

SCHEDA ALLENAMENTO RAGAZZO 00



SCHEDA DI ALLENAMENTO UOMO 00

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 1

TAPIS ROULANT

MINUTI 5/10



ELLITTICA

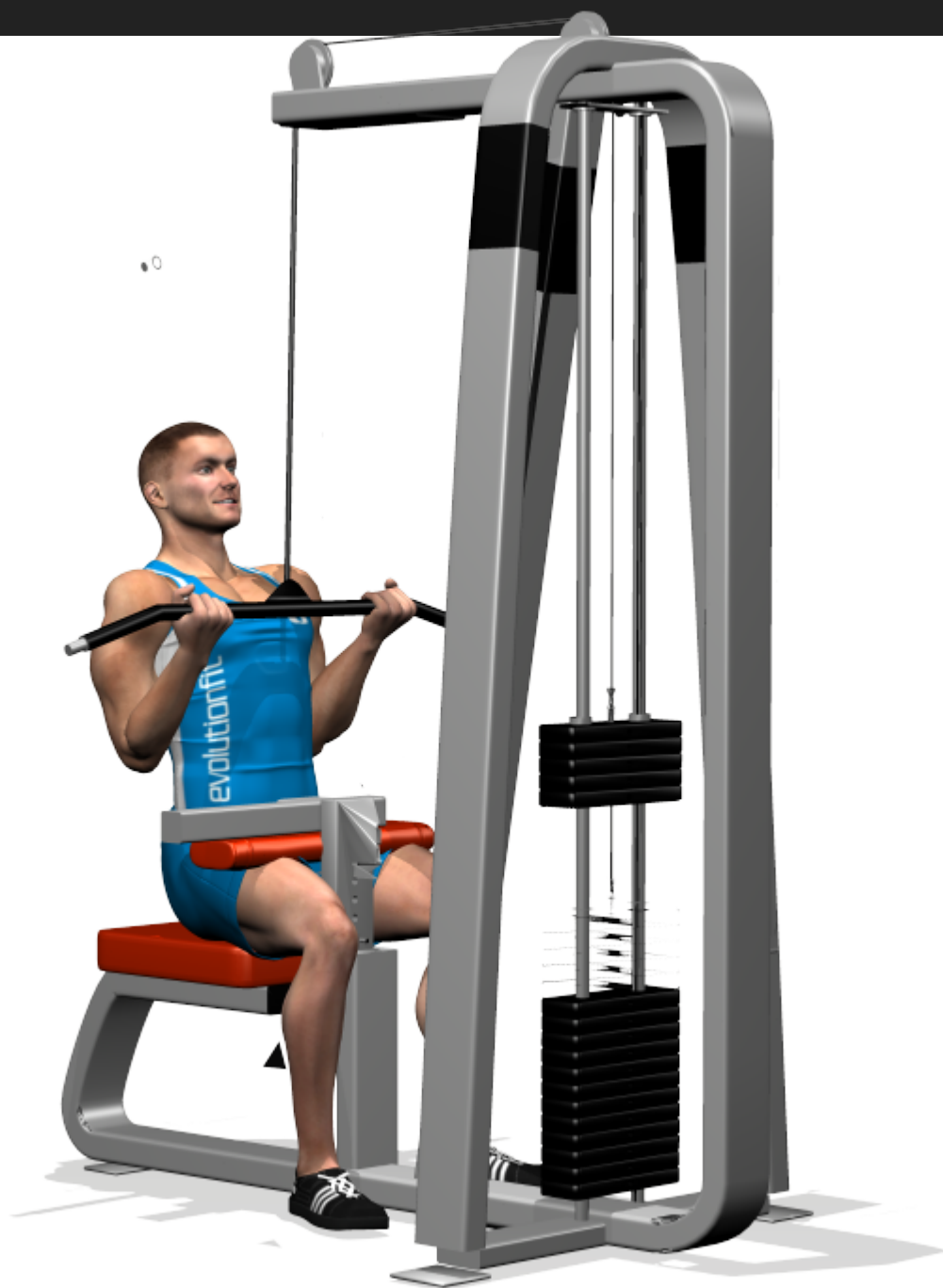
MINUTI: 5/10



LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI





CHEST INCLINE

SERIE: 3x12

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3x12

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

SERIE: 3x12

REST: 60 SECONDI



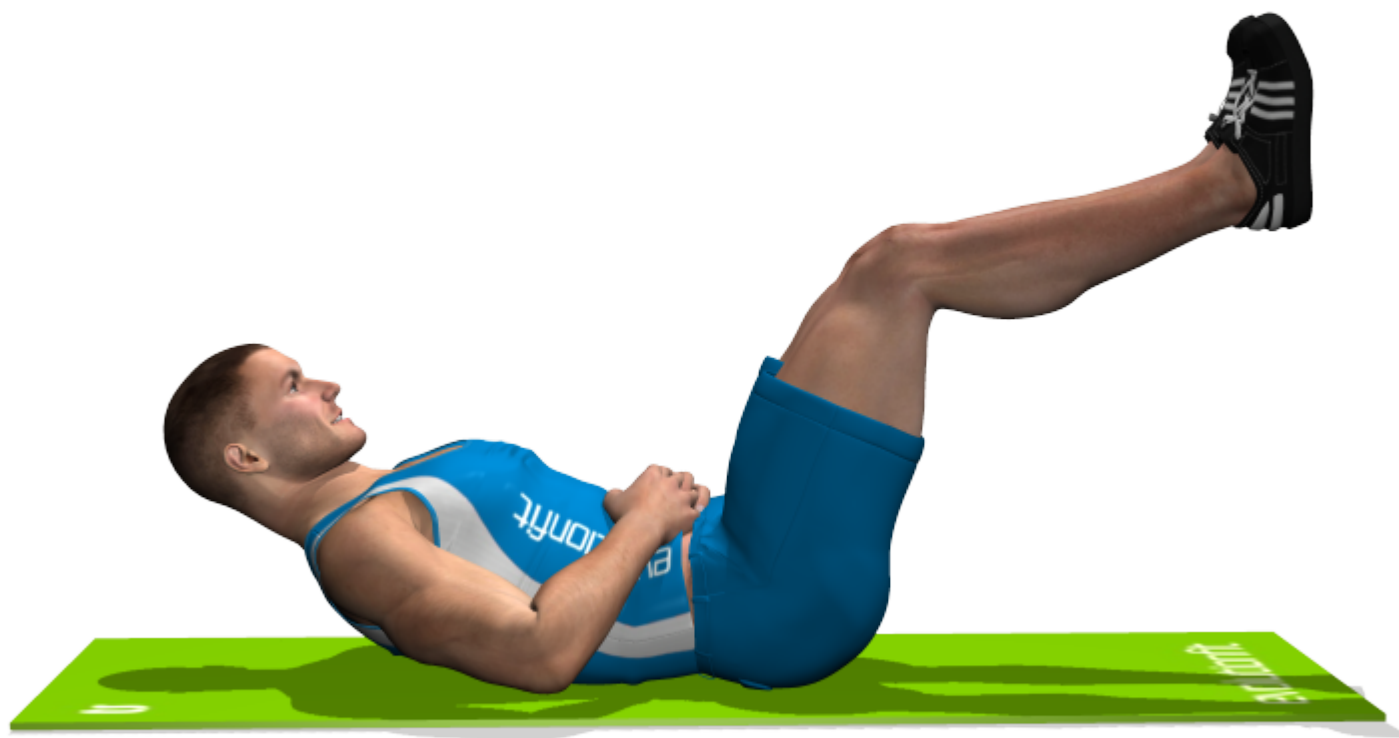


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-SEDUTO-MANUBRI.mp4>

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





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

TRICIPITI EXT MANUBRIO

SERIE: 3x12

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI





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

GIORNO 2

ELLITTICA

MINUTI: 5/10



TAPIS ROULANT

MINUTI 5/10



PECTORAL MACHINE

SERIE: 3x12

REST: 60 SECONDI



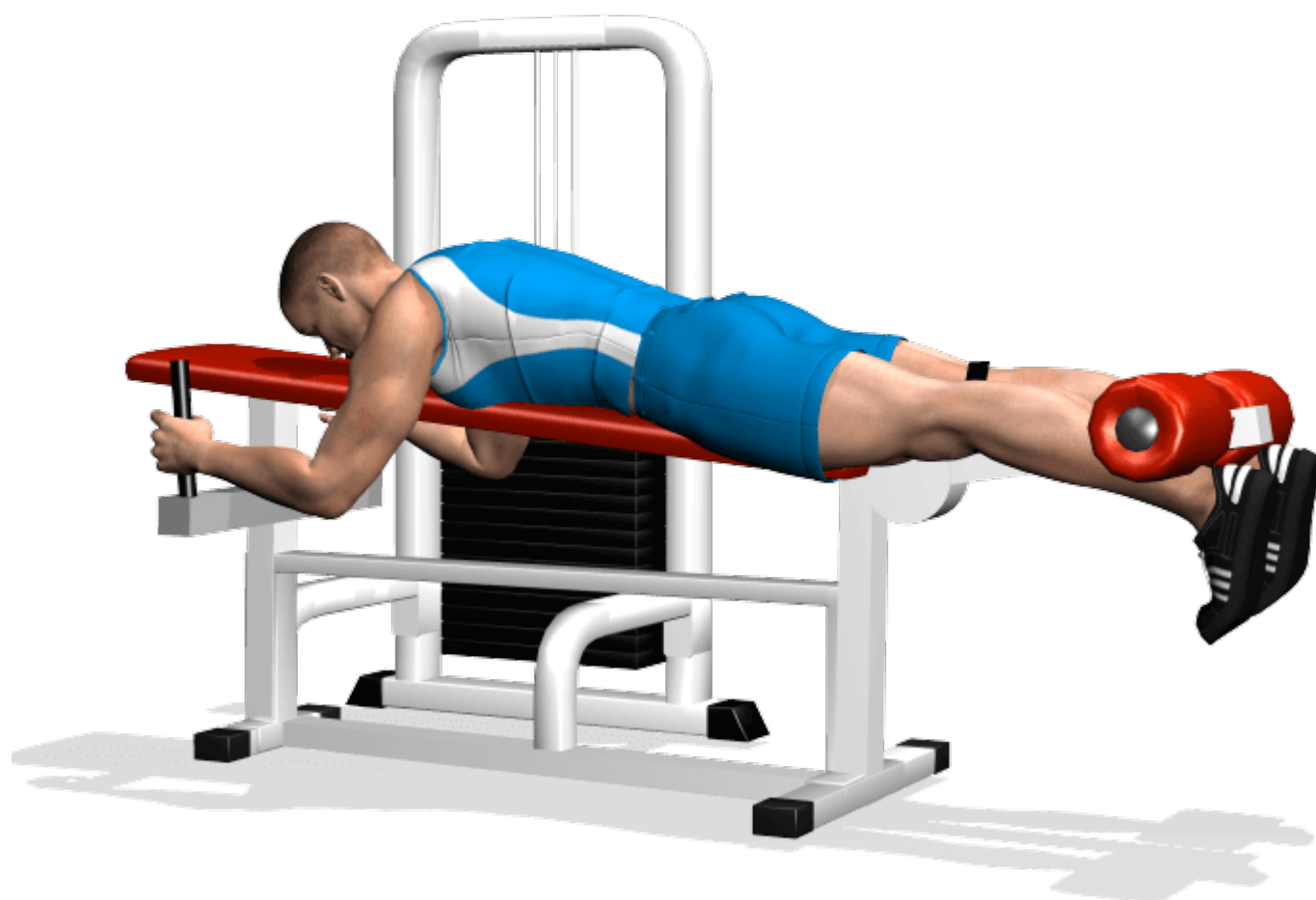


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PECTORAL-MACHINE.mp4>

LEG CURL SDRAIATO

SERIE: 3x12

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI





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

ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI



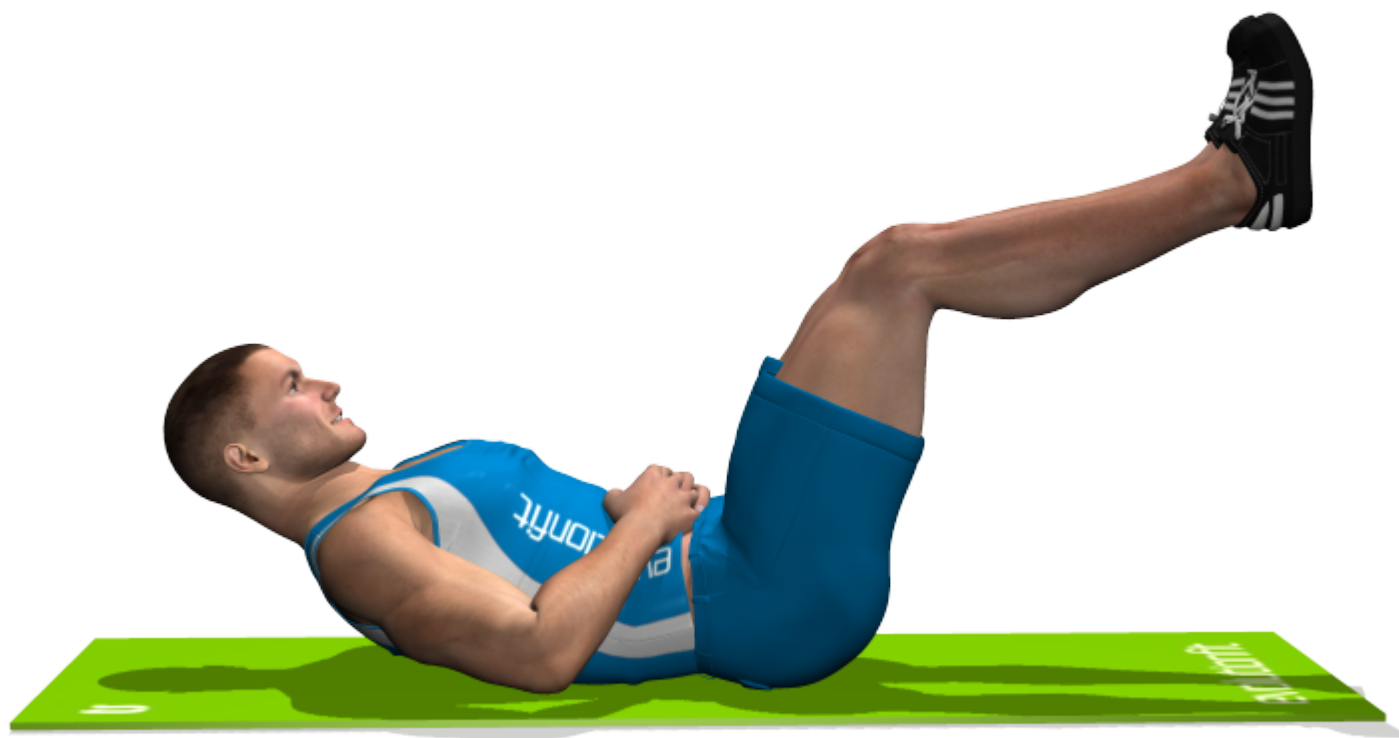


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REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI



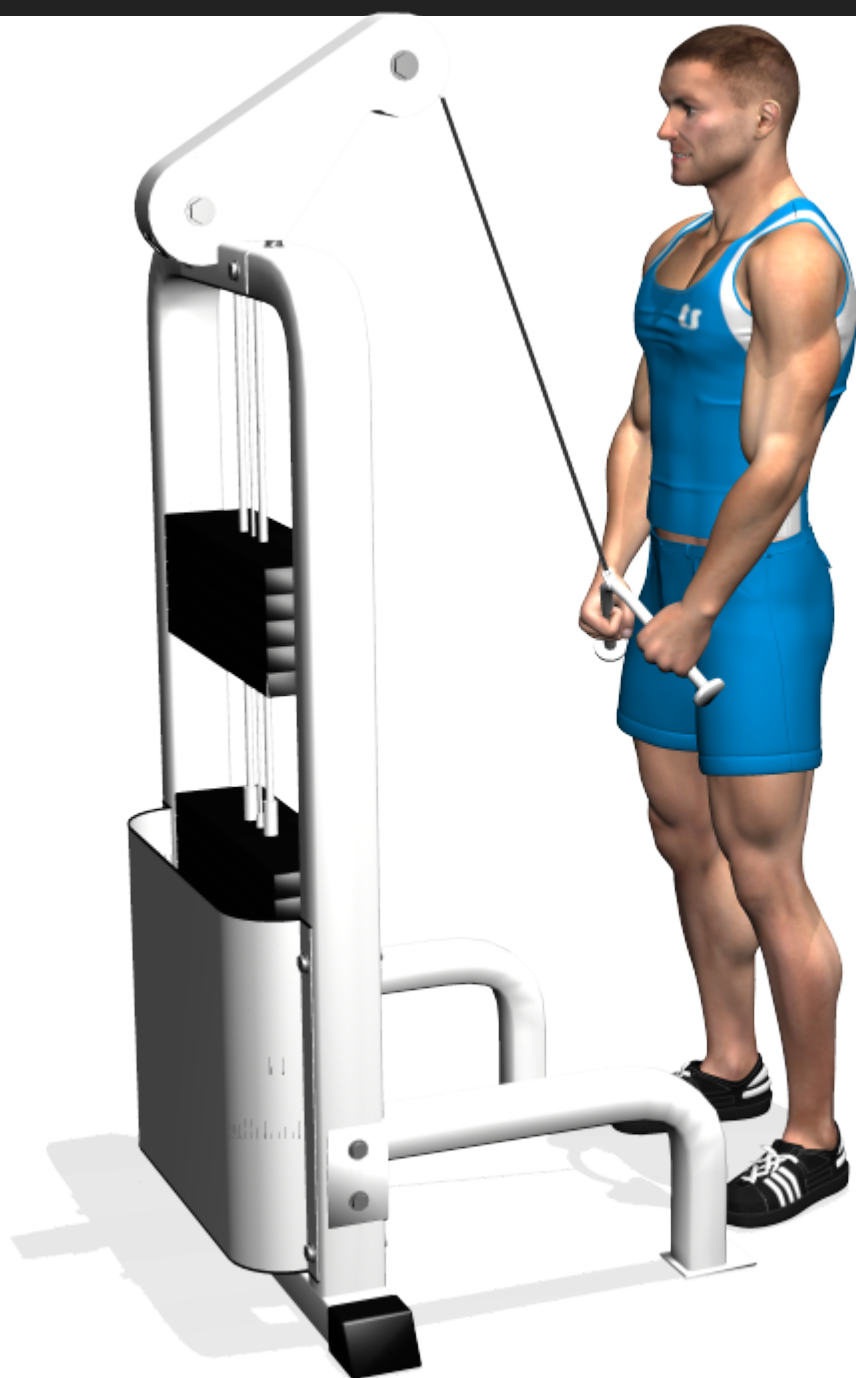


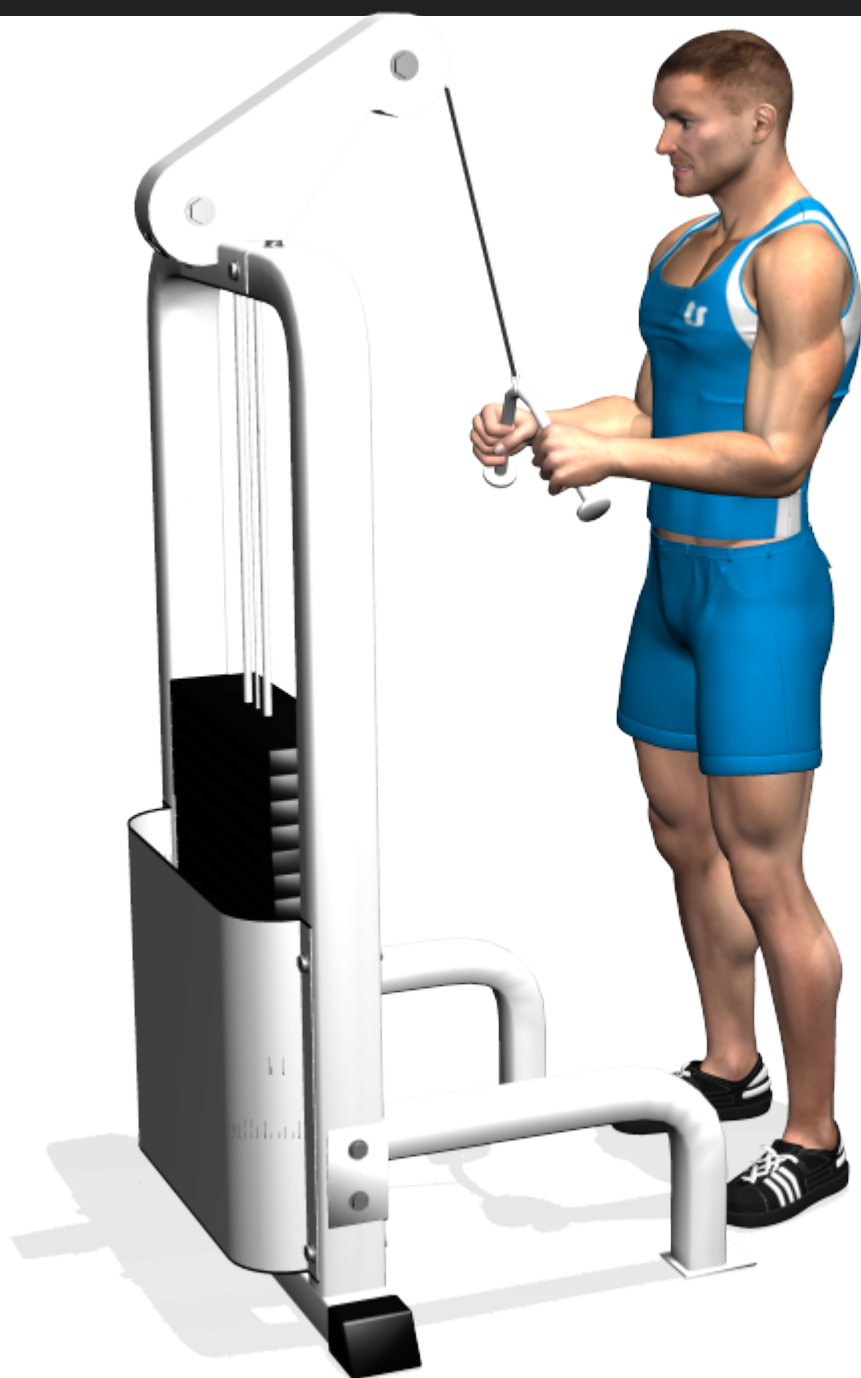
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

PULL DOWN TRICIPITI

SERIE: 3x12

REST: 60 SECONDI





ARM CURL MACHINE

SERIE: 3x12

REST: 60 SECONDI





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

