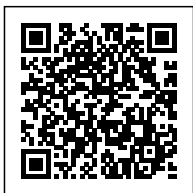


# SCHEDA ALLENAMENTO SAMUELE PILLITTERI UOMO 01



# SCHEDA DI ALLENAMENTO SAMUELE PILLITTERI

## SCHEDA 1 - INIZIO 21 SETTEMBRE 2022 - SCADENZA 6 SETTIMANE

### 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



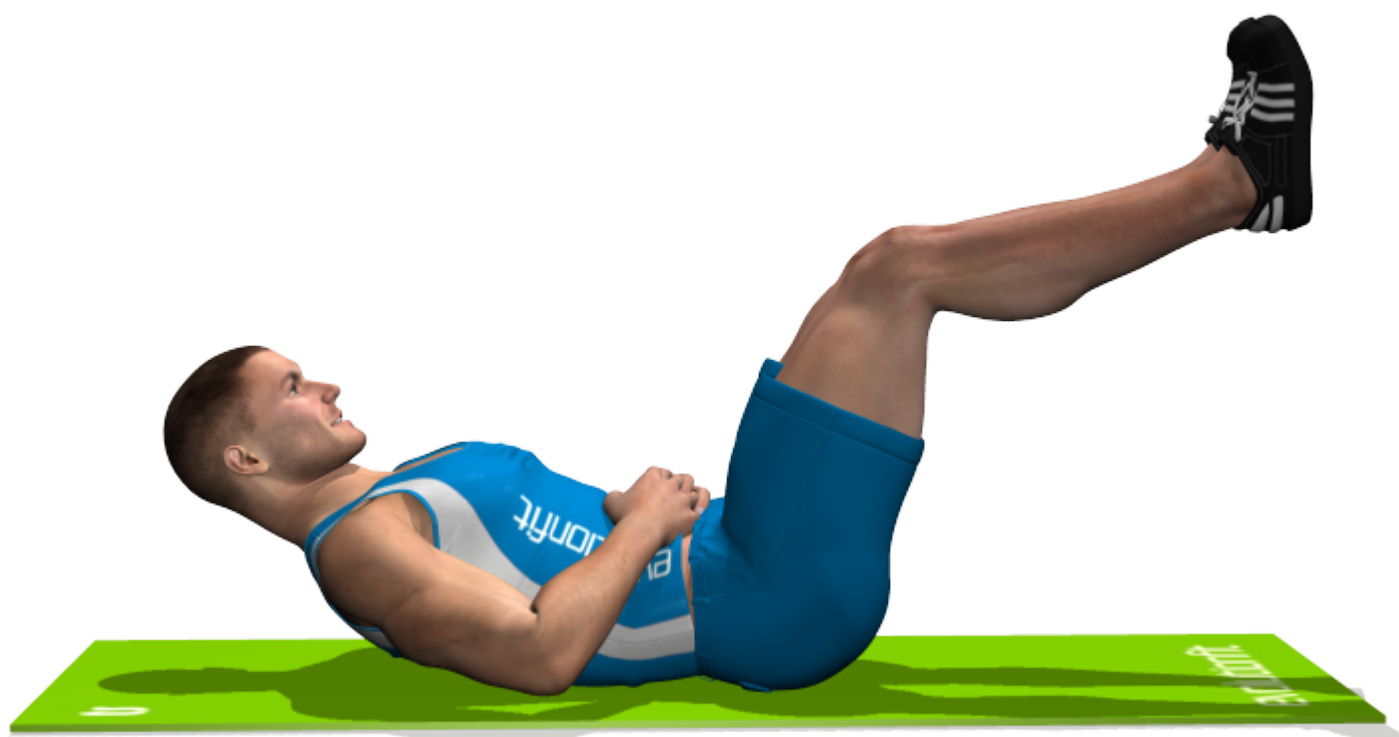


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





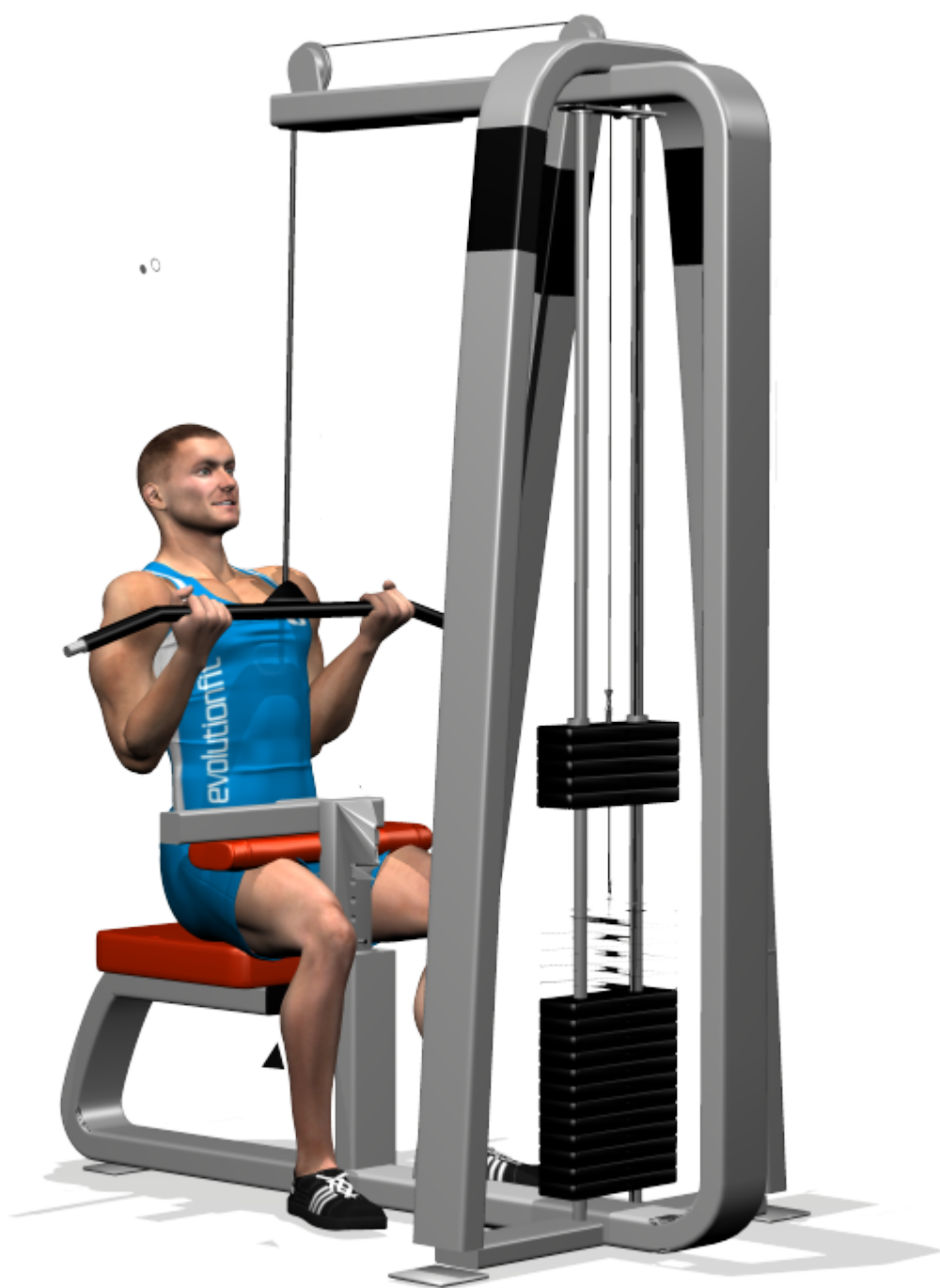
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

## **DORSALI**

## LAT MACHINE INVERSA

SERIE: 3x8

REST: 60 SECONDI



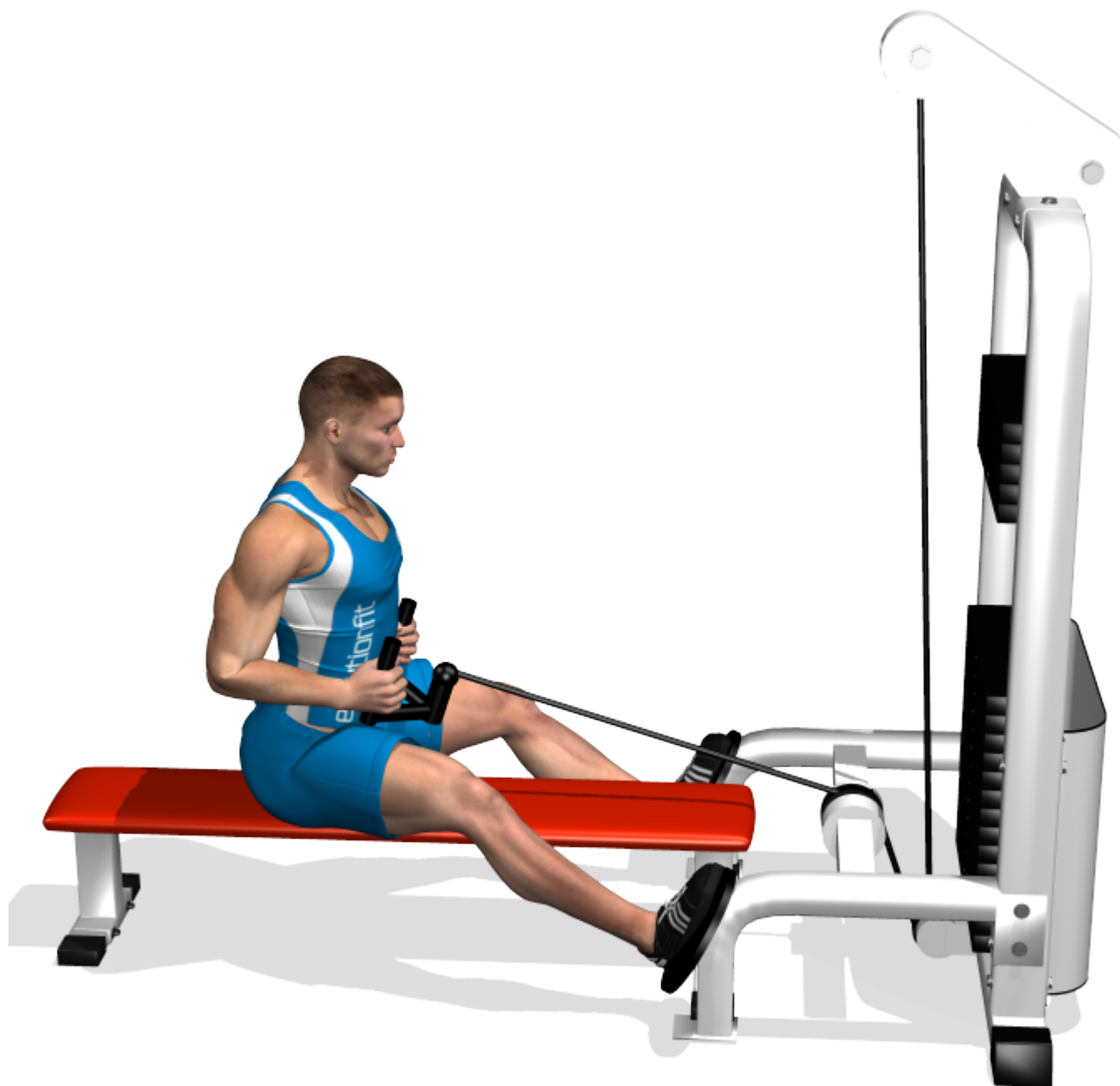


## PULLEY ROW

SERIE: 3x8

REST: 60 SECONDI





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

## VERTICAL TRACTION

SERIE: 3x10

REST: 60 SECONDI





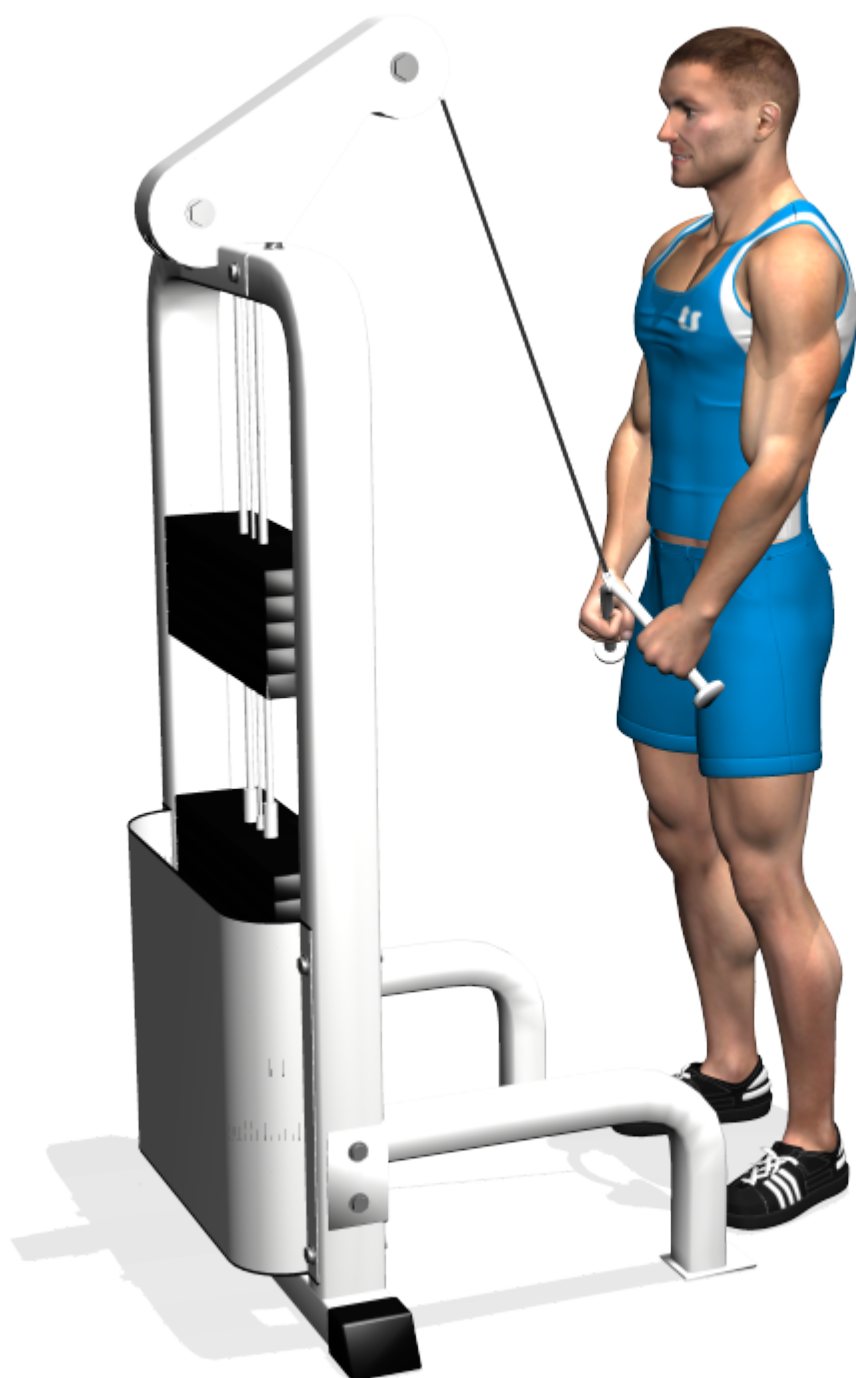
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

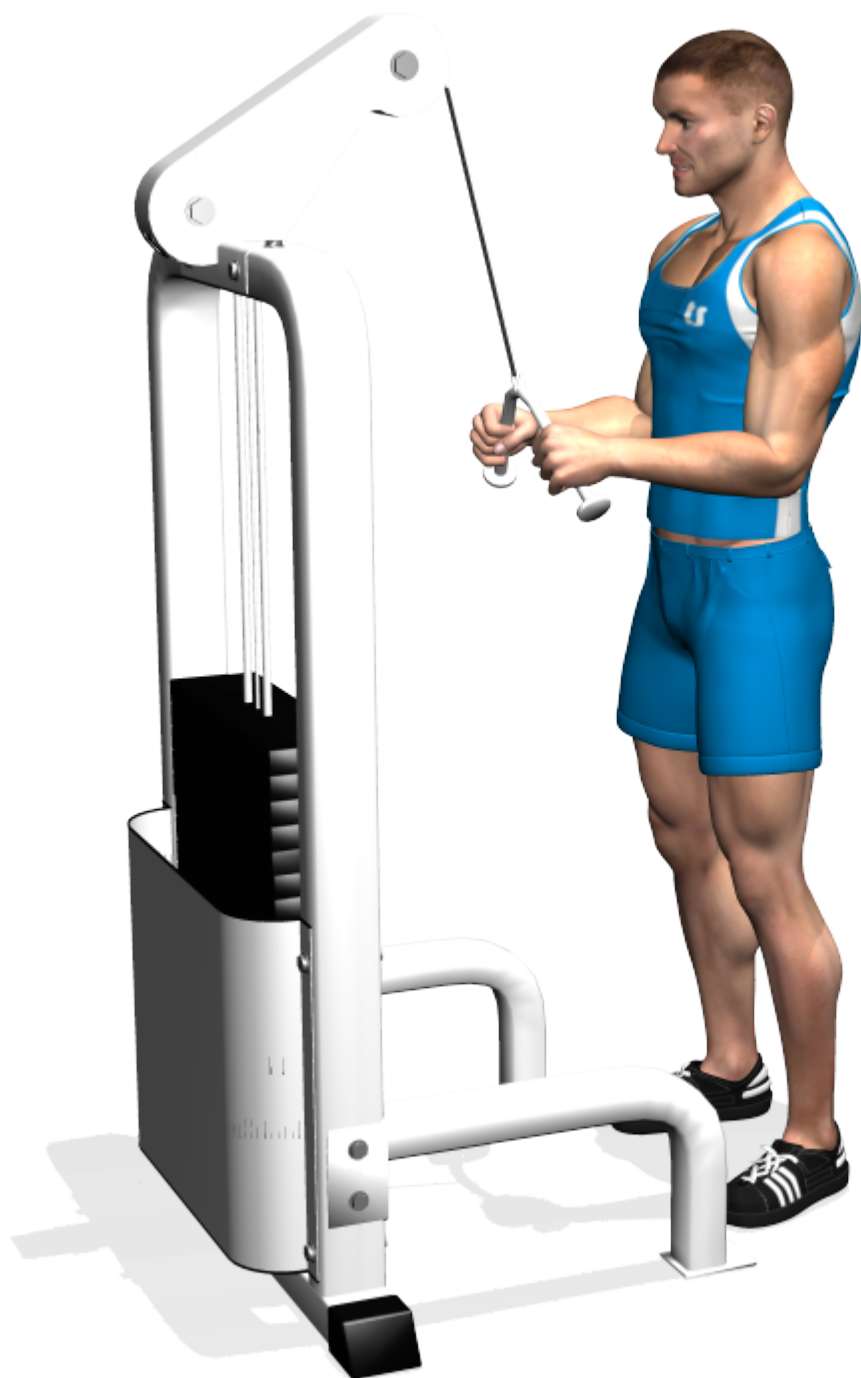
## TRICIPITI

## 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



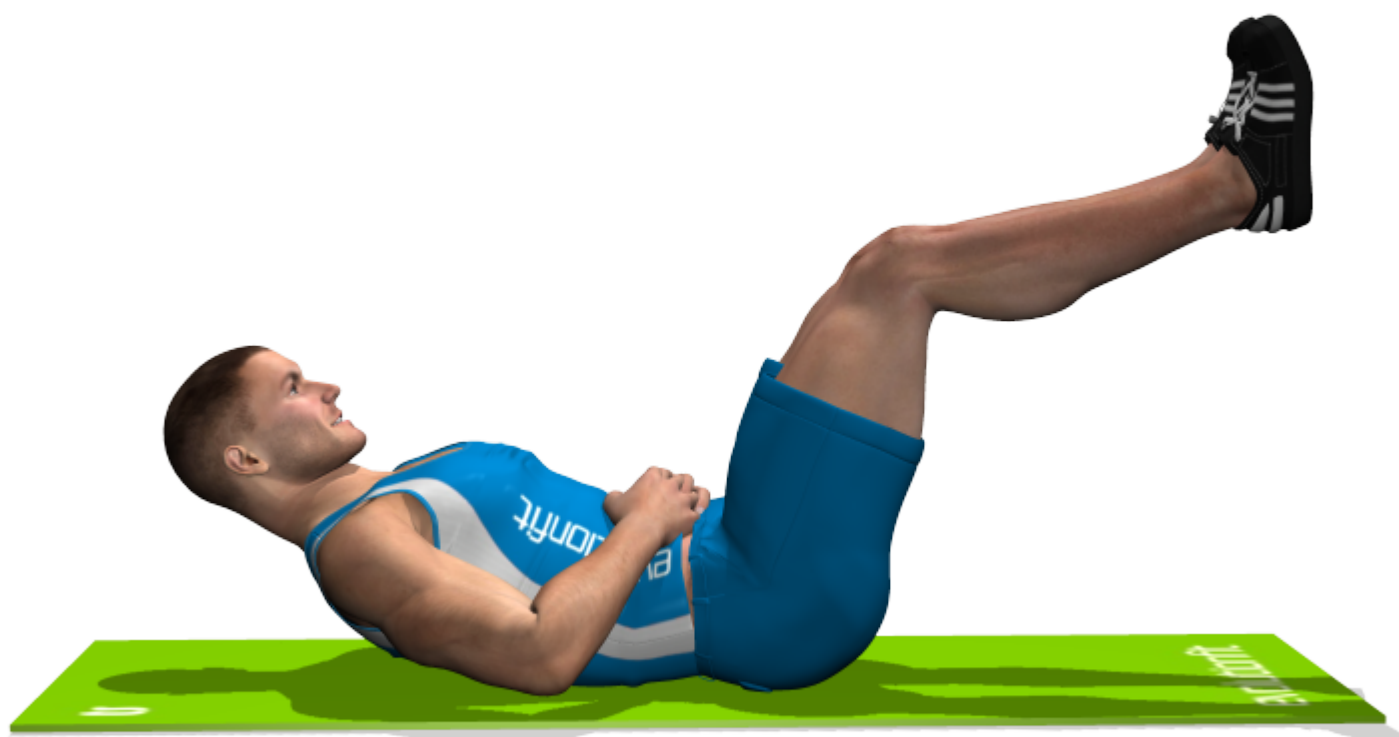


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## 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.m  
p4](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-APP-OGGIO.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-MANU  
BRIO.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4)

## GIORNO 3

# CARDIO - RISCALDAMENTO

## CORSA SU TAPPETO

MINUTI: 10



# ADDOMINALI

## CRUNCH A TERRA

SERIE: 3x15

REST: 60 SECONDI



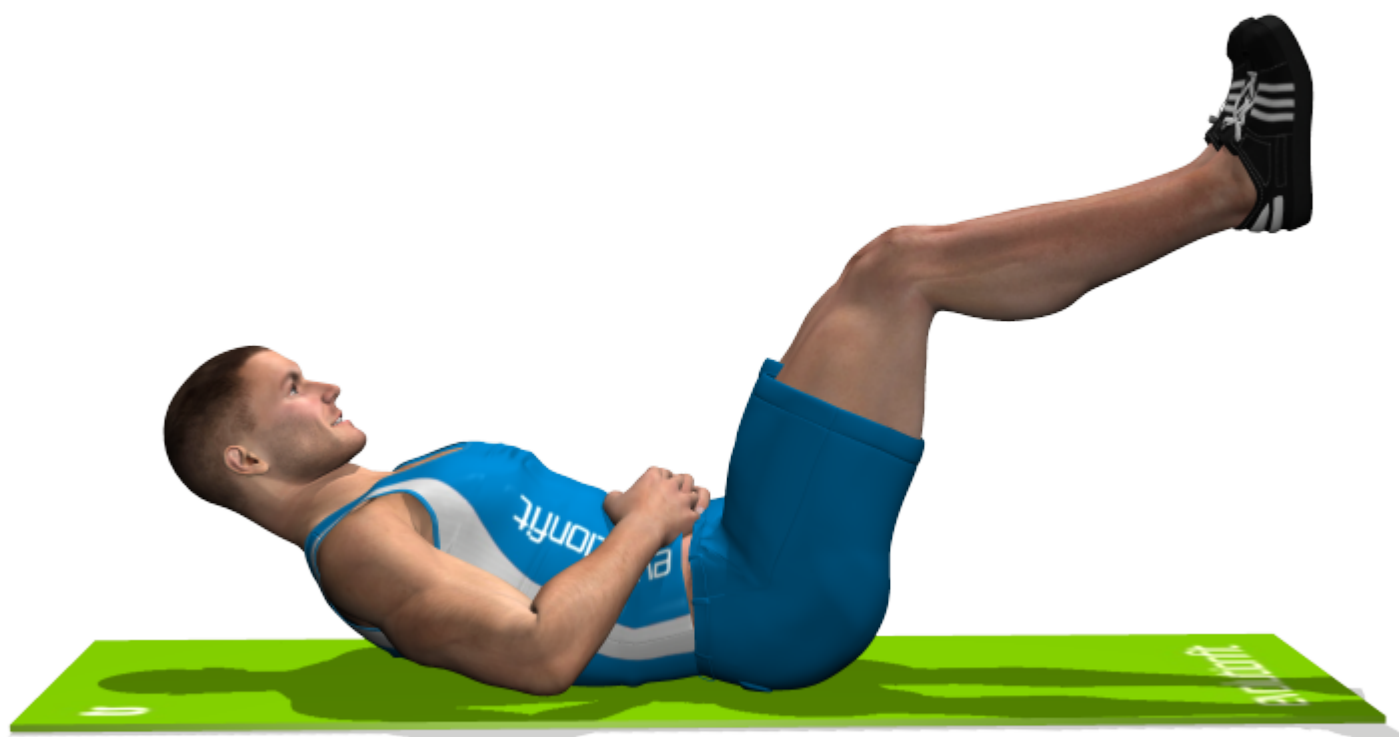


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## REVERSE CRUNCH

SERIE: 3x15

REST: 60 SECONDI





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

**GAMBE**

## LEG EXTENSION

SERIE: 3x10

REST: 60 SECONDI



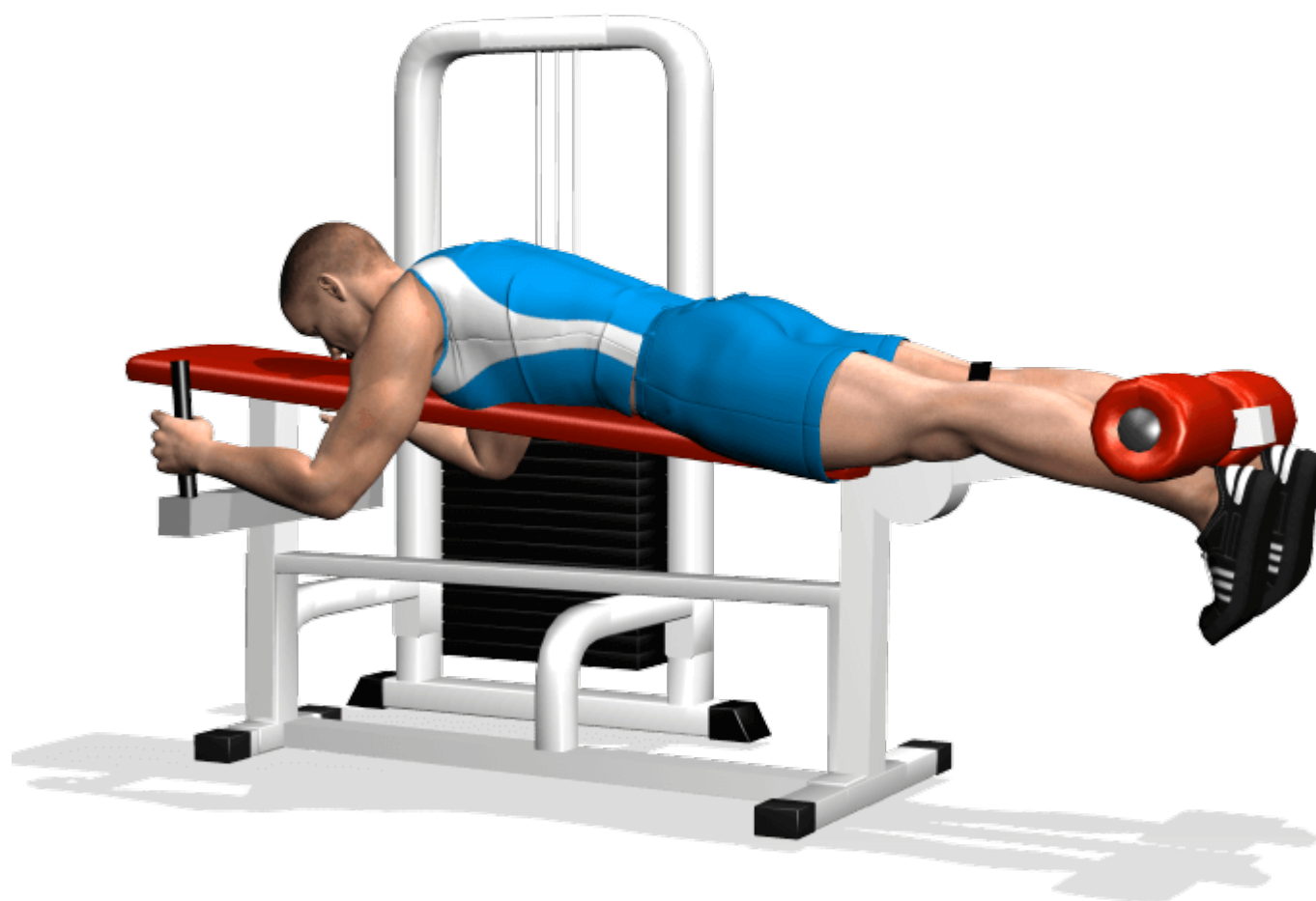


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

## 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





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

## ALZATE LATERALI

SERIE: 3x10

REST: 60 SECONDI





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

