

SCHEDA ALLENAMENTO RITA BONANNO DONNA 5



SCHEDA DI ALLENAMENTO RITA BONANNO

SCHEDA 1 - INIZIO 17 MAGGIO 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

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

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

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

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

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15/20



ADDOMINALI GIORNO 1

REVERSE CRUNCH

SERIE: 4x20 GIORNO

REST: 60 SECONDI





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

GAMBE GIORNO 1

GOBLET SQUAT

REPS: 10-12-15

REST: 60 SECONDI





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

LEG PRESS ORIZZONTALE

REPS: 10-12-15

REST: 60 SECONDI





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

GLUTEI AI CAVI

REPS: 10-12-15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

ADDUCTOR MACHINE

REPS: 10-12-15

REST: 60 SECONDI





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

LEG EXTENSION

REPS: 10-12-15

REST: 60 SECONDI





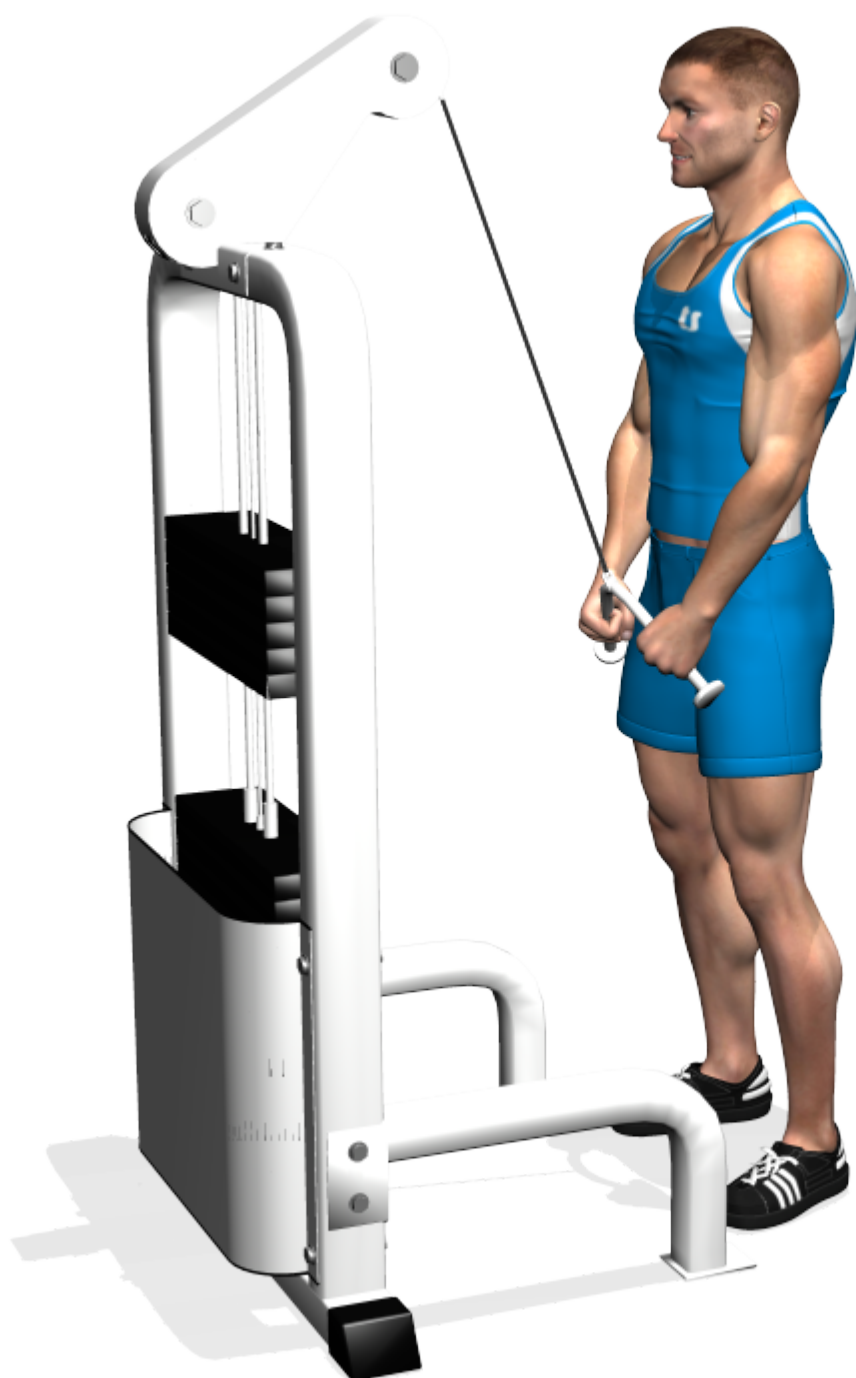
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

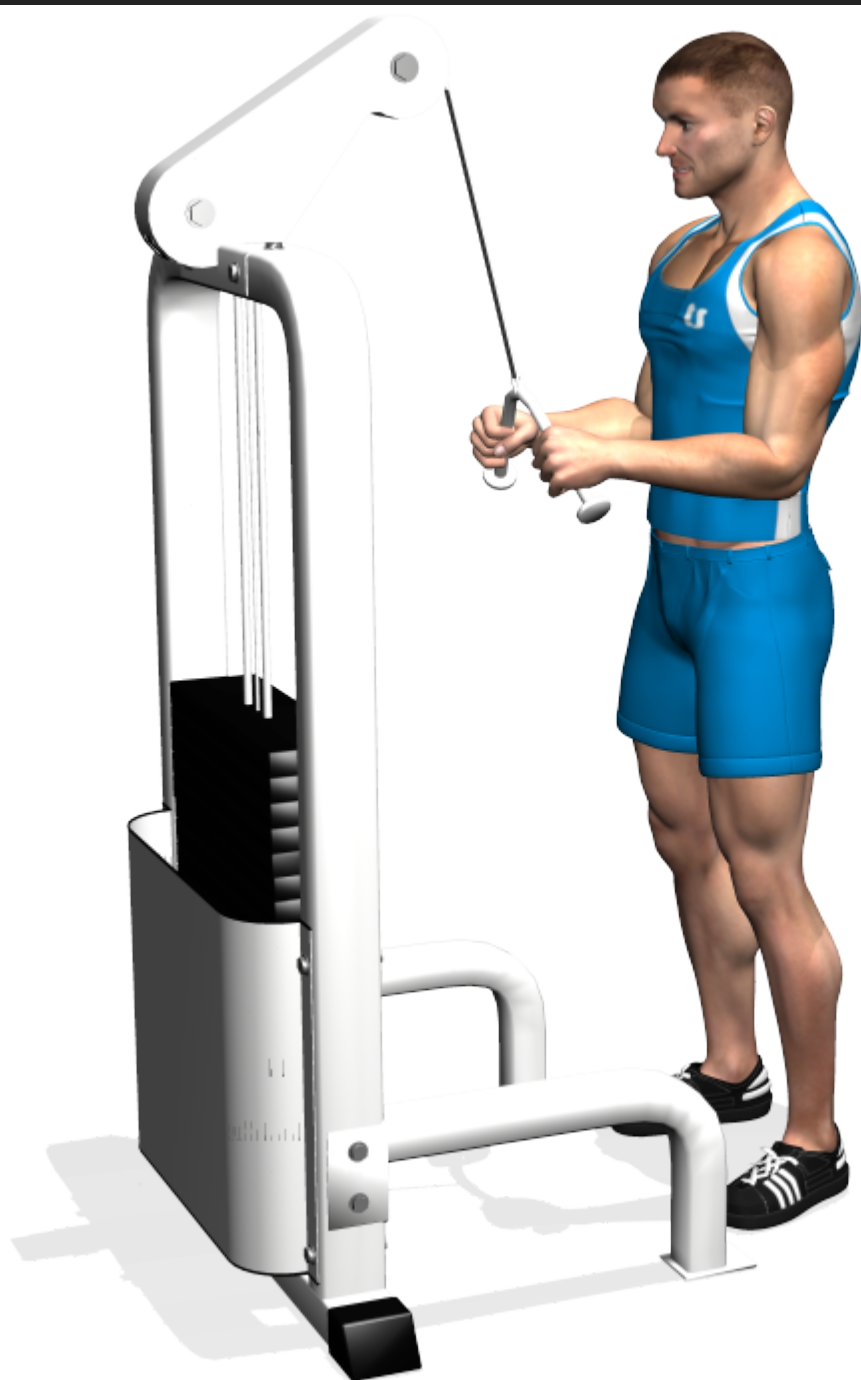
TRICIPITI GIORNO 1

PULLEY ALTO

REPS: 10-12-15

REST: 60 SECONDI





GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15/20



PETTORALI

PECTORAL MACHINE

REPS: 10-12-15

REST: 60 SECONDI





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

DORSALI

VERTICAL TRACTION

REPS: 10-12-15

REST: 60 SECONDI





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

PULL OVER MANUBRIO

SERIE: 3x15

REST: 60 SECONDI





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

SPALLE

ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 10-12-15

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL MANUBRI ALTERNATO

REPS: 10-12-15

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 15/20



ADDOMINALI GIORNO 3

CRUNCH A TERRA

SERIE:4x20

REST: 60 SECONDI





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

GAMBE GIORNO 3

AFFONDI SAGITTALI MANUBRI

REPS: 10-12-15

REST: 60 SECONDI



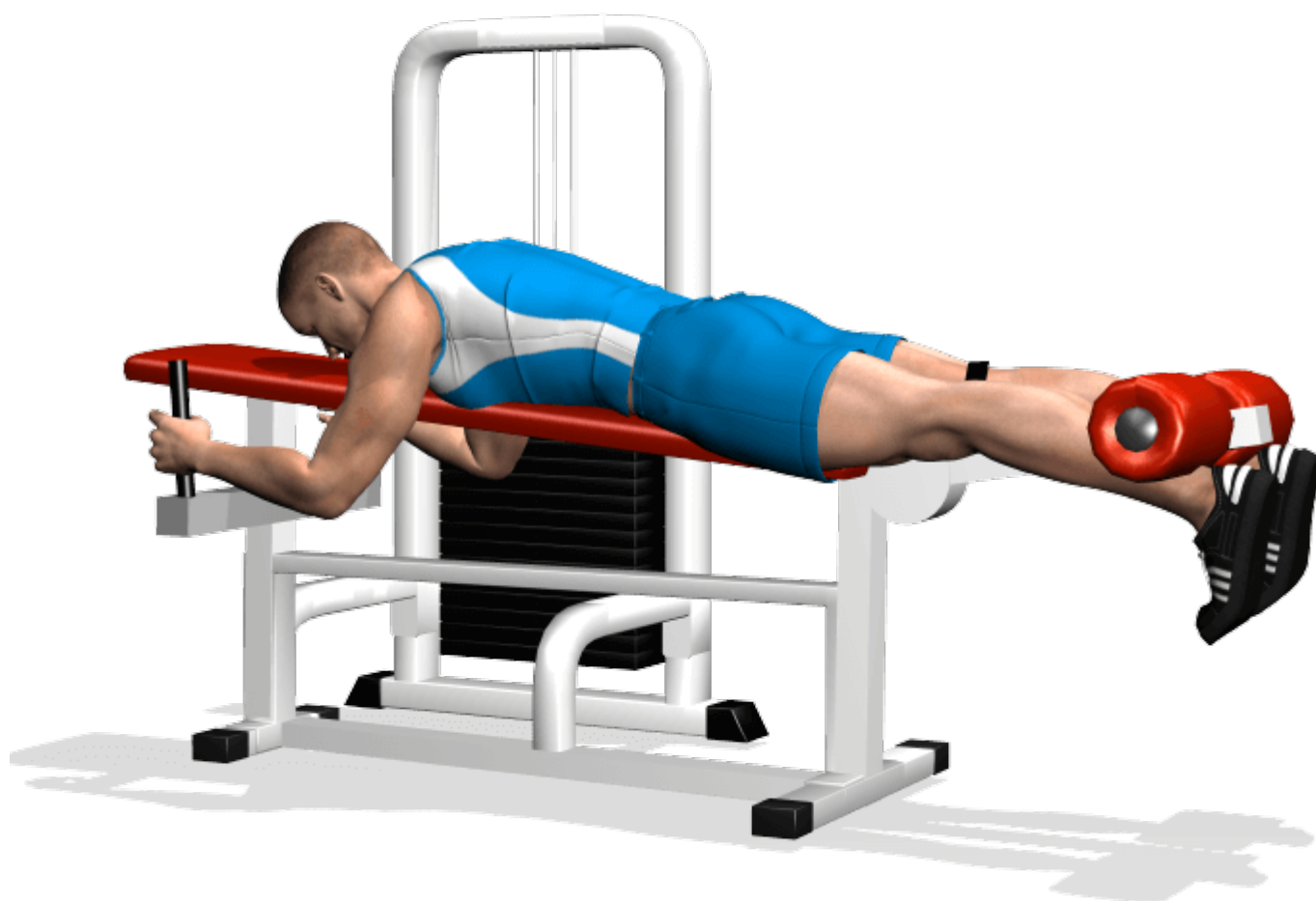


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>
4

LEG CURL DISTESA

REPS: 10-12-15

REST: 60 SECONDI





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STANDING LEG CURL

REPS: 10-12-15

REST: 60 SECONDI





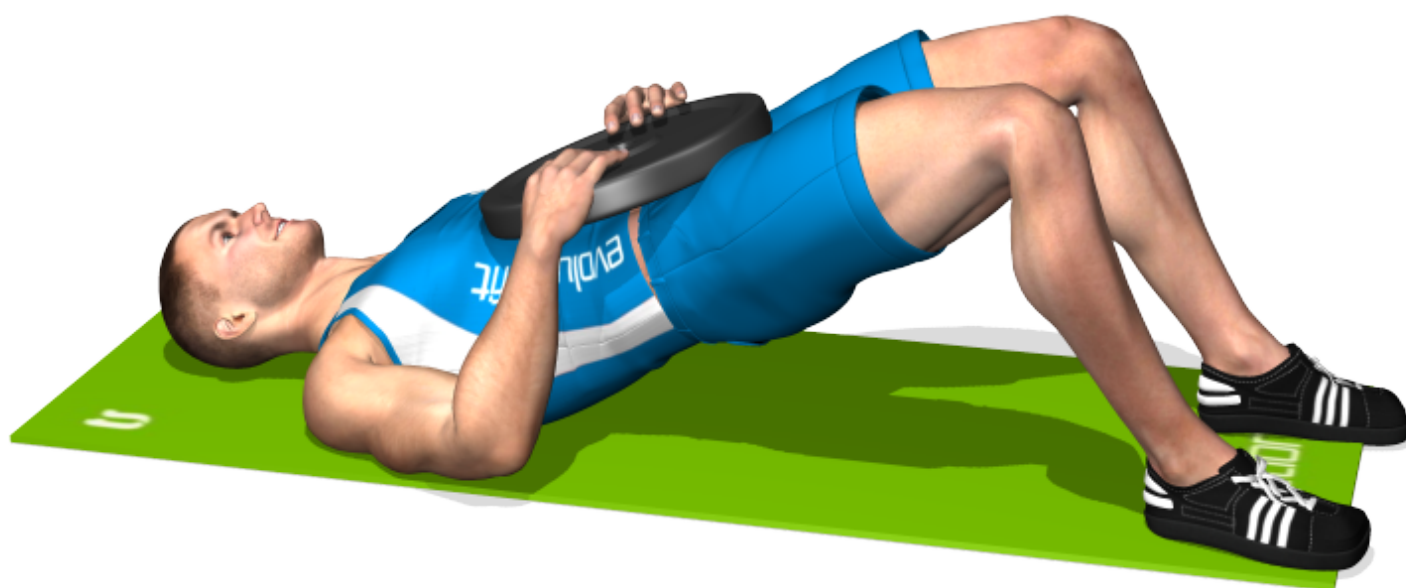
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/STANDING-LEG-CURL-.mp4>

BRIDGE/HIP TRUST

REPS: 10-12-15

REST: 60 SECONDI





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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/BRIDGE-A-TERRA-CON-PIASTRA.mp4)

CALF SINGOLO LIBERO

SERIE: 3x15

REST: 60 SECONDI





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

TRICIPITI GIORNO 3

FRENCH PRESS SEDUTO

REPS: 10-12-15

REST: 60 SECONDI





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

