

SCHEDA ALLENAMENTO PIR S



SCHEDA DI ALLENAMENTO PIR S

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

- POLPACCI

Clicca qui

GIORNO 2

- CARDIO

RISCALDAMENTO

Clicca qui

- SPALLE

Clicca qui

- GAMBE

Clicca qui

GIORNO 3

- CARDIO

RISCALDAMENTO

Clicca qui

- ADDOMINALI

Clicca qui

- PETTORALI

Clicca qui

- TRICIPITI

Clicca qui

- POLPACCI

GIORNO 1

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15



ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 90 SECONDI

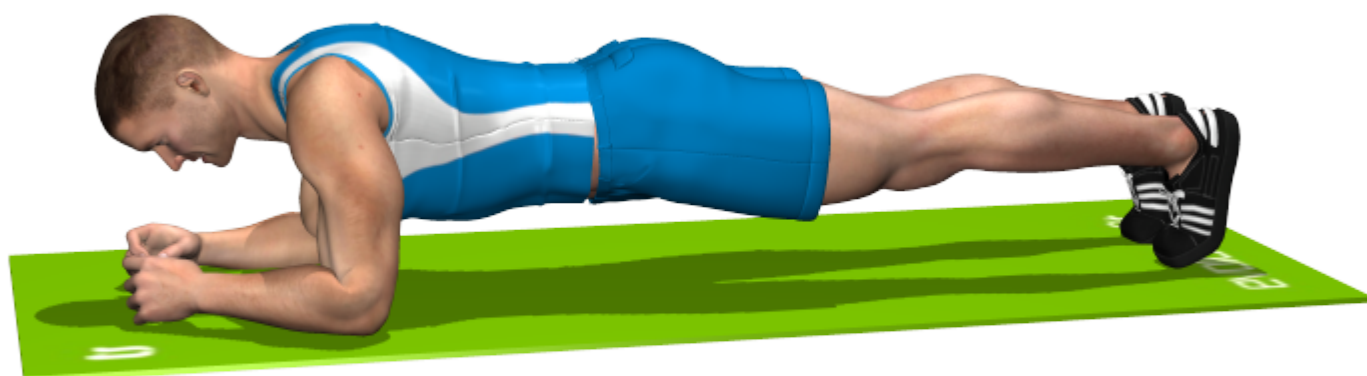


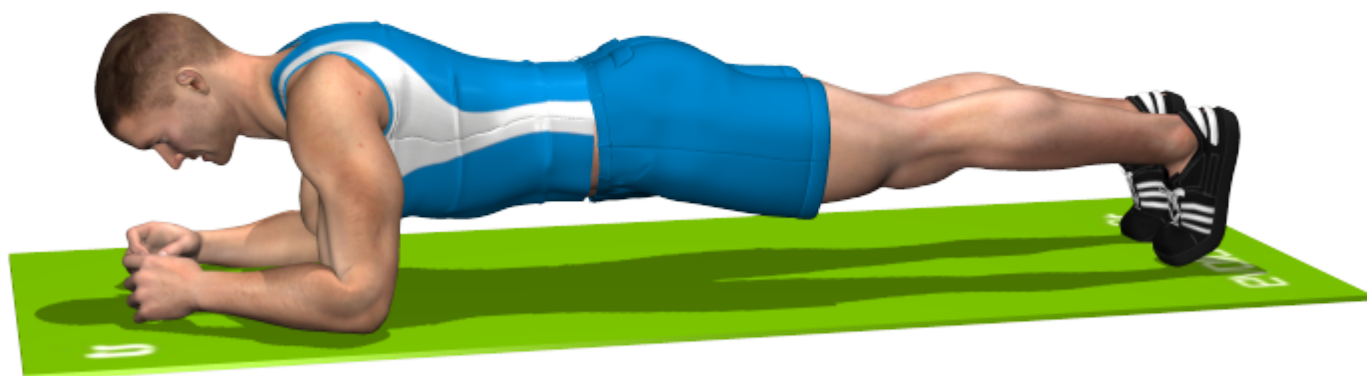


[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PLANK

SERIE: 3x1 MINUTO





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

DORSALI

LAT MACHINE AVANTI

REPS: 12-10-8-6

REST: 90 SECONDI



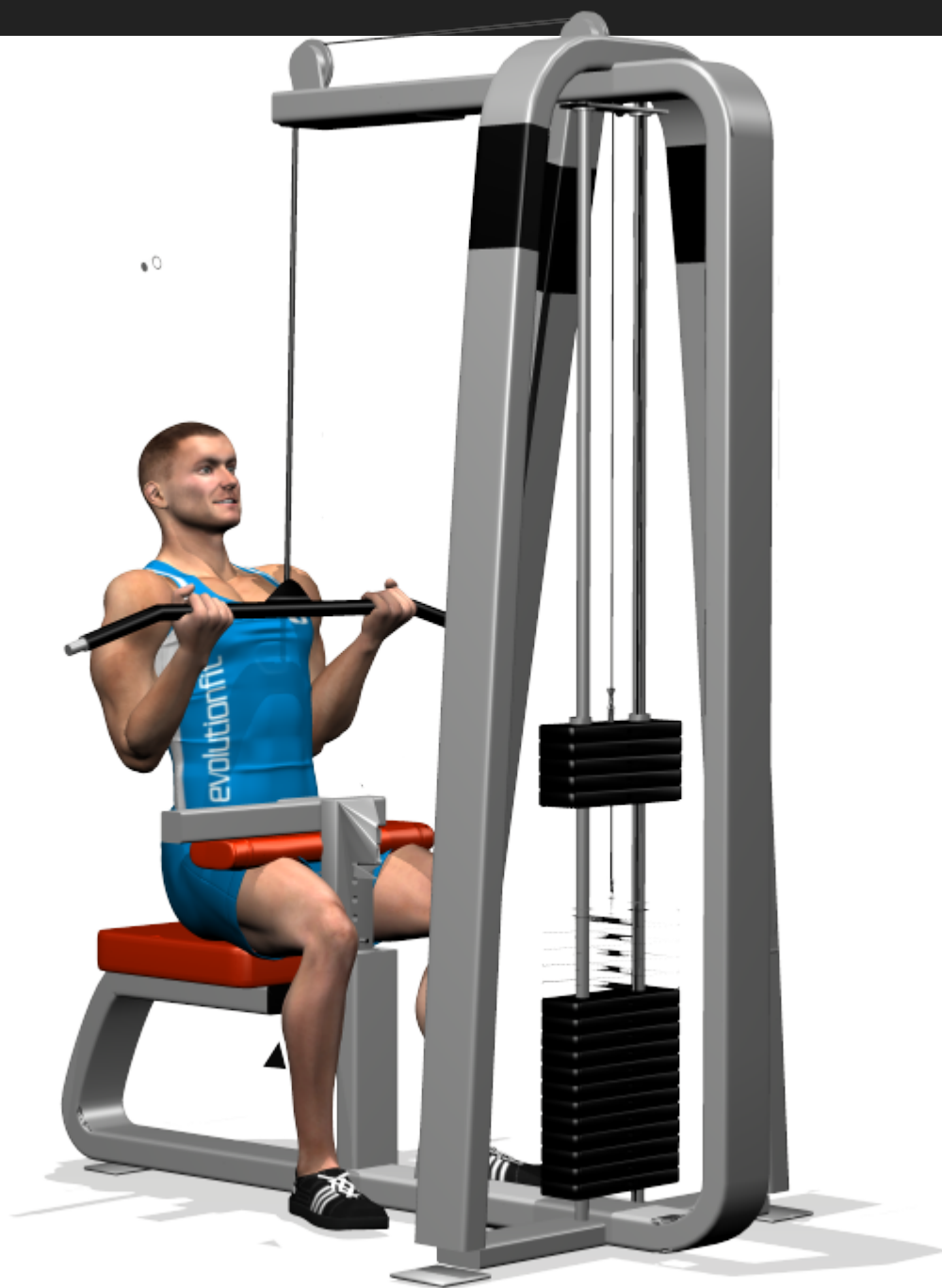


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

LAT MACHINE INVERSA

REPS: 4X10

REST: 90 SECONDI



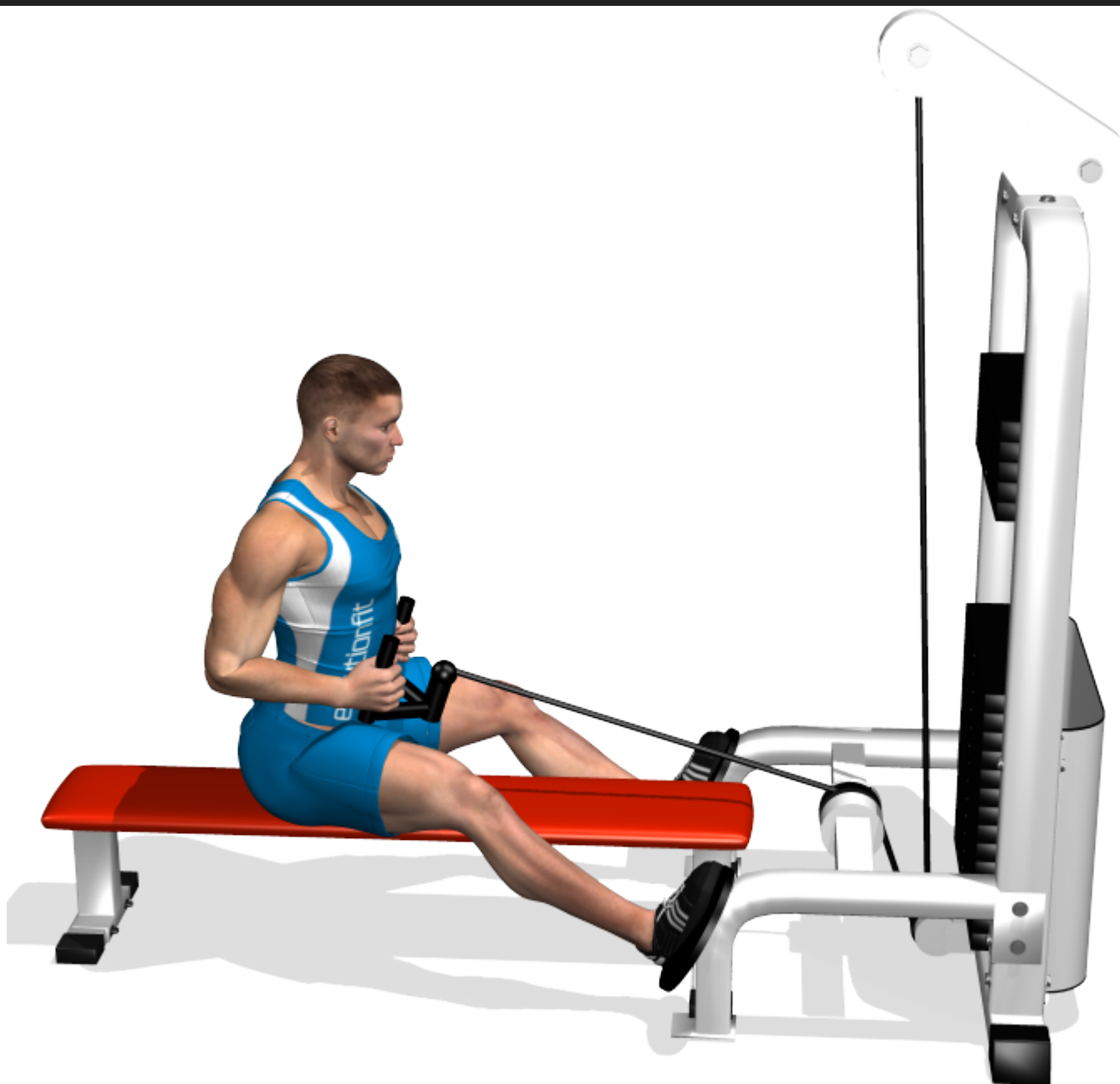


PULLEY BASSO

REPS: 3X12

REST: 90 SECONDI





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

REMATORE MANUBRIO SU PANCA

SERIE: 3x8

REST: 90 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI MARTELLO

REPS: 10-8-6

REST: 90 SECONDI





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

CURL CONCENTRATO UN MANUBRIO

REPS: 10-8-6-6

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/CONCENTRATI.mp4>

CURL CAVO BASSO

REPS: 3X21

REST: 90 SECONDI





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

POLPACCI

CALF SINGOLO

SERIE: 3X10

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15



SPALLE

ALZATE LATERALI

REPS: 3X12

REST: 90 SECONDI





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

ALZATE SU INCLINATA

REPS: 3X10

REST: 90 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 12-10-8-6





<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>

GAMBE

LEG EXTENSION

SERIE: 3x12

REST: 90 SECONDI



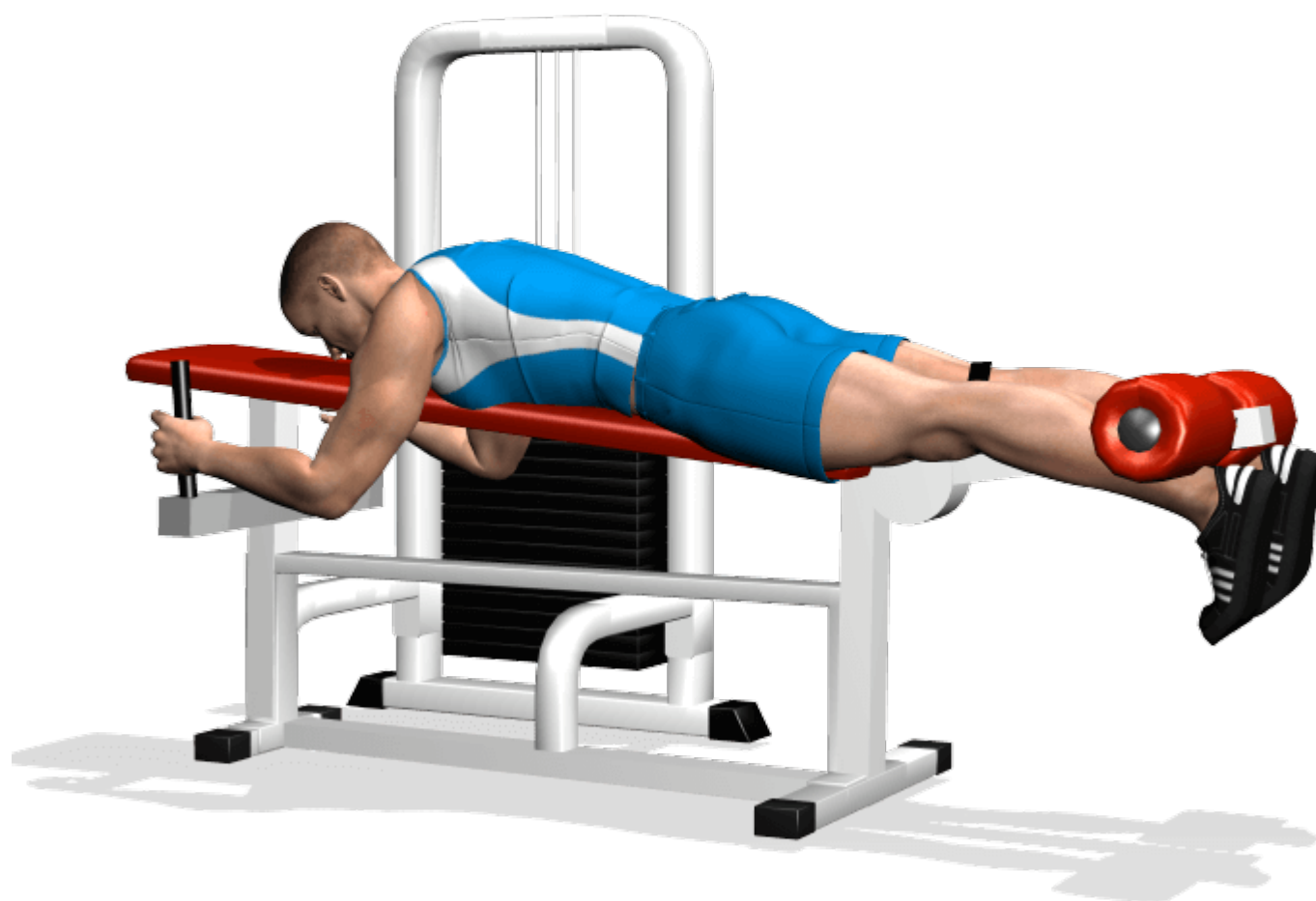


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

LEG CURL SEDUTO

SERIE: 3x12

REST: 90 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 5X10

REST: 90 SECONDI





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

MEZZI STACCHI

REPS: 12-10-8-6

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

TAPIS ROULANT

MINUTI: 10/15

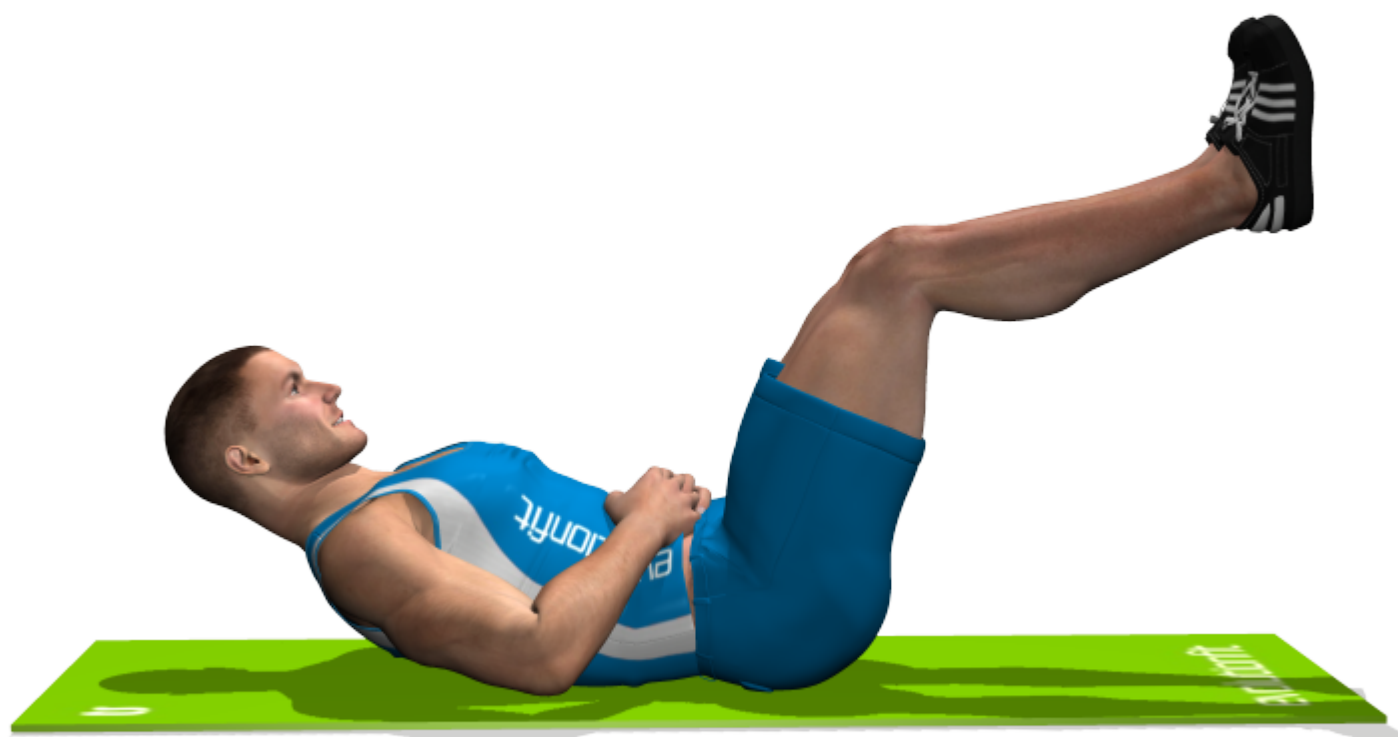


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 90 SECONDI





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

CRUNCH A TERRA

SERIE: 3x20

REST: 90 SECONDI





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

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 90 SECONDI

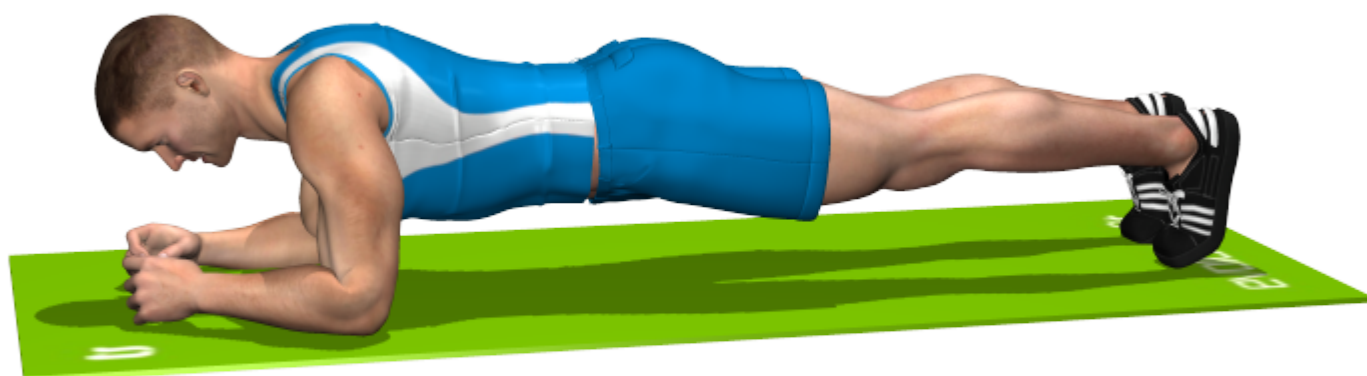


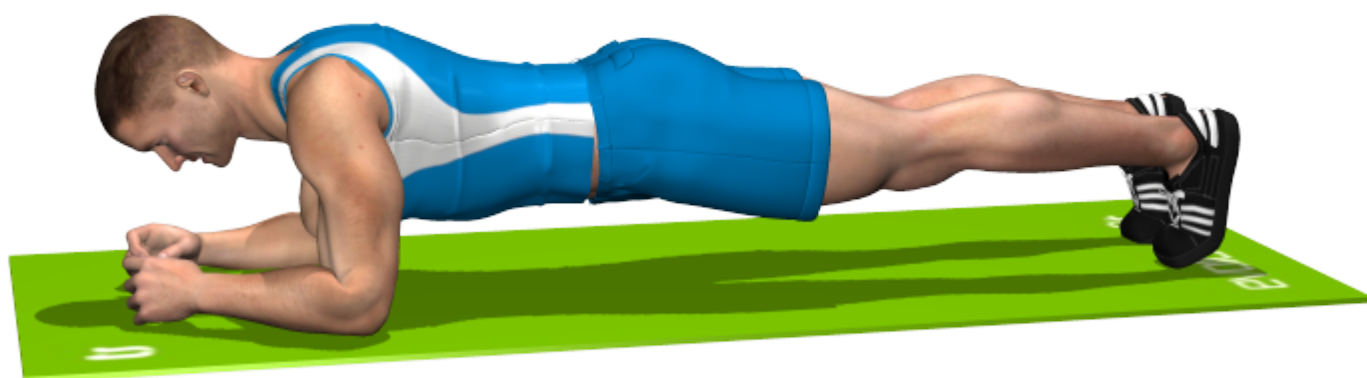


[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PLANK

SERIE: 3x1 MINUTO





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

PETTORALI

PANCA PIANA BILANCIERE

REPS: 12-10-8-6

REST: 90 SECONDI





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

PANCA INCLINATA BILANCIERE

SERIE: 4x12

REST: 90 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4)

PECTORAL MACHINE

REPS: 3X12 (MINUTI ISOMETRIA)





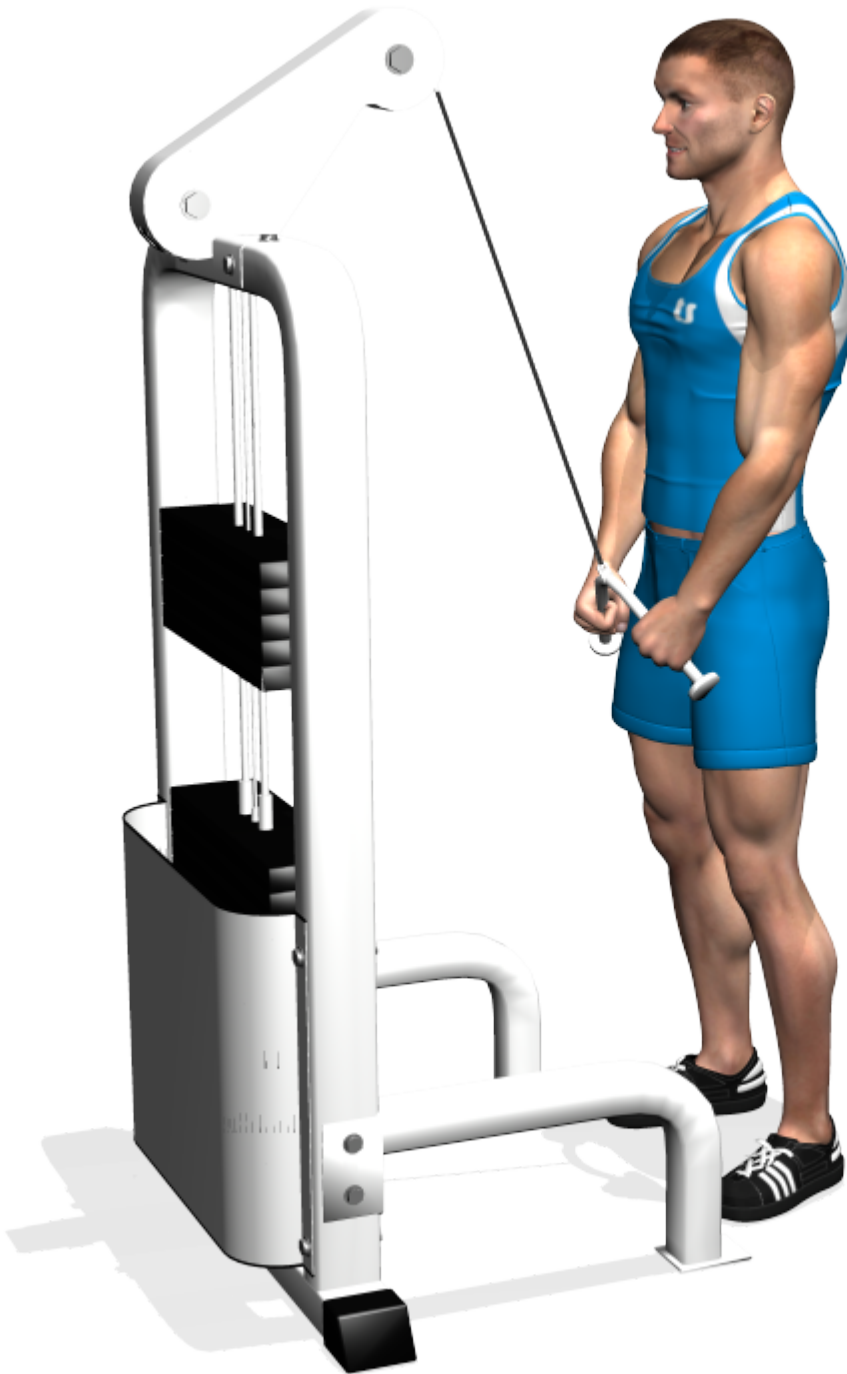
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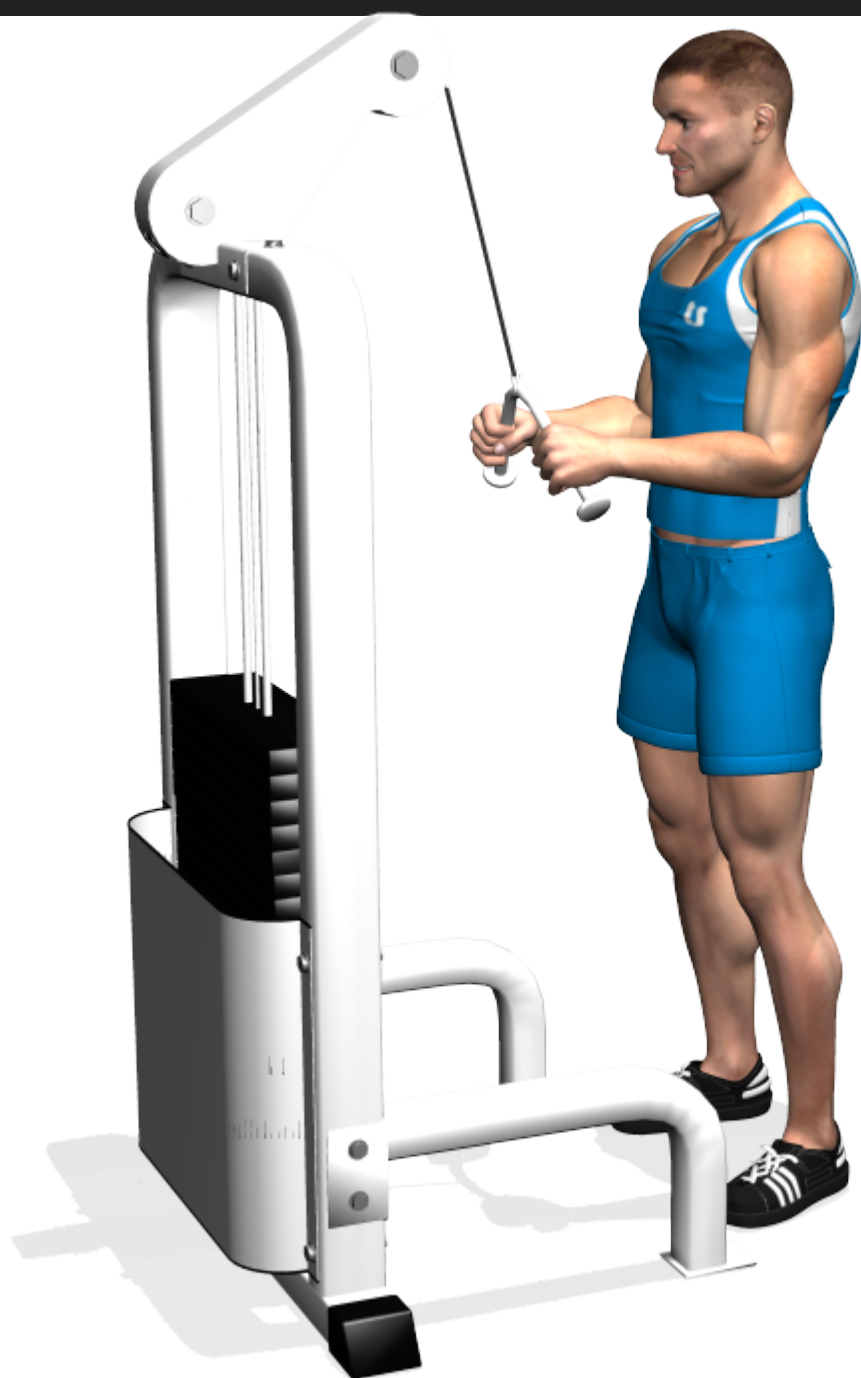
TRICIPITI

PUSH DOWN

REPS: 12-10-8-6

REST: 90 SECONDI

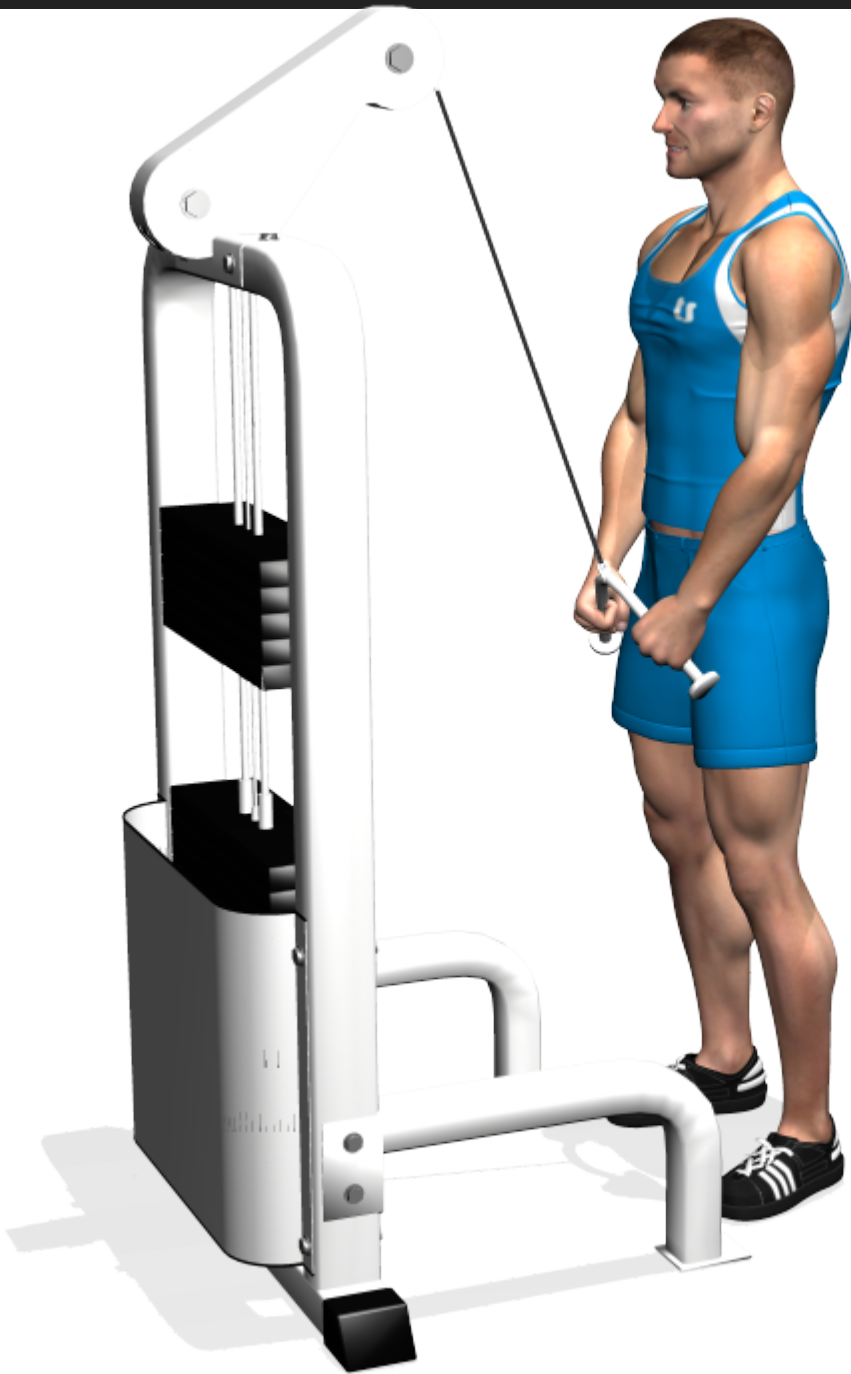


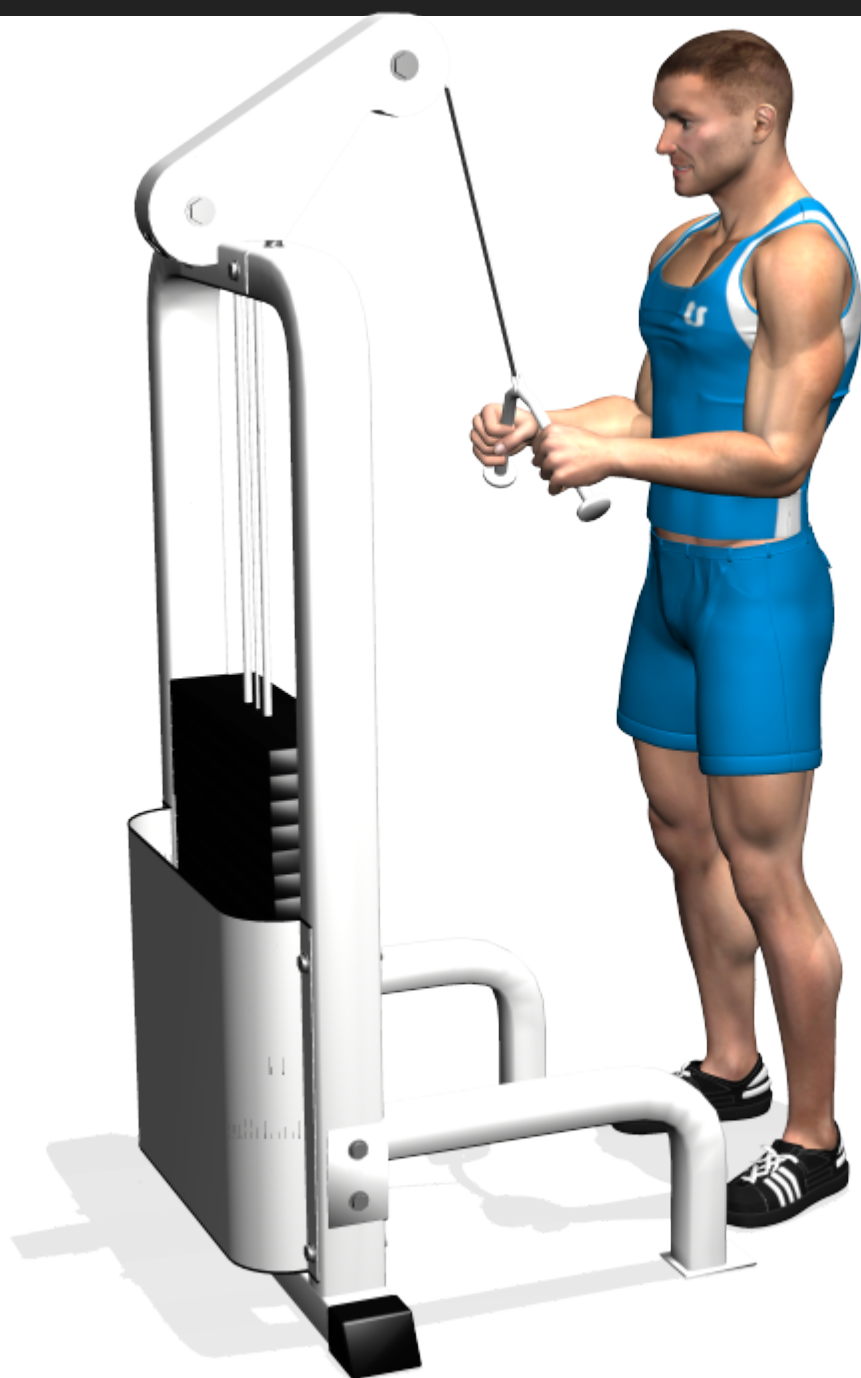


CORDA

SERIE: 3x12

REST: 90 SECONDI





KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x10

REST: 90 SECONDI





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

DIPS

SERIE: 3xMAX

REST: 90 SECONDI





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

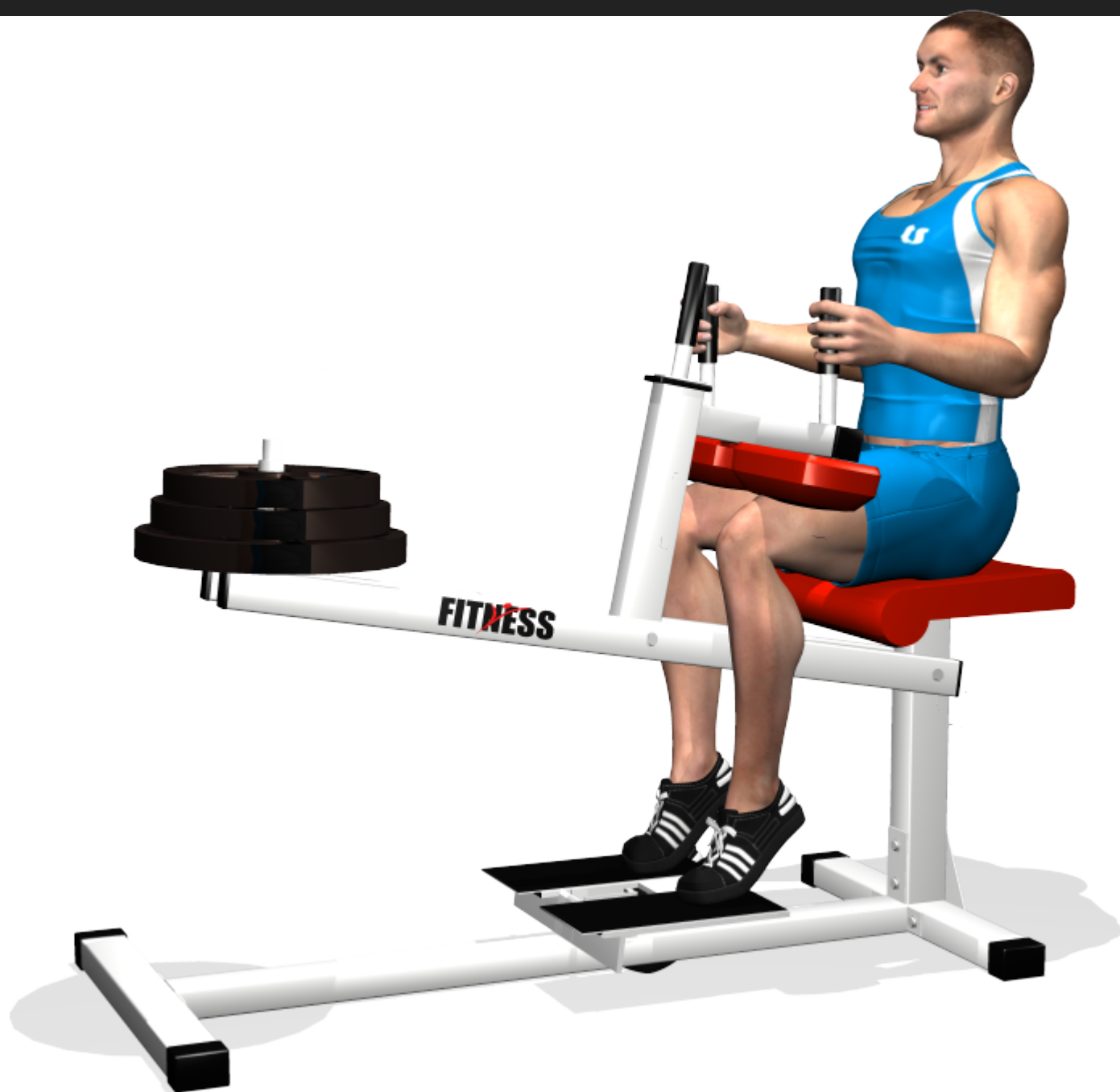
POLPACCI

CALF MACHINE SEDUTO

SERIE: 3X16

REST: 90 SECONDI





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

