

SCHEDA ALLENAMENTO RAGAZZO 01



SCHEDA DI ALLENAMENTO RAGAZZO 01

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

GIORNO 3

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[ESERCIZI TOTAL BODY](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

BICI

MINUTI: 10/15



CAMMINATA

MINUTI: 10/15



PETTORALI

CHEST INCLINATA

SERIE: 3X15

REST: 90 SECONDI





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

PECTORAL MACHINE

SERIE: 3X15

REST: 90 SECONDI





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

SPALLE

ALZATE LATERALI

SERIE: 3X15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-LATERALI-SEDUTO.mp4>

SHOULDER PRESS

SERIE: 3X15

REST: 90 SECONDI



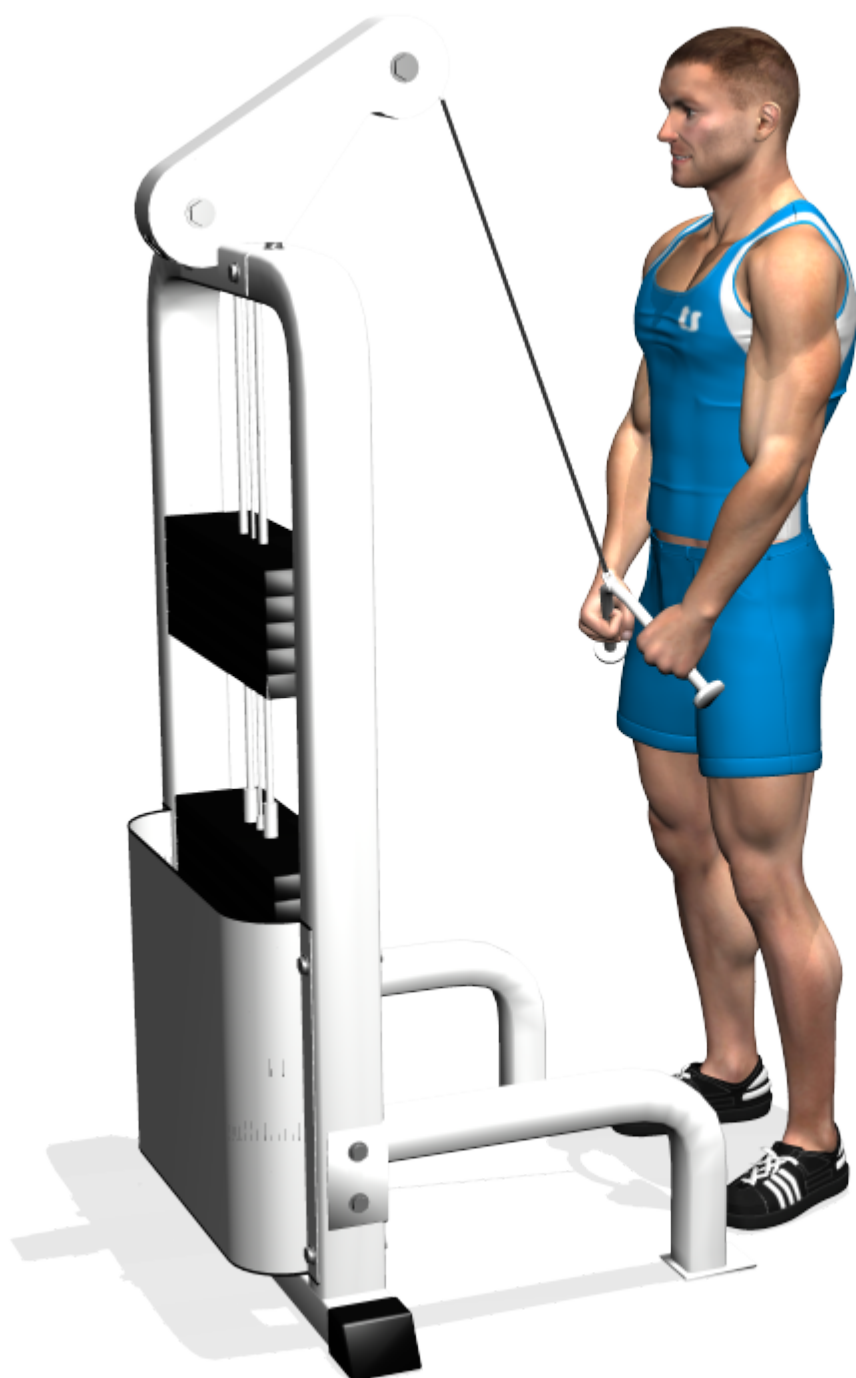


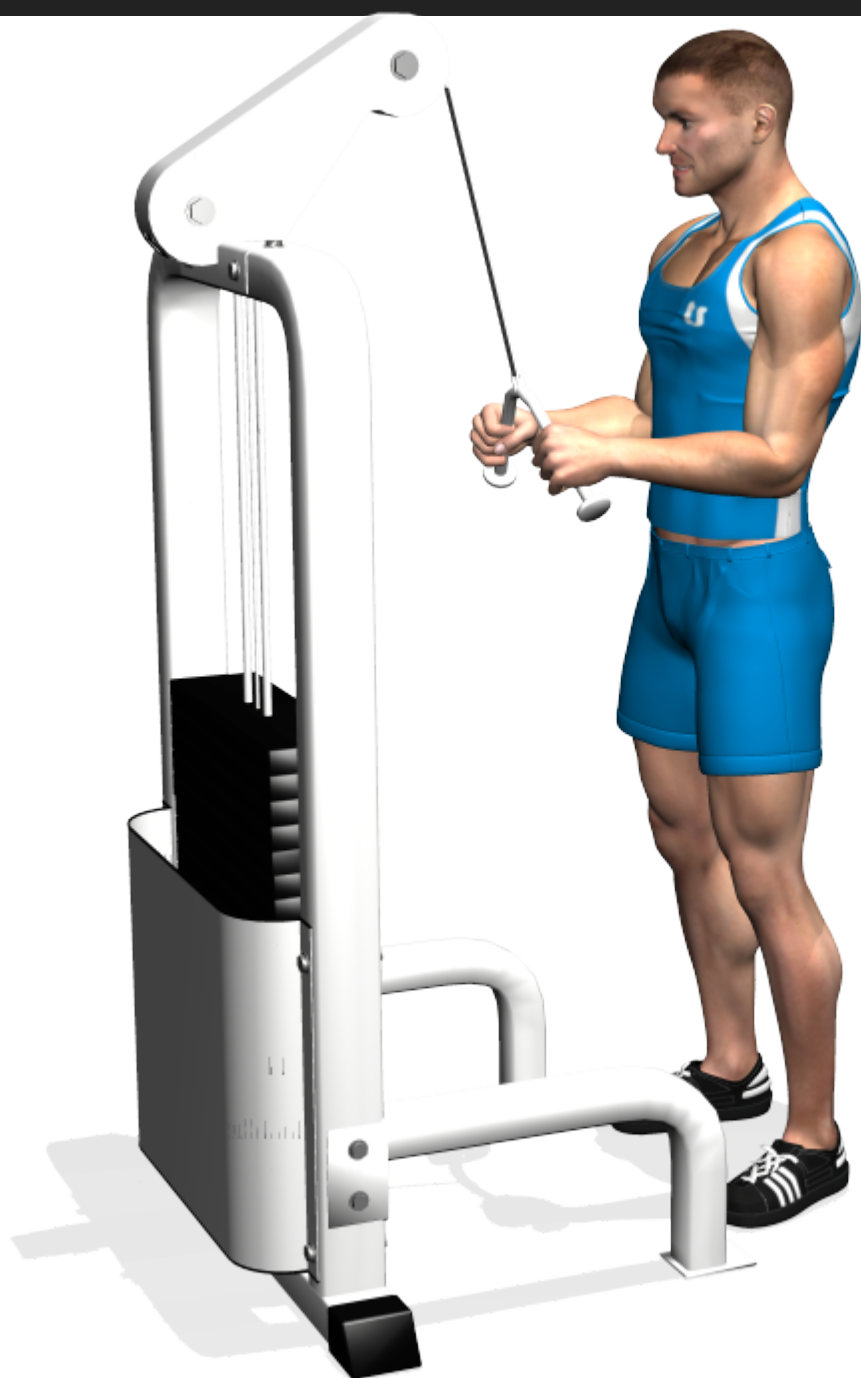
TRICIPITI

PULLEY ALTO

SERIE: 3X15

REST: 90 SECONDI





ESTENSIONI DIETRO LA NUCA

SERIE: 3X15

REST: 90 SECONDI





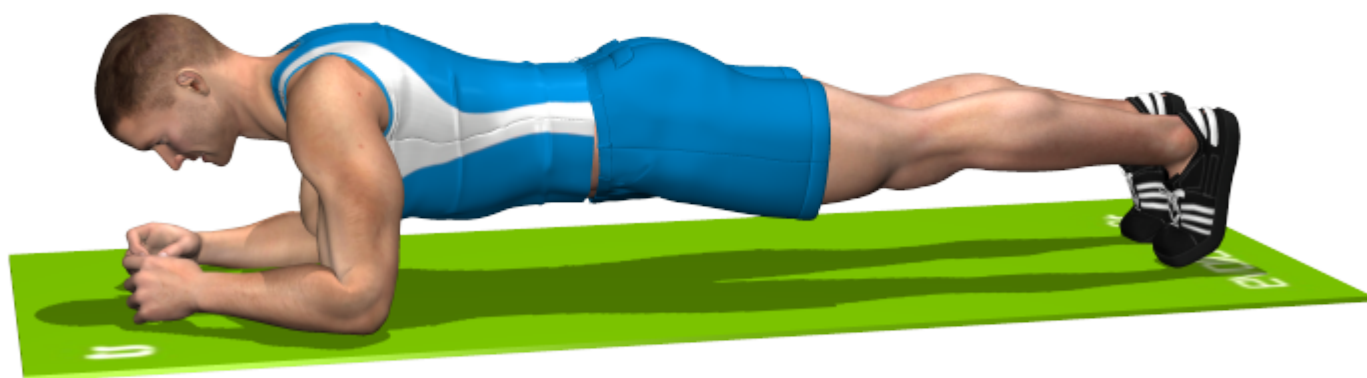
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/FRENCH-PRESS-SEDUTO.mp4>

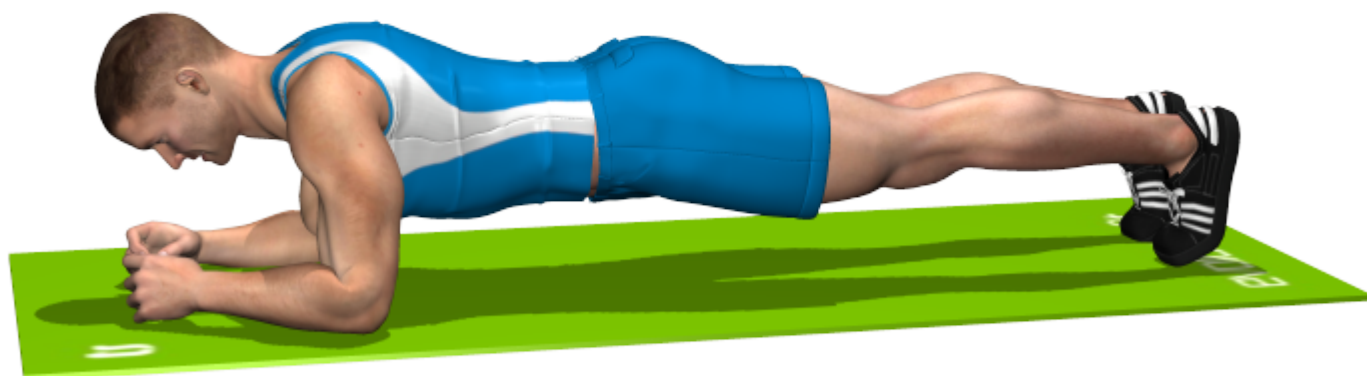
ADDOMINALI

PLANK

SERIE: 3x15 SECONDI

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

BICI

MINUTI: 10/15



CAMMINATA

MINUTI: 10/15



DORSALI

VERTICAL TRACTION

SERIE: 3X15

REST: 90 SECONDI



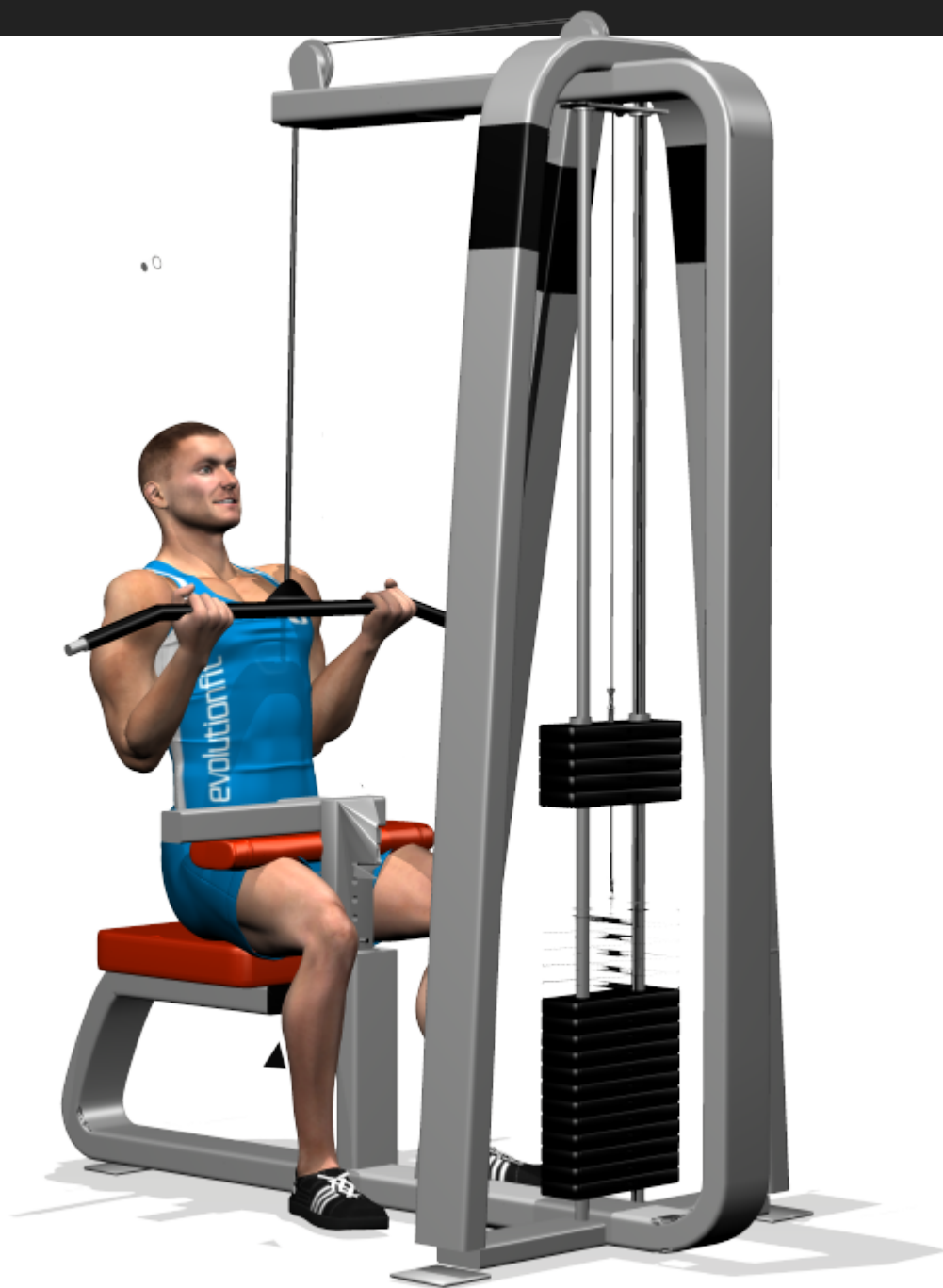


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

LAT MACHINE INVERSA

SERIE: 3X15

REST: 90 SECONDI





BICIPITI - AVAMBRACCI

CURL MANUBRI MARTELLO

SERIE: 3X15

REST: 90 SECONDI





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

ARM CURL MACHINE

SERIE: 3X15

REST: 90 SECONDI





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

GAMBE

LEG EXTENSION

SERIE: 3X15

REST: 90 SECONDI





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

LEG CURL SEDUTO

SERIE: 3X15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2023/11/LEG-CURL-SEDUTO.mp4>

GIORNO 3

CARDIO - RISCALDAMENTO

BICI

MINUTI: 10/15



CAMMINATA

MINUTI: 10/15



ESERCIZI TOTAL BODY

CHEST INCLINATA

SERIE: 3X15

REST: 90 SECONDI





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

VERTICAL TRACTION

SERIE: 3X15

REST: 90 SECONDI





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

ALZATE LATERALI

SERIE: 3X15

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-LATERALI-SEDUTO.mp4>

CURL MANUBRI MARTELLO

SERIE: 3X15

REST: 90 SECONDI



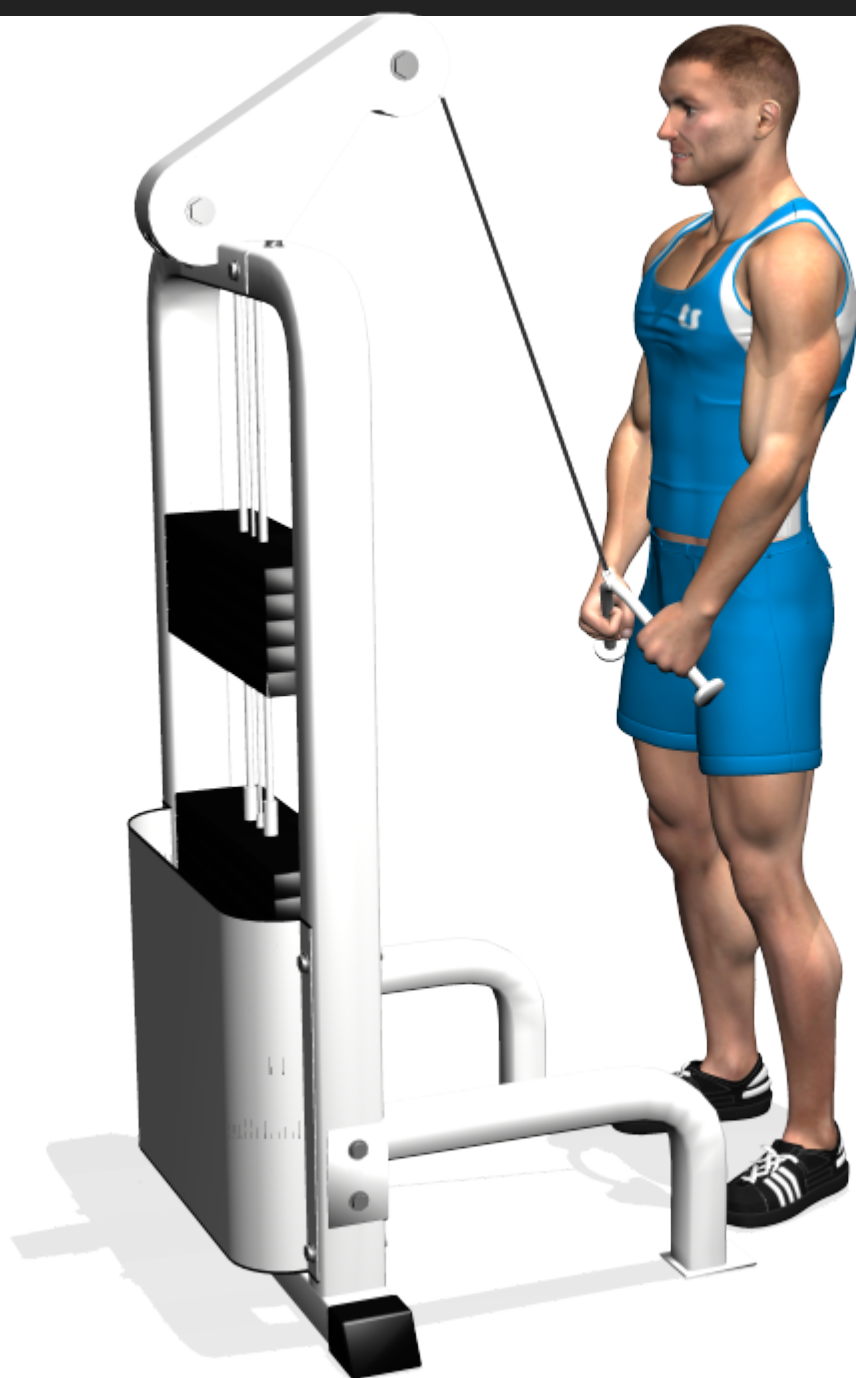


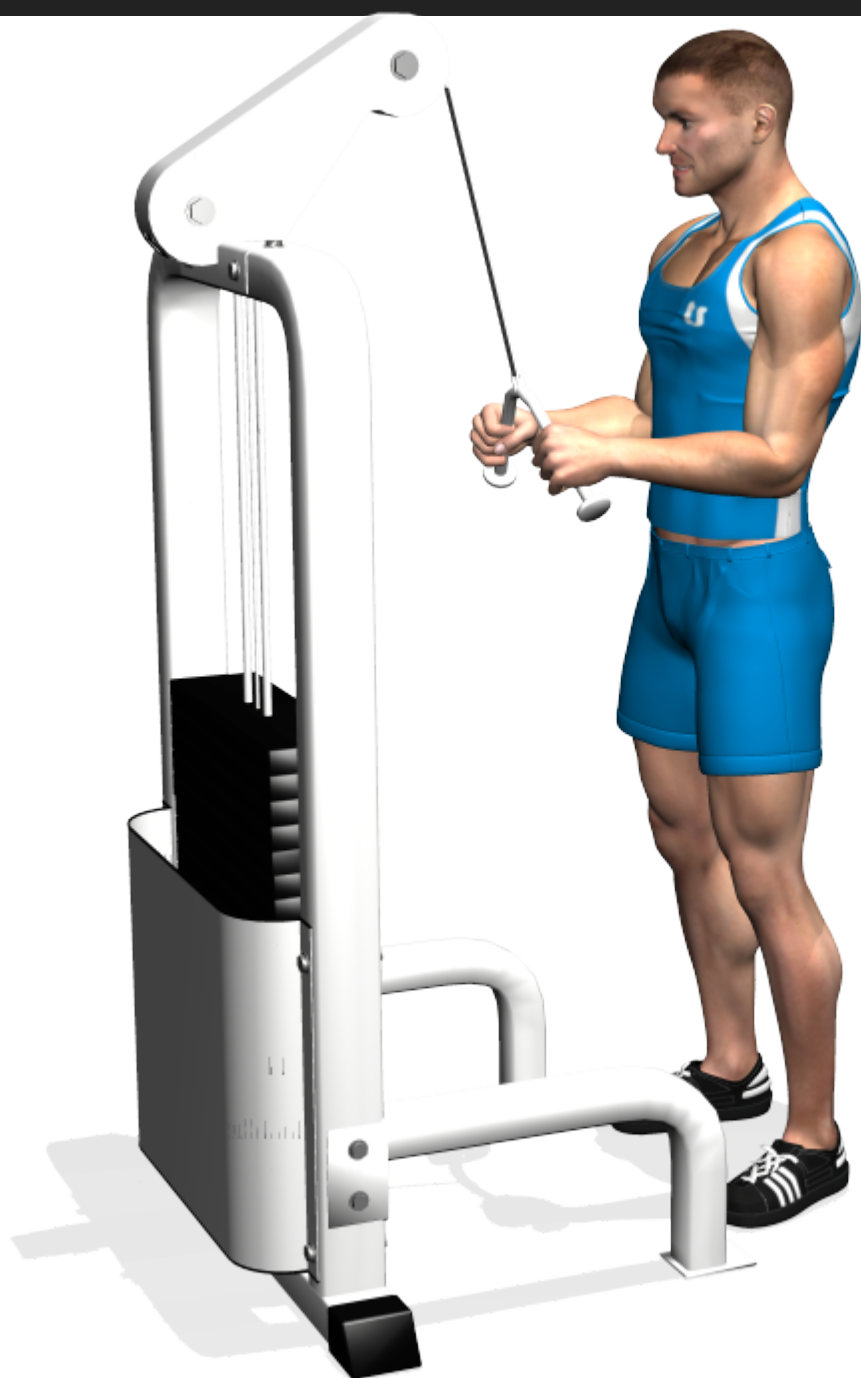
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-MANUBRI-MARTELLLO.mp4>

PULLEY ALTO

SERIE: 3X15

REST: 90 SECONDI





SQUAT CON PALLA

SERIE: 3X15

REST: 90 SECONDI





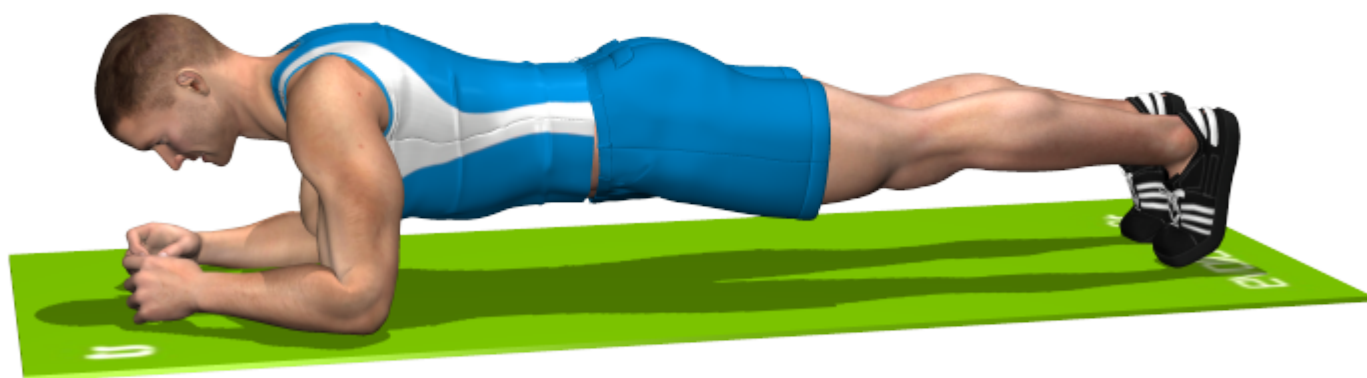
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/GOBLET-SQUAT.mp4>

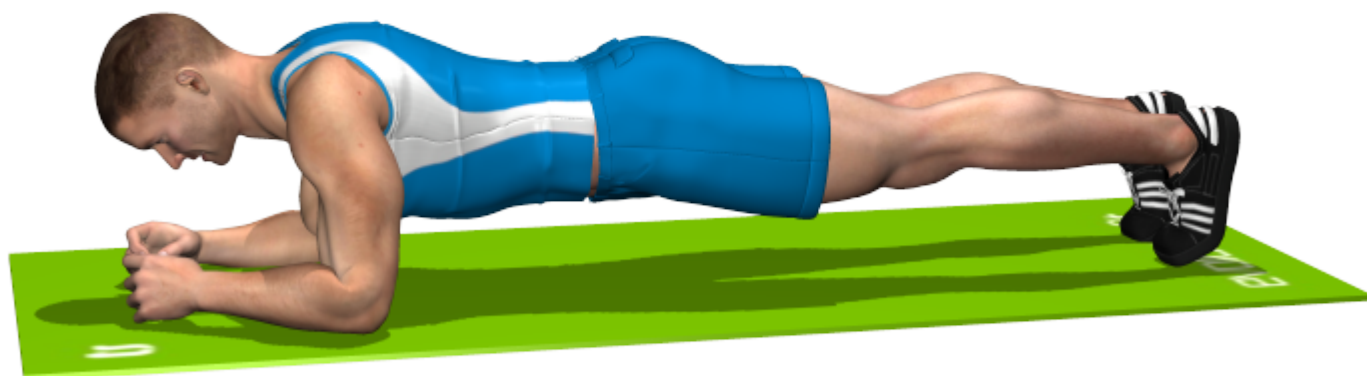
ADDOMINALI

PLANK

SERIE: 3x15 SECONDI

REST: 90 SECONDI





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

