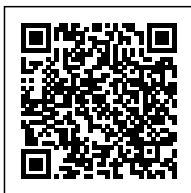


SCHEDA ALLENAMENTO SARA DI STEFANO DONNA 04



SCHEDA DI ALLENAMENTO SARA DI STEFANO

SCHEDA 1 - INIZIO 14 NOVEMBRE - SCADENZA 22 DICEMBRE 2022

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- GAMBE](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

[- SPALLE](#)

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- POLPACCI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



GAMBE GIORNO 1

AFFONDI SAGITTALI MANUBRI

SERIE: 3X15

REST: 60 SECONDI





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

4

ADDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





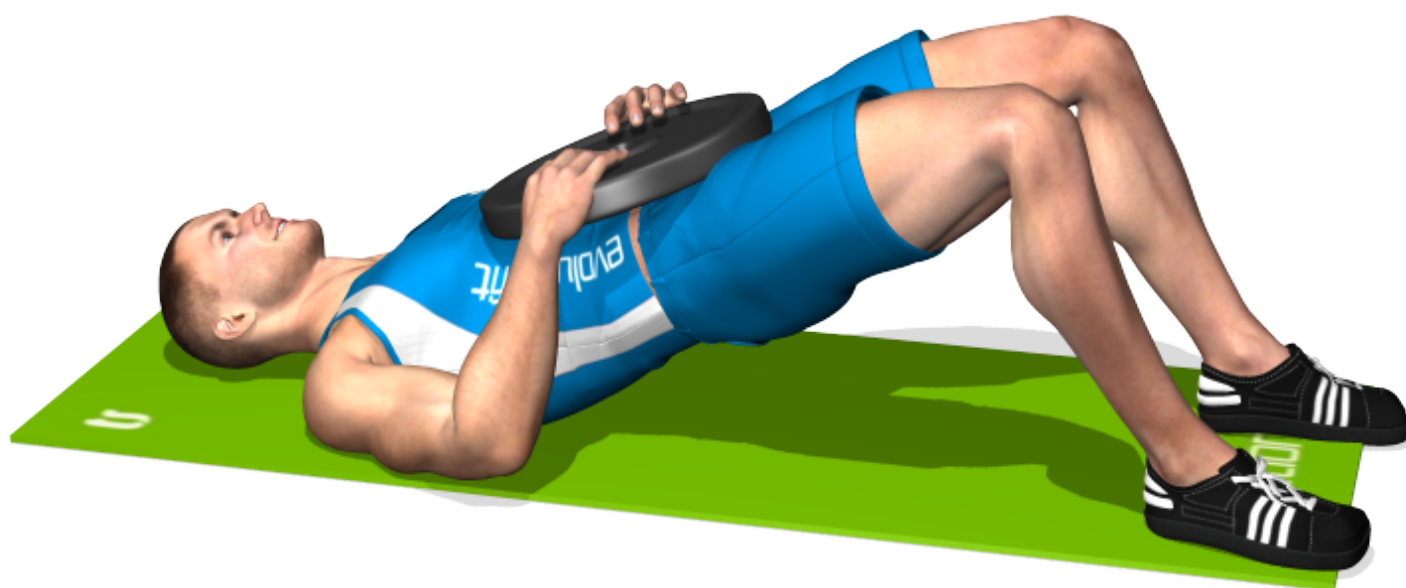
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ABDUCTOR-MACHINE.mp4>

BRIDGE/HIP TRUST

SERIE: 3X10

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL CAVO BASSO

SERIE: 3x15

REST: 60 SECONDI





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

SPALLE

ALZATE LATERALI

SERIE: 3x12

REST: 60 SECONDI





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

ALZATE FRONTALI

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI GIORNO 1

CRUNCH GAMBE IN ALTO

SERIE: 3X20

REST: 60 SECONDI





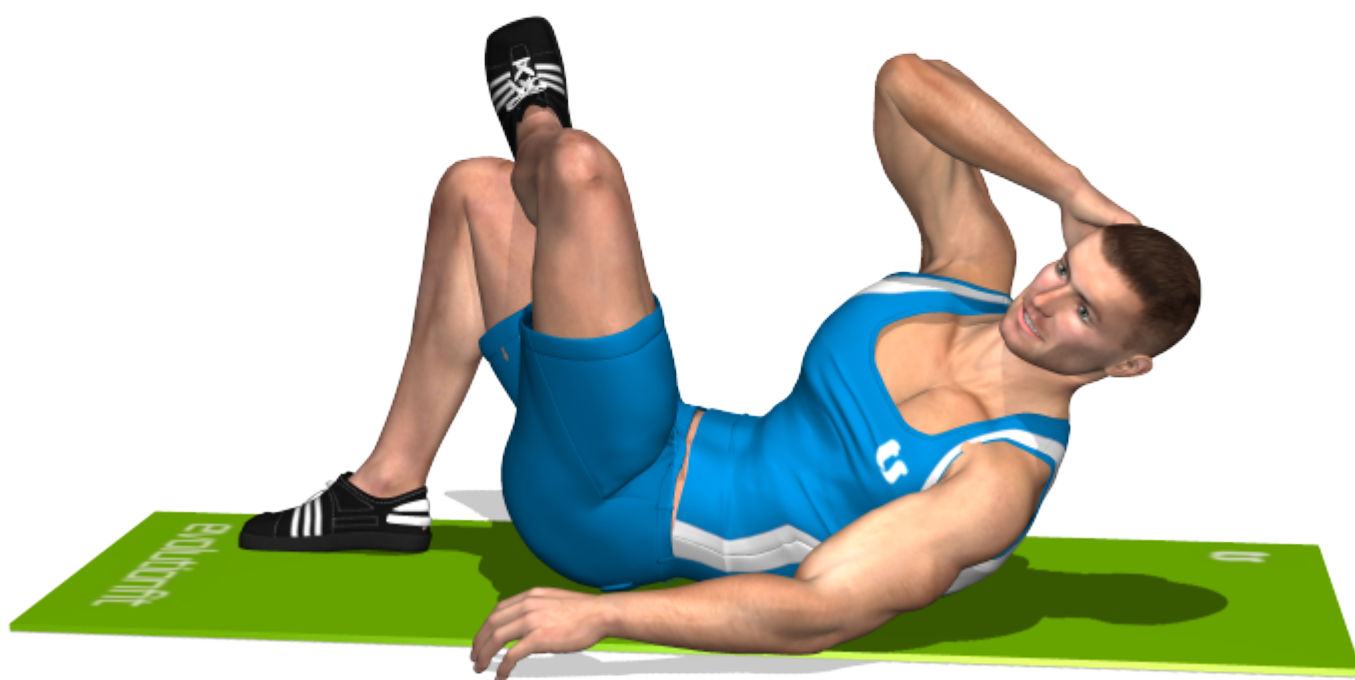
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p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4)

OBLIQUI GAMBA PIEGATA

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/OBLIQUI-GAMBA-PIEGATA.mp4>

GIORNO 2

CARDIO - RISCALDAMENTO

CORSA SU TAPPETO

MINUTI: 10/15



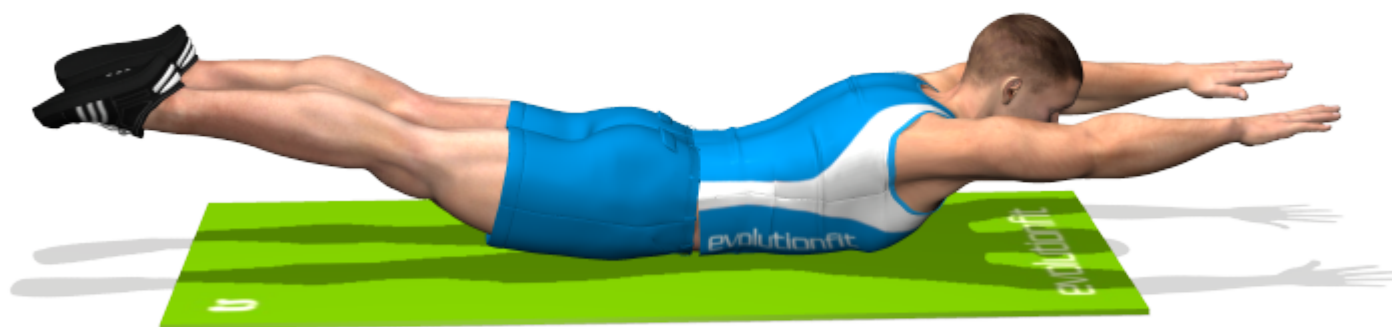
ADDOMINALI GIORNO 2

LOMBARI

SERIE: 3x15

REST: 60 SECONDI





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

SIT UP

SERIE: 3X20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SIT-UP.mp4>

GAMBE GIORNO 2

LEG PRESS ORIZZONTALE

SERIE: 3x15

REST: 60 SECONDI



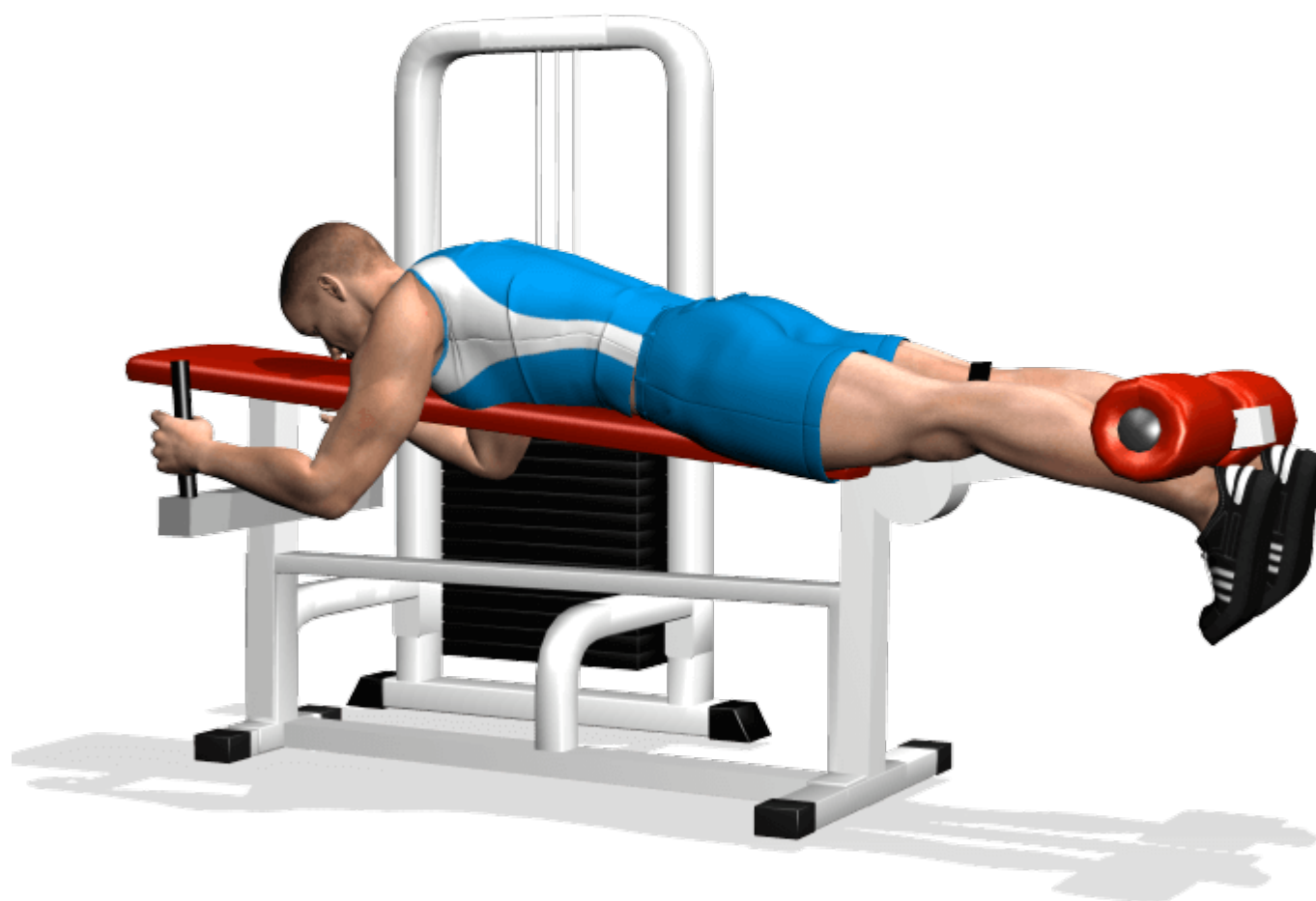


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL SEDUTA

SERIE: 3X15

REST: 60 SECONDI





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

LEG EXTENSION

SERIE: 3X15

REST: 60 SECONDI





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

GLUTEUS MACHINE

SERIE: 3X15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/GLUTEUS-MACHINE.mp4>

GLUTEI AI CAVI

SERIE: 3X12

REST: 60 SECONDI





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

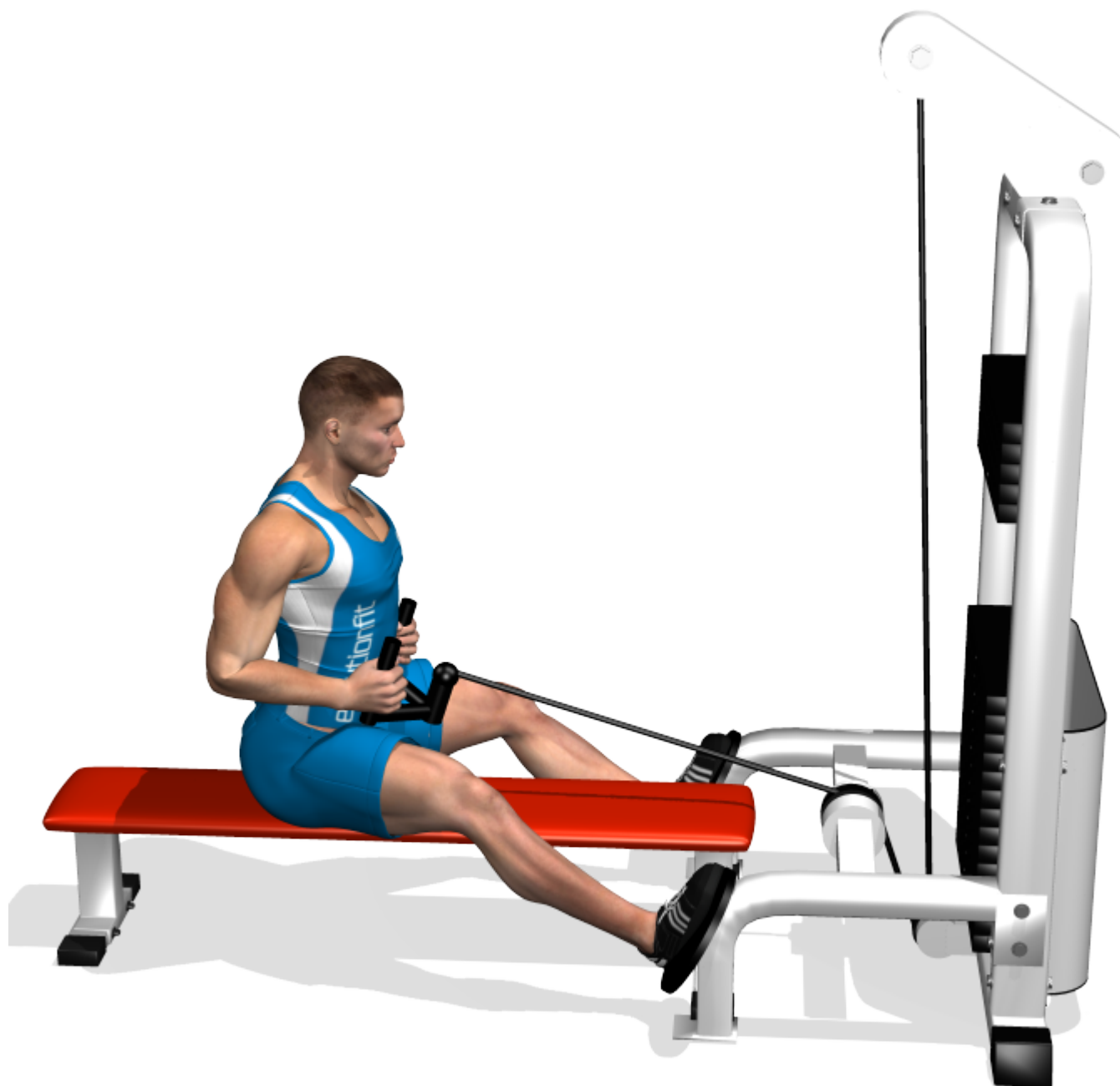
DORSALI

PULLEY ROW

SERIE: 3x12

REST: 60 SECONDI





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

PULL OVER

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/10/PULL-OVER.mp4>

POLPACCI

CALF LIBERO CON STEP

SERIE: 3X10

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

CYCLO ORIZZONTALE

MINUTI: 10



GAMBE GIORNO 3

SQUAT CON MANUBRIO

SERIE: 3x15

REST: 60 SECONDI





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

ADDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

ABDUCTOR MACHINE

SERIE: 3x15

REST: 60 SECONDI





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

GLUTEI AI CAVI

SERIE: 3X15

REST: 60 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

SERIE: 3x12

REST: 60 SECONDI





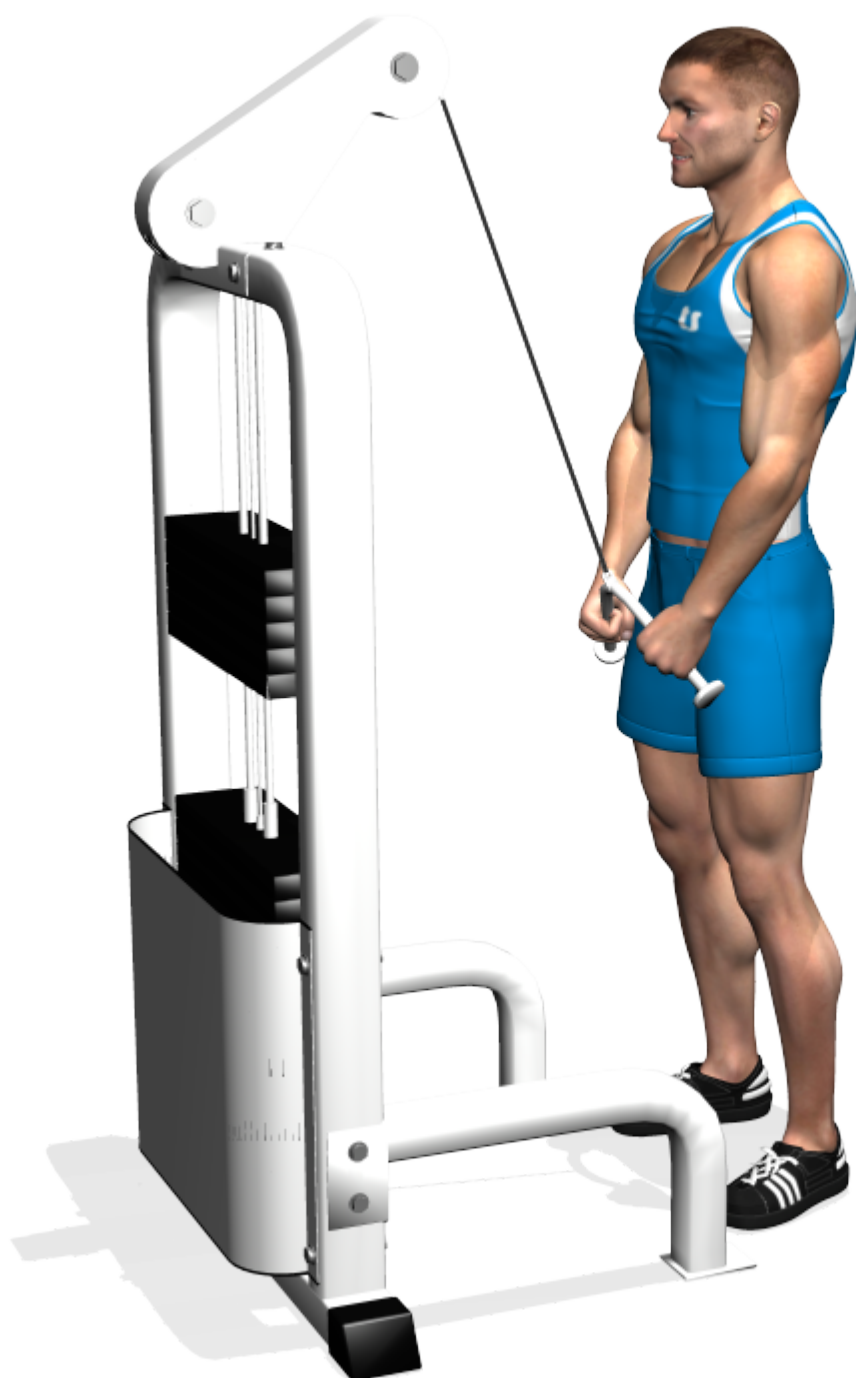
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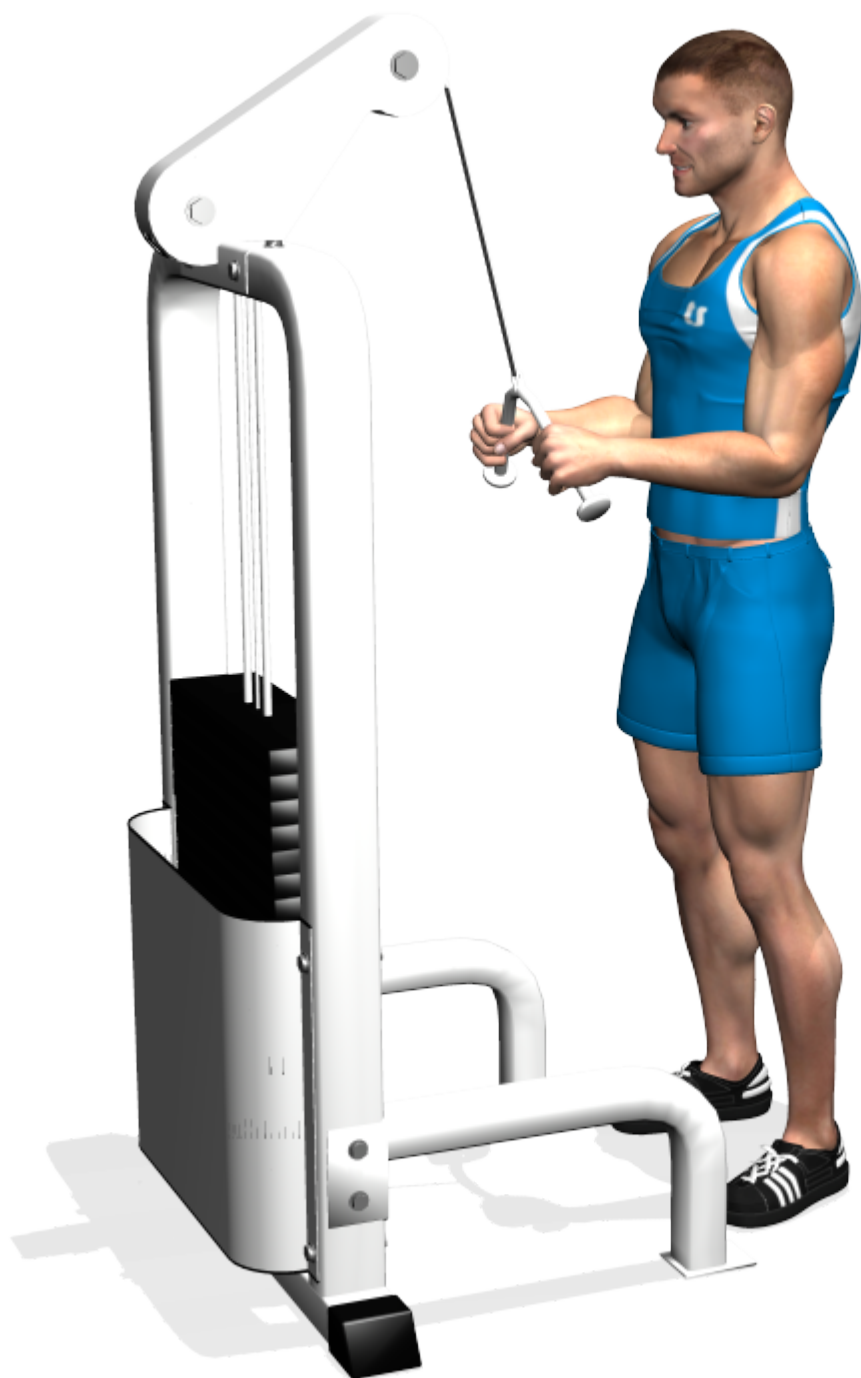
TRICIPITI

PUSH DOWN

SERIE: 3x12

REST: 60 SECONDI





FRENCH PRESS MANUBRI

SERIE: 3x12

REST: 60 SECONDI





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

ADDOMINALI GIORNO 3

CRUNCH GAMBE IN ALTO

SERIE: 3X20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CRUNCH-GAMBE-TESE-IN-ALTO.mp4>

OBLIQUI GAMBA PIEGATA

SERIE: 3x15

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/OBLIQUI-GAMBA-PIEGATA.mp4>

