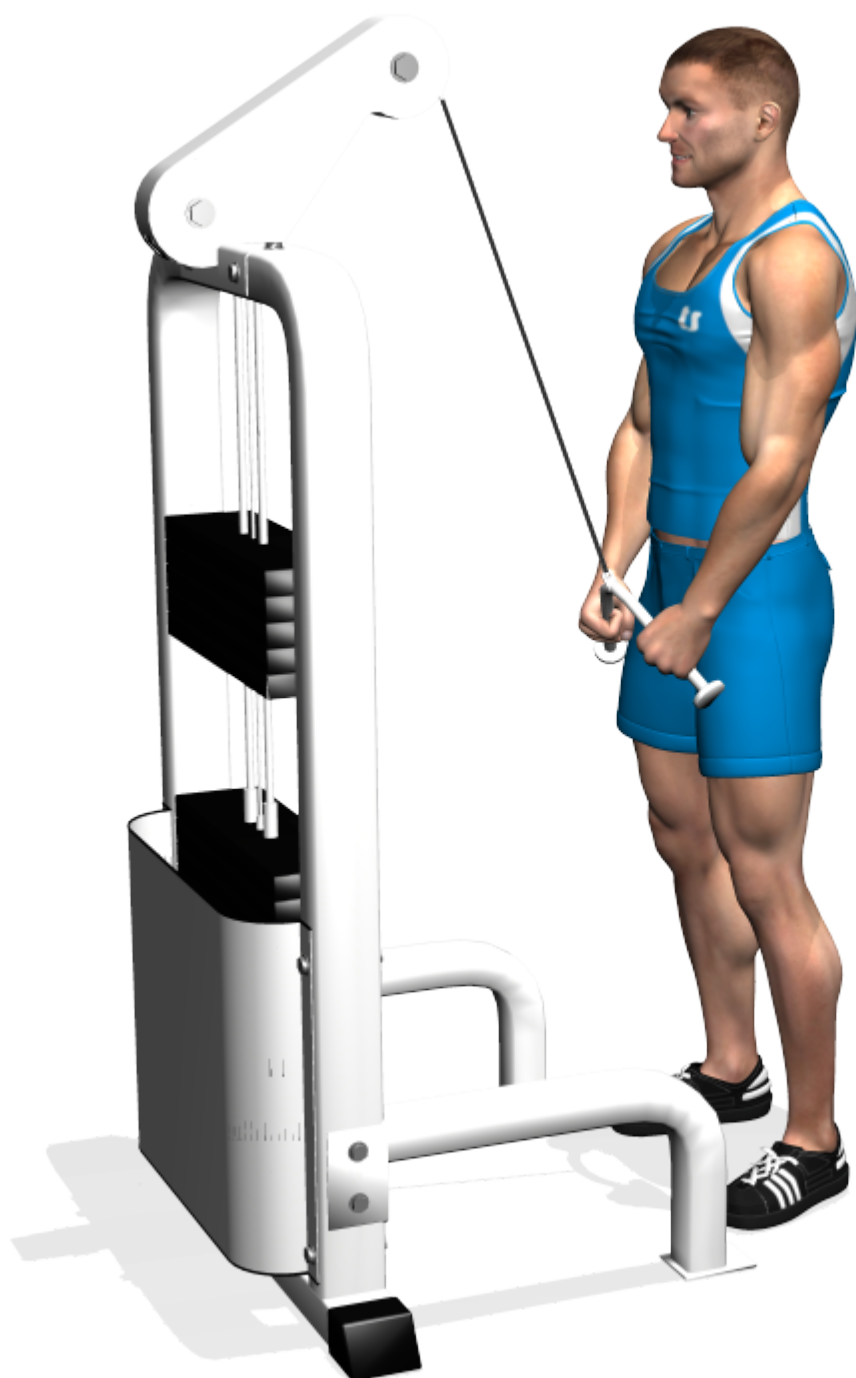
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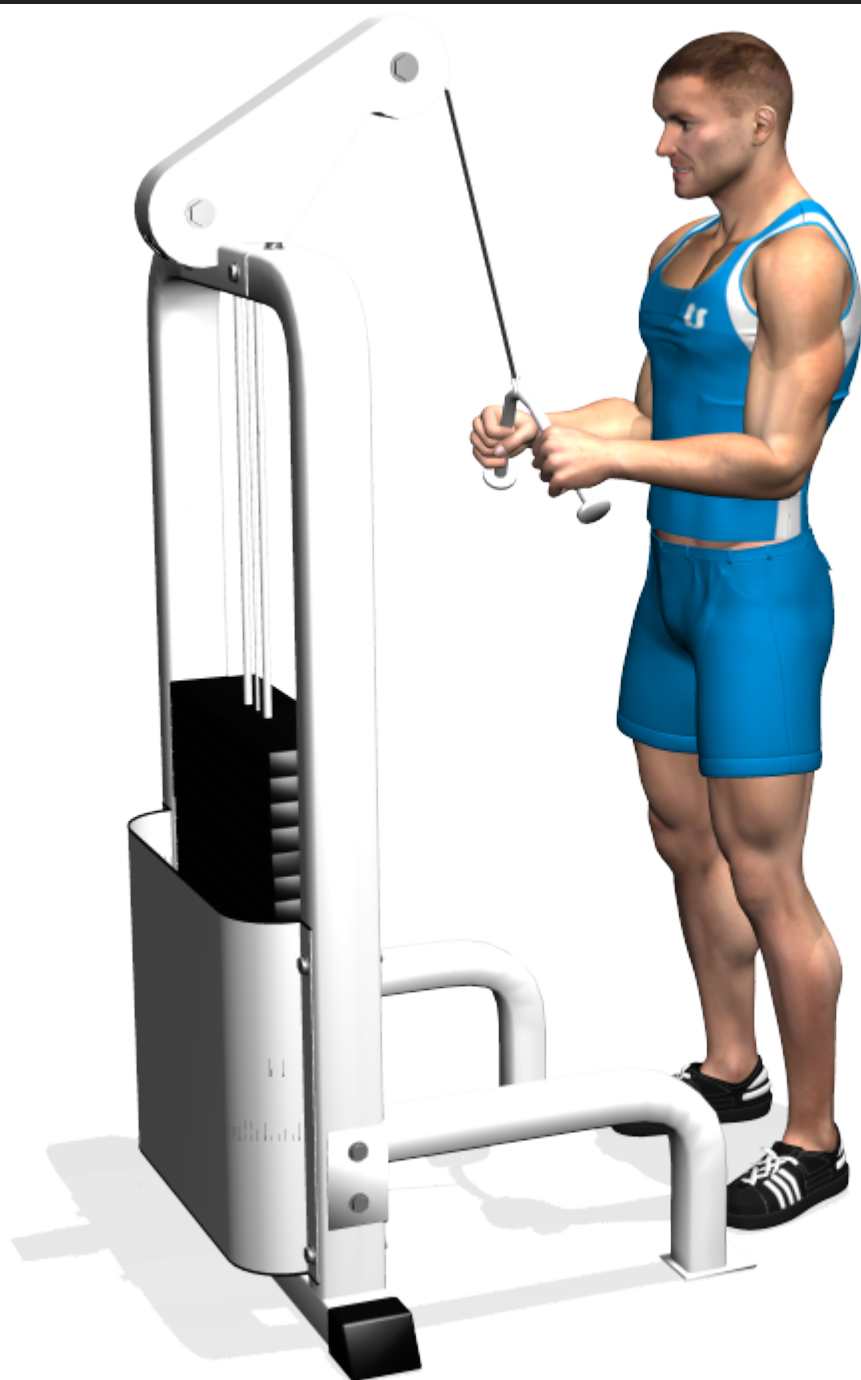
TRICIPITI

PUSH DOWN

SERIE: 6/6/8/8

REST:60 SECONDI





SPINTE PANCA PIANA PRESA STRETTA

SERIE: 6/6/8/8

REST:60 SECONDI





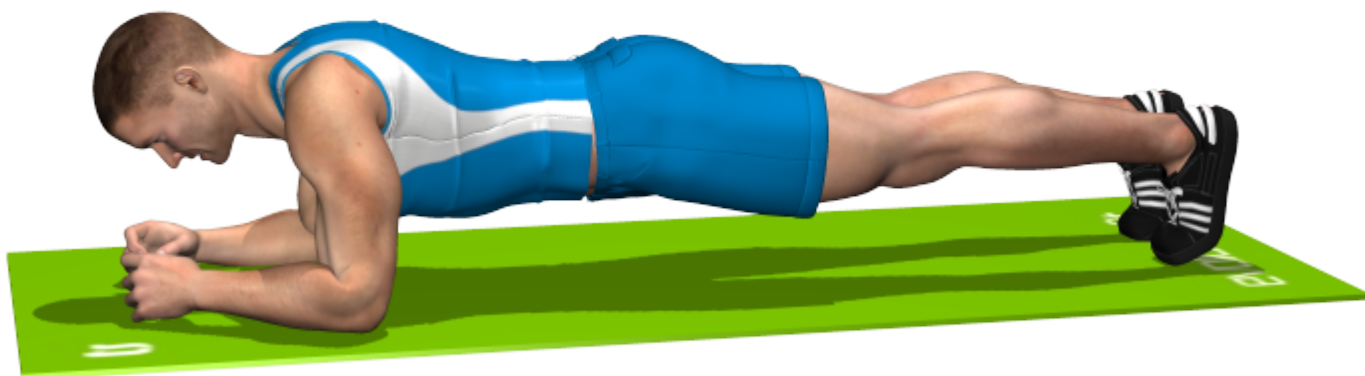
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-PANCA-PIANA-PRESA-STRETTA.mp4>

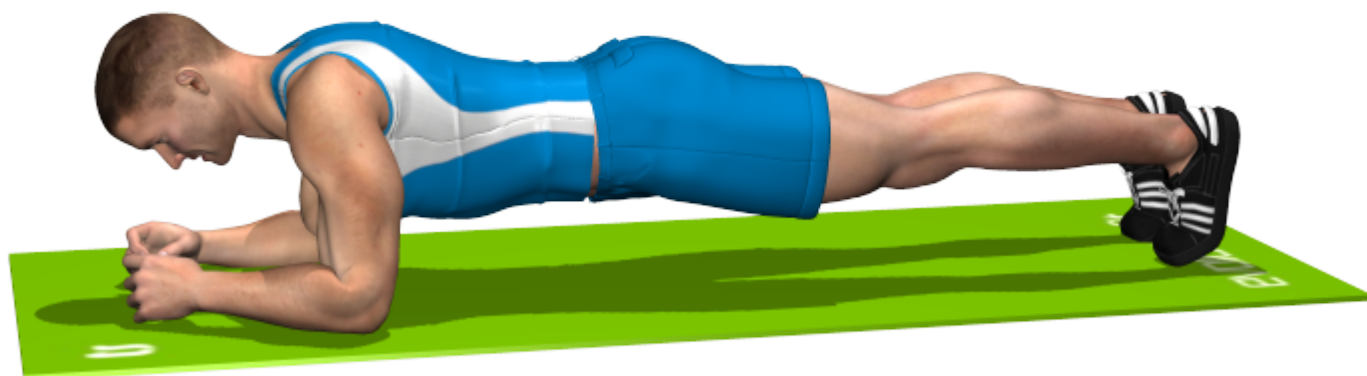
ADDOMINALI GIORNO 1

PLANK

SERIE: 3x60 SECONDI - GIORNO 1

REST: 60 SECONDI



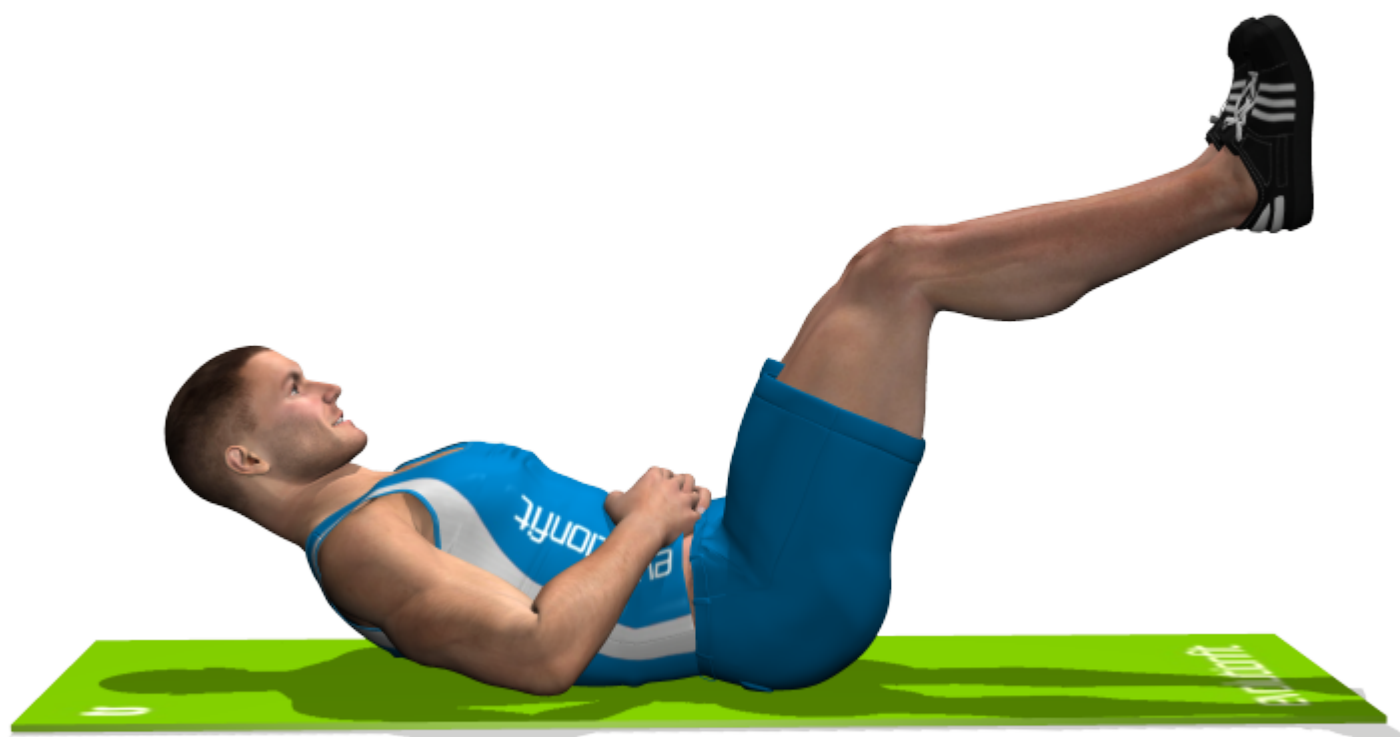


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PLANK.mp4>

REVERSE CRUNCH

SERIE: 4x20 - GIORNO 1

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10/15



DELTOIDI

SPINTE SEDUTO MANUBRI

SERIE: 3x12

KG:

REST:





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

ALZATE FRONTALI

SERIE: 3x12

KG:

REST:





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

ROWING TORSO

SERIE: 3x12

KG:

REST:





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

GAMBE

LEG PRESS ORIZZONTALE

SERIE: 6/6/8/8

REST: 60 SECONDI



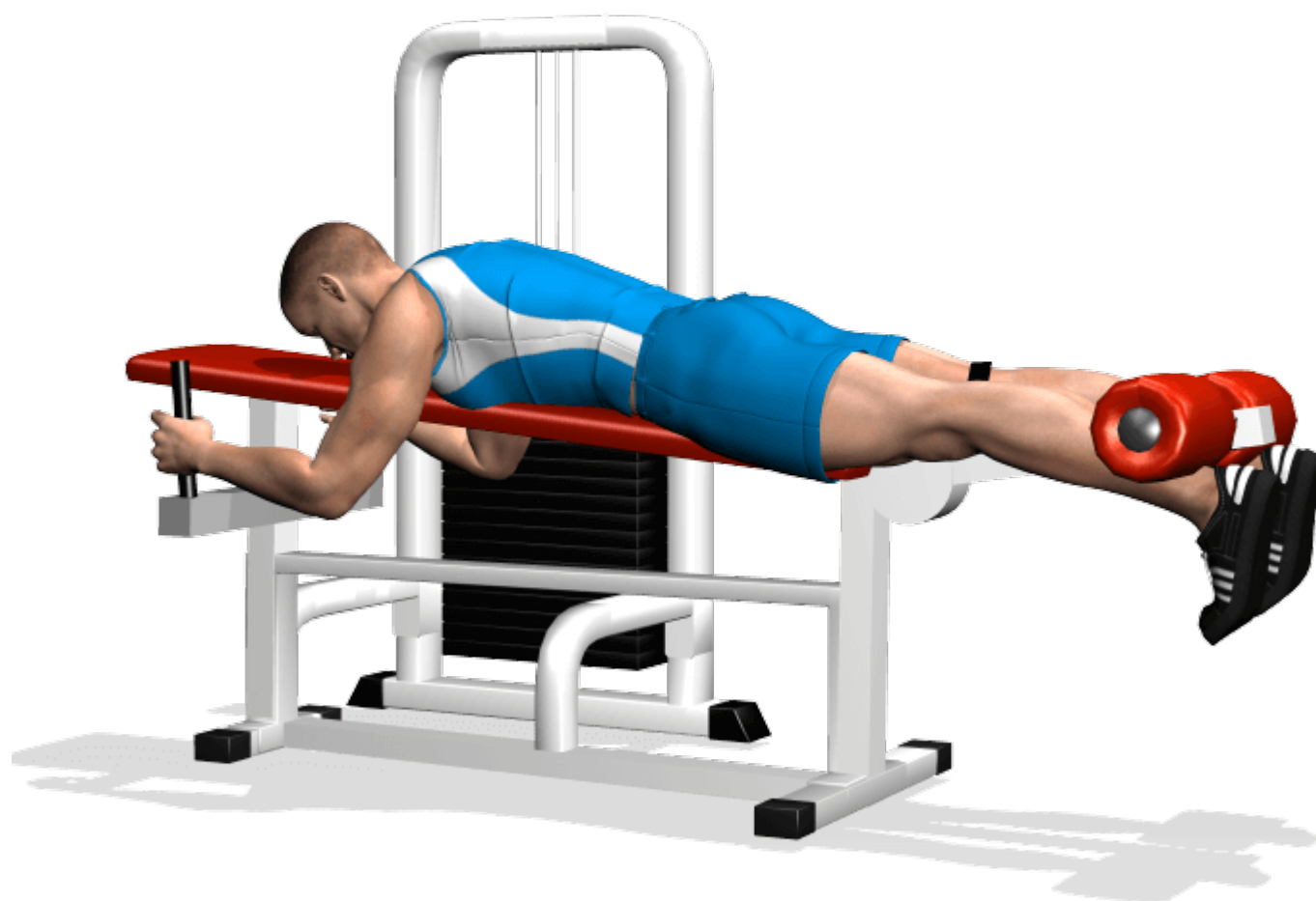


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SDRAIATO

SERIE: 6/6/8/8

REST: 60 SECONDI





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

AFFONDI SAGITTALI MANUBRI

SERIE: 4x8

REST: 60 SECONDI





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

CALF MACHINE SEDUTO

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI GIORNO 2

CRUNCH A TERRA

SERIE: 4x20 - GIORNO 2

REST: 60 SECONDI





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

RUSSIAN TWIST

SERIE: 3x15 - GIORNO 2

KG: KETTLEBELL OPZIONALE

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 10/15



PETTORALI

PANCA PIANA BILANCIERE

SERIE: 6/6/8/8

REST: 60 SECONDI





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

CROCI MANUBRI PANCA INCLINATA

SERIE: 6/6/8/8

REST: 60 SECONDI





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

CHIUSURE AI CAVI

SERIE: 3x12

KG:

REST:





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

BICIPITI - AVAMBRACCI

CURL BILANCIERE EZ

SERIE: 6/6/8/8

REST: 60 SECONDI





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

CURL CAVI ALTI

SERIE: 6/6/8/8

REST: 60 SECONDI





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

CURL MANUBRI MARTELLO

SERIE: 4x8

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-MANUBRI-MARTELLLO.mp4>

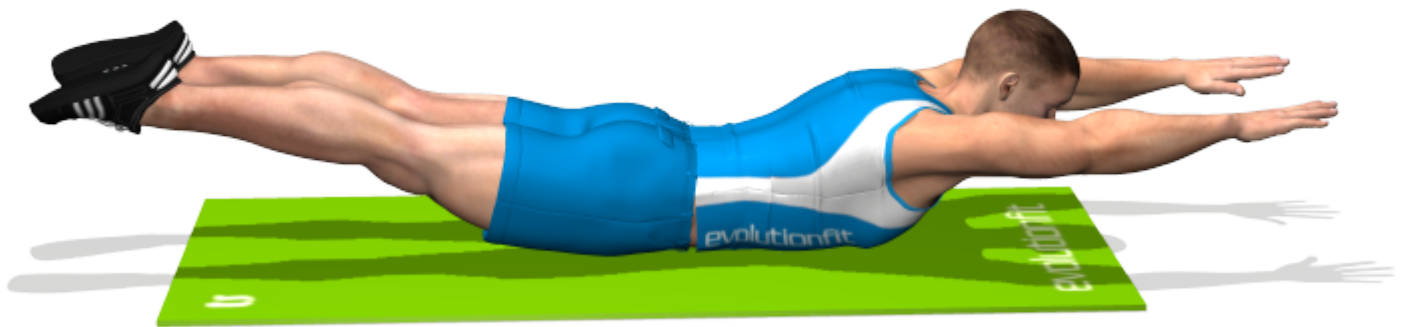
ADDOMINALI - LOMBARI GIORNO 3

LOMBARI

SERIE: 4x15 - GIORNO 3

REST: 60 SECONDI





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

SIT UP

SERIE: 3x10 - GIORNO 3

REST: 60 SECONDI





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

