SCHEDA ALLENAMENTO RICCARDO SCRIMA BASE 1

SCHEDA DI ALLENAMENTO RICCARDO SCRIMA

SCHEDA 1 - INIZIO 12 MAGGIO 2022

GIORNI DI ALLENAMENTO

GIORNO 1

GIORNO 2

GIORNO 3

GIORNO 1

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
Clicca qui

- DORSALI
Clicca qui

- TRICIPITI
Clicca qui

GIORNO 2

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
Clicca qui

- PETTORALI
Clicca qui

- BICIPITI
- AVAMBRACCI
Clicca qui

GIORNO 3

- CARDIO
RISCALDAMENTO
Clicca qui

- ADDOMINALI
Clicca qui

- GAMBE
Clicca qui

- SPALLE
Clicca qui

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10

ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI

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

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI

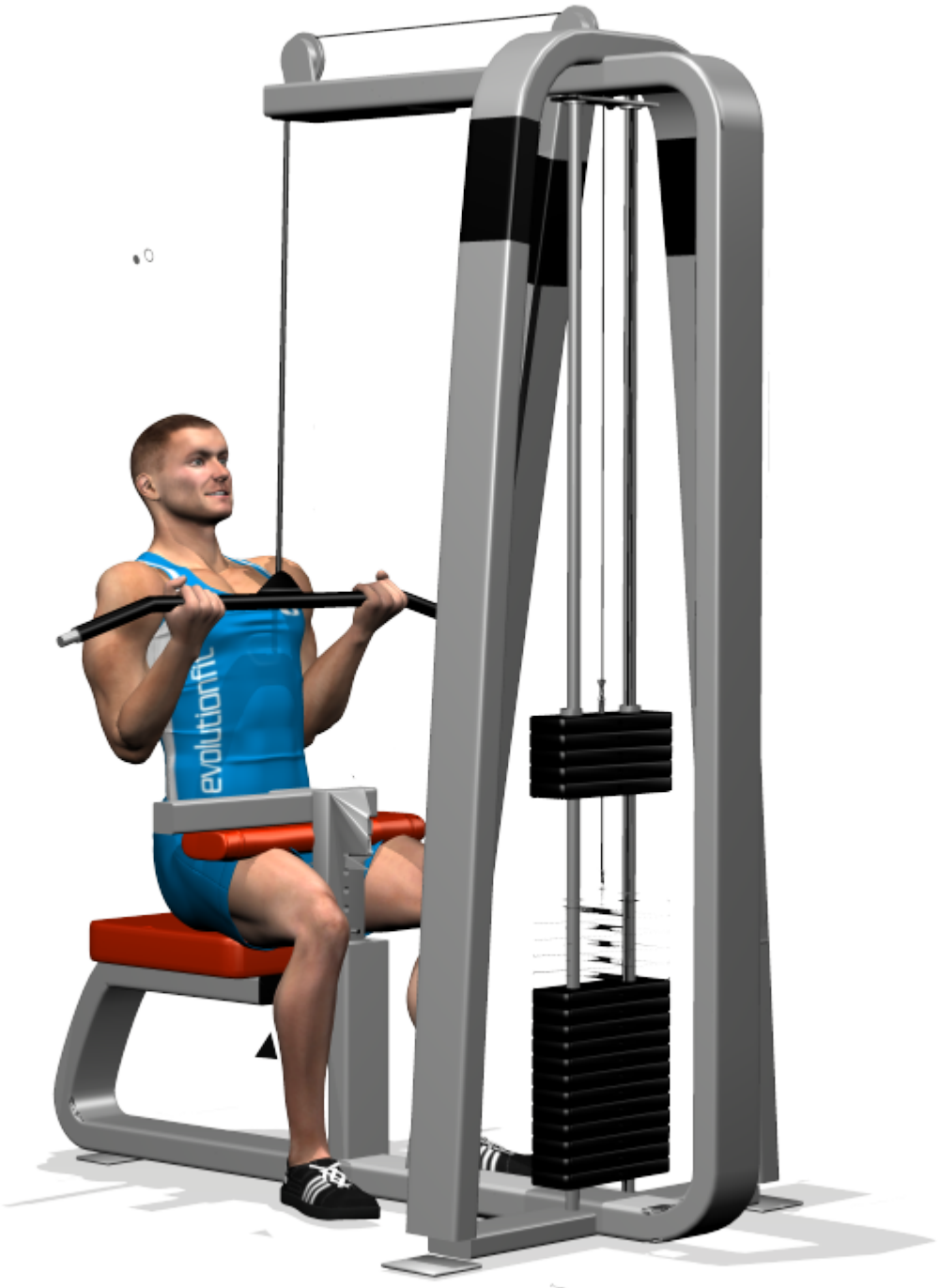
https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4

DORSALI

LAT MACHINE INVERSA

SERIE: 3x8

REST: 60 SECONDI



PULLEY ROW

SERIE: 3x8

REST: 60 SECONDI

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

VERTICAL TRACTION

SERIE: 3x10

REST: 60 SECONDI

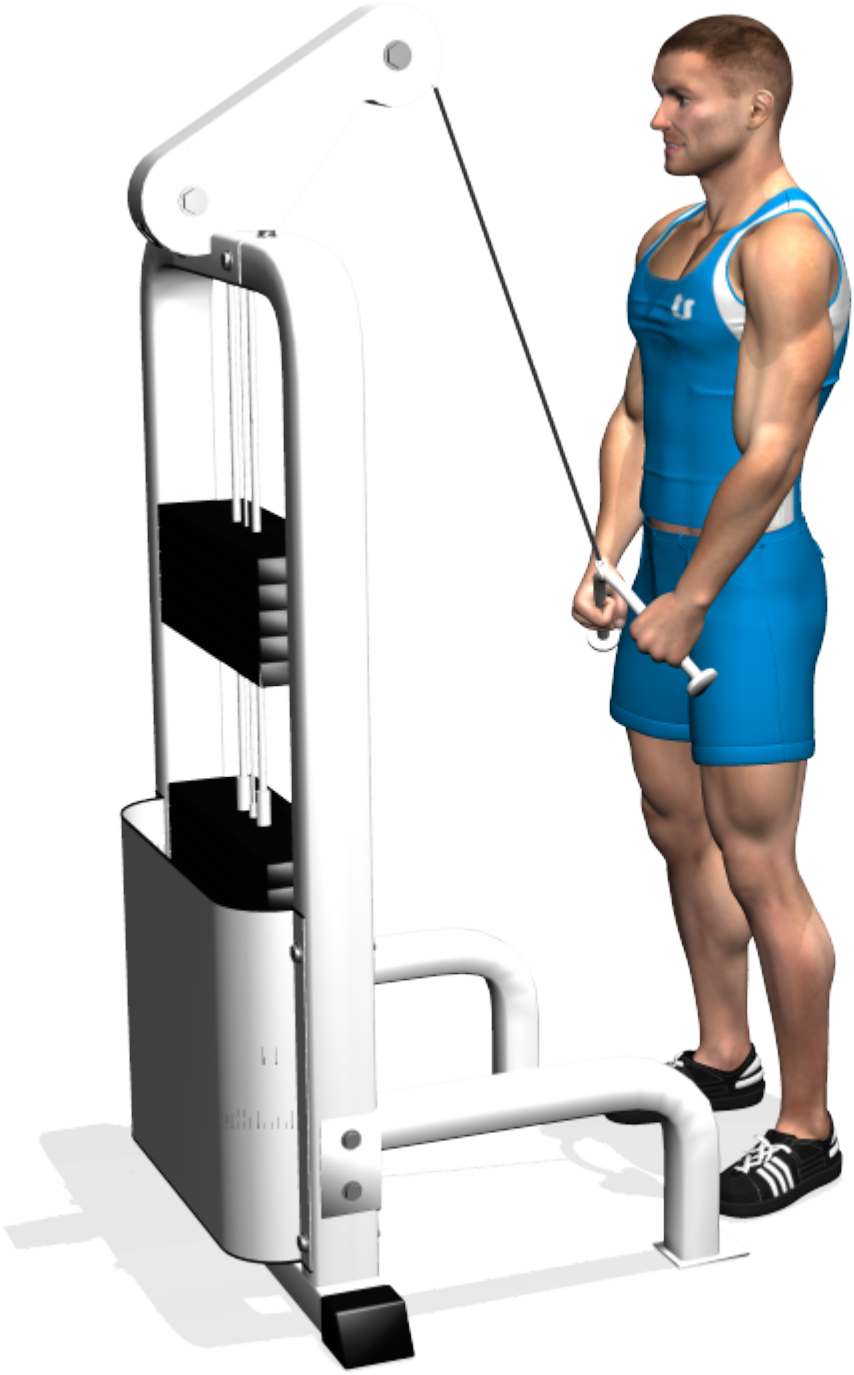
https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4

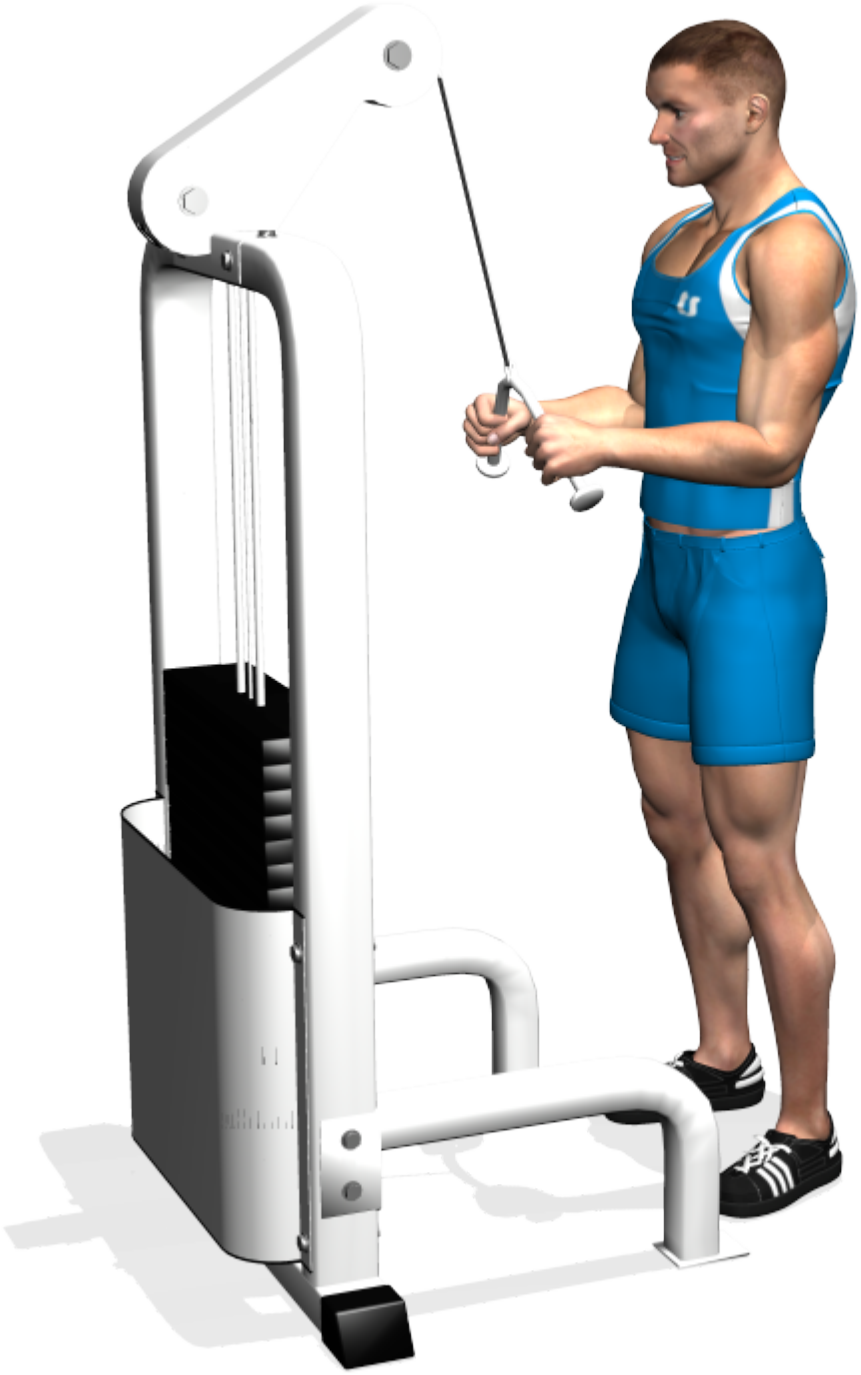
TRICIPITI

PULLEY ALTO

SERIE: 3x8

REST: 60 SECONDI





FRENCH PRESS SEDUTO

SERIE: 3x10

REST: 60 SECONDI

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

KICK BACK SEDUTO UN MANUBRIO

SERIE: 3x10

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/KICK-BACK-UN-MANUBRIO.mp4

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10

ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI

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

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI

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

PETTORALI

PANCA INCLINATA BILANCIERE

SERIE: 3x8

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-INCLINATA-BILANCIERE.mp4

CROCI MANUBRI PANCA INCLINATA

SERIE: 3x8

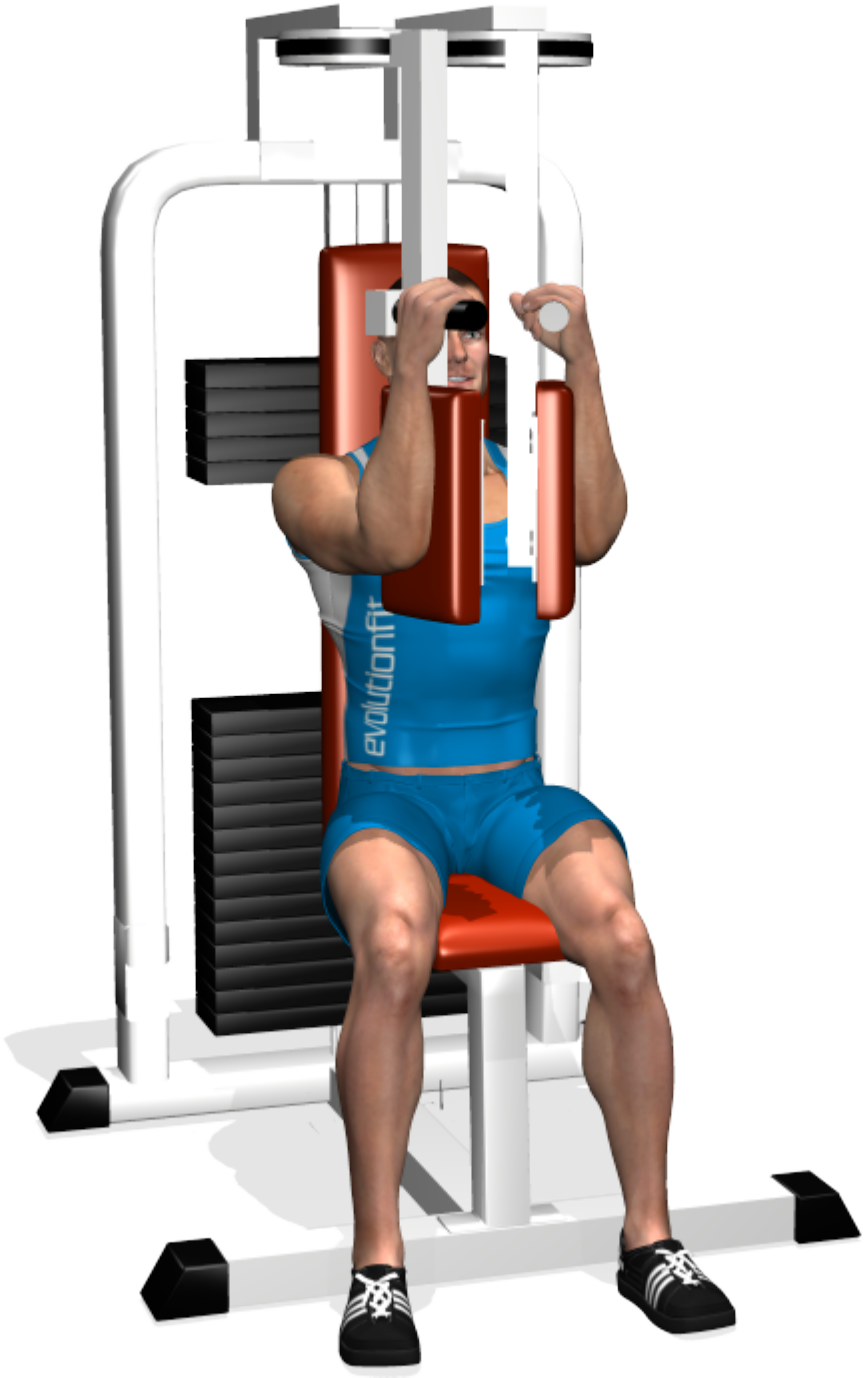
REST: 60 SECONDI

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

PECTORAL MACHINE

SERIE: 3x10

REST: 60 SECONDI



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

BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x8

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APPOGGIO.mp4

CURL PULLEY BASSO CORDA

SERIE: 3x10

REST: 60 SECONDI

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

CURL CONCENTRATO UN MANUBRIO

SERIE: 3x10

REST: 60 SECONDI

https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANUBRIO.mp4

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10

ADDOMINALI

CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI

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

REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI

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

GAMBE

LEG EXTENSION

SERIE: 3x10

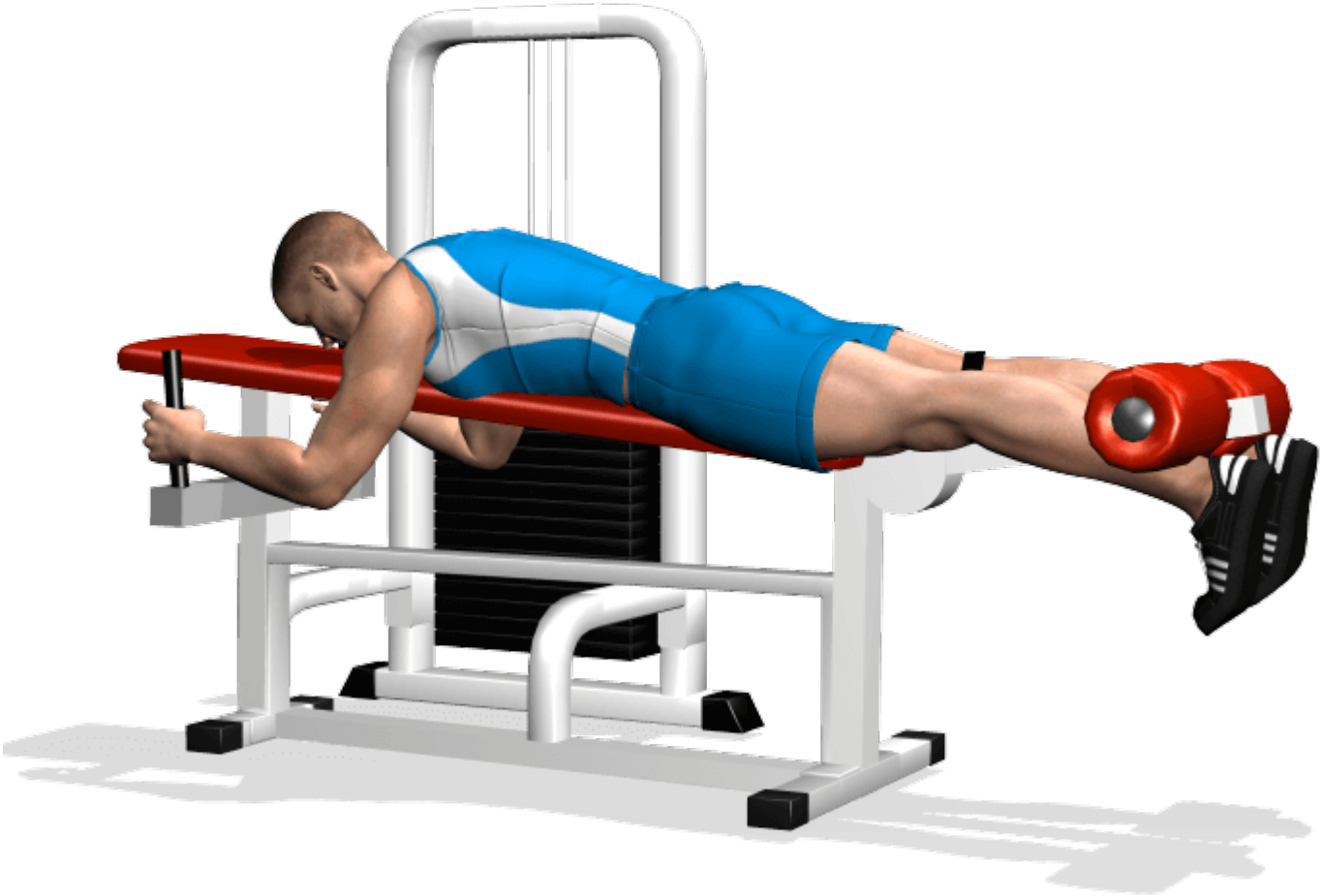
REST: 60 SECONDI

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

LEG CURL

SERIE: 3x8

REST: 60 SECONDI



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

CALF LIBERO

SERIE: 3x10

REST: 60 SECONDI

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

SPALLE

ROWING TORSO

SERIE: 3x8

REST: 60 SECONDI

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

SPINTE SEDUTO MANUBRI

SERIE: 3x8

REST: 60 SECONDI

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

ALZATE LATERALI

SERIE: 3x10

REST: 60 SECONDI

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