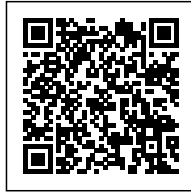


# SCHEDA ALLENAMENTO SILVIA CAPRA DONNA 02



# **SCHEDA DI ALLENAMENTO SILVIA CAPRA**

## **SCHEDA 1 - INIZIO 27 SETTEMBRE - DURATA 6 SETTIMANE**

### **GIORNI DI ALLENAMENTO**

GIORNO 1

GIORNO 2

#### **GIORNO 1**

#### **CORSA SU TAPPETO**

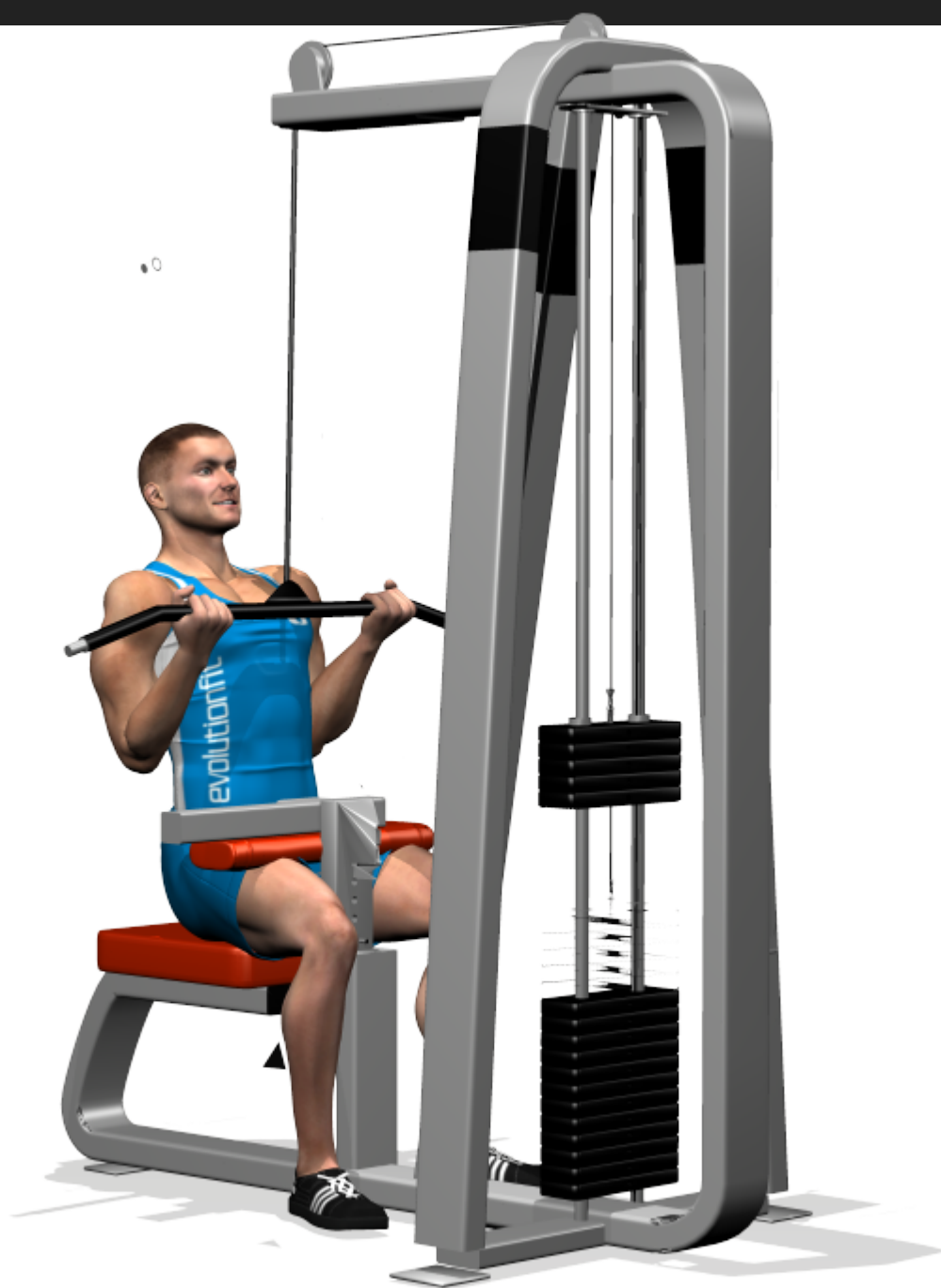
MINUTI: 20



## **LAT MACHINE INVERSA**

SERIE: 3x20

REST: 60 SECONDI





## SQUAT MANUBRIO

SERIE: 3x25

REST: 60 SECONDI





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

## CHEST INCLINE

SERIE: 3x20

REST: 60 SECONDI





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

## ABDUCTOR MACHINE

SERIE: 3x25

REST: 60 SECONDI





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

## CRUNCH A TERRA

SERIE: 3x25

REST: 60 SECONDI





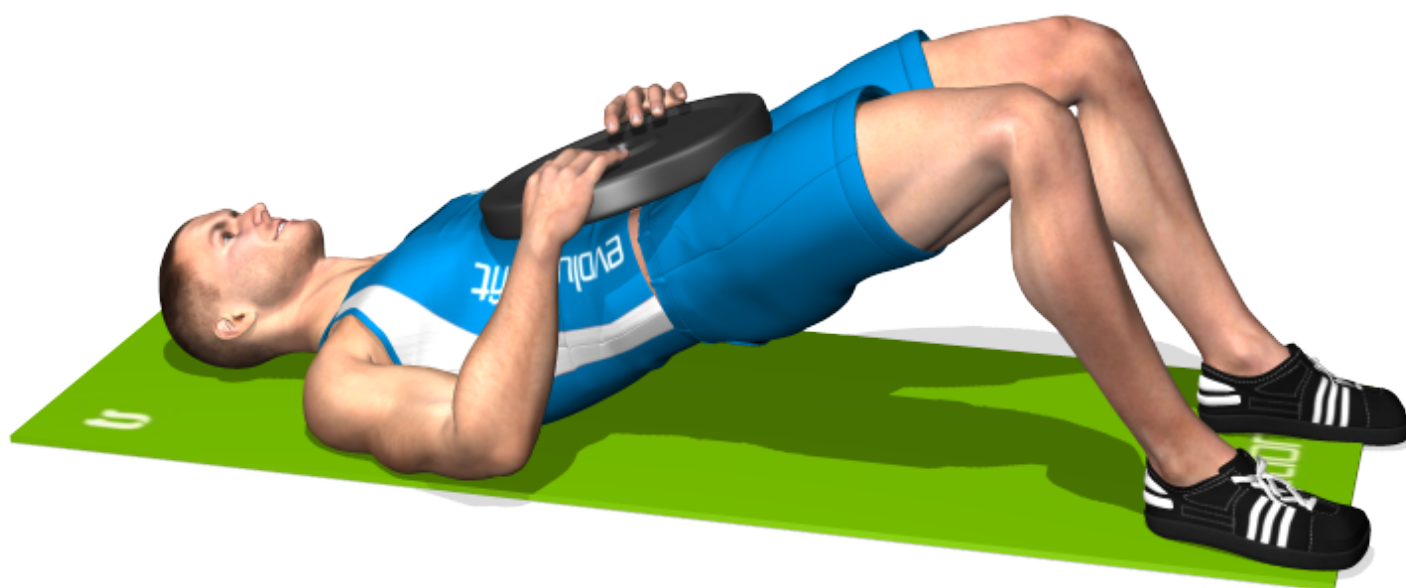
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

## PONTE PER GLUTEI

SERIE: 3X25

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)

## SPINTE SEDUTO MANUBRI

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDUCTOR MACHINE**

SERIE: 3x25

REST: 60 SECONDI



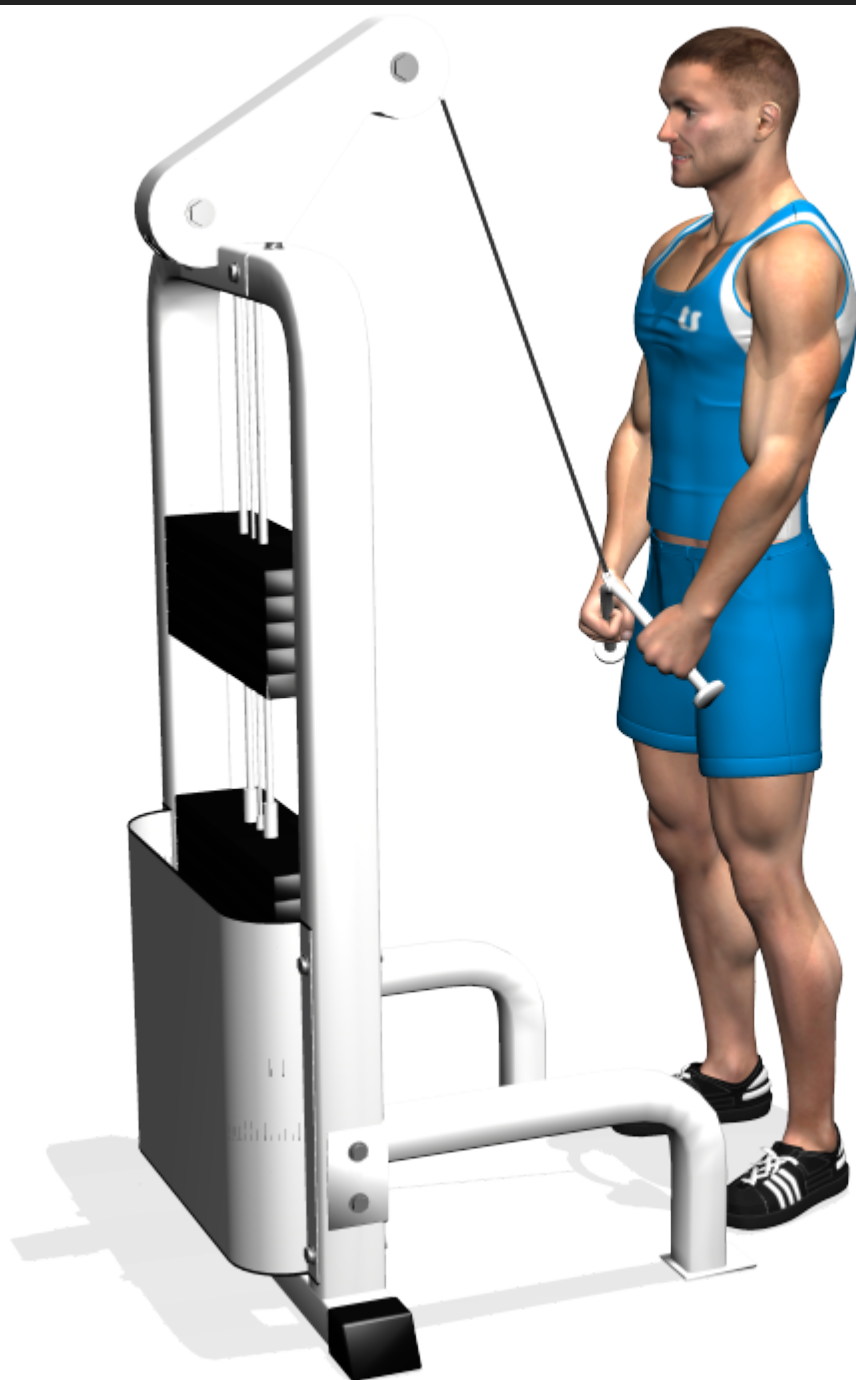


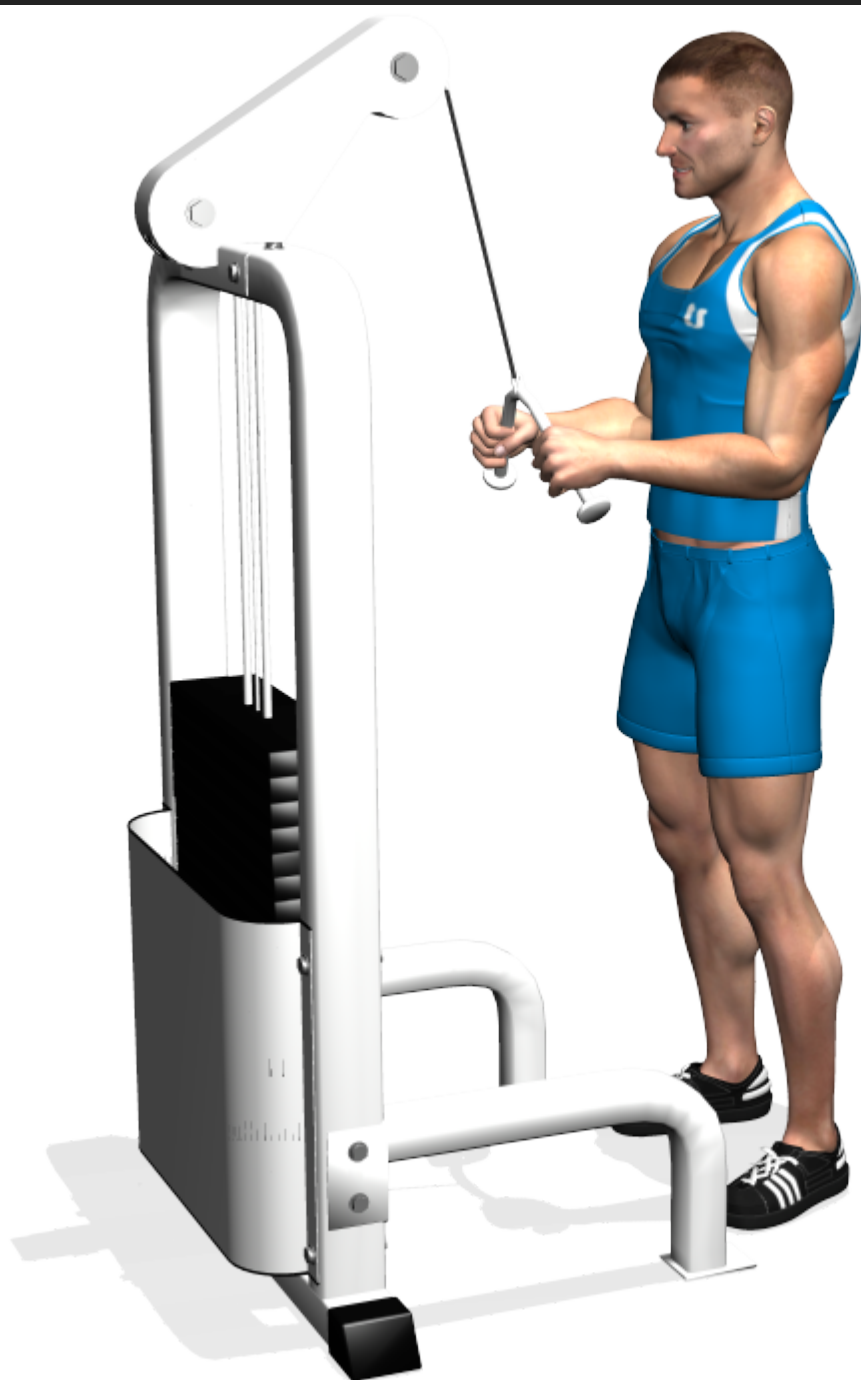
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

## PULLEY ALTO

SERIE: 3x20

REST: 60 SECONDI





## SLANCI GLUTEI

SERIE: 3x25

REST: 60 SECONDI



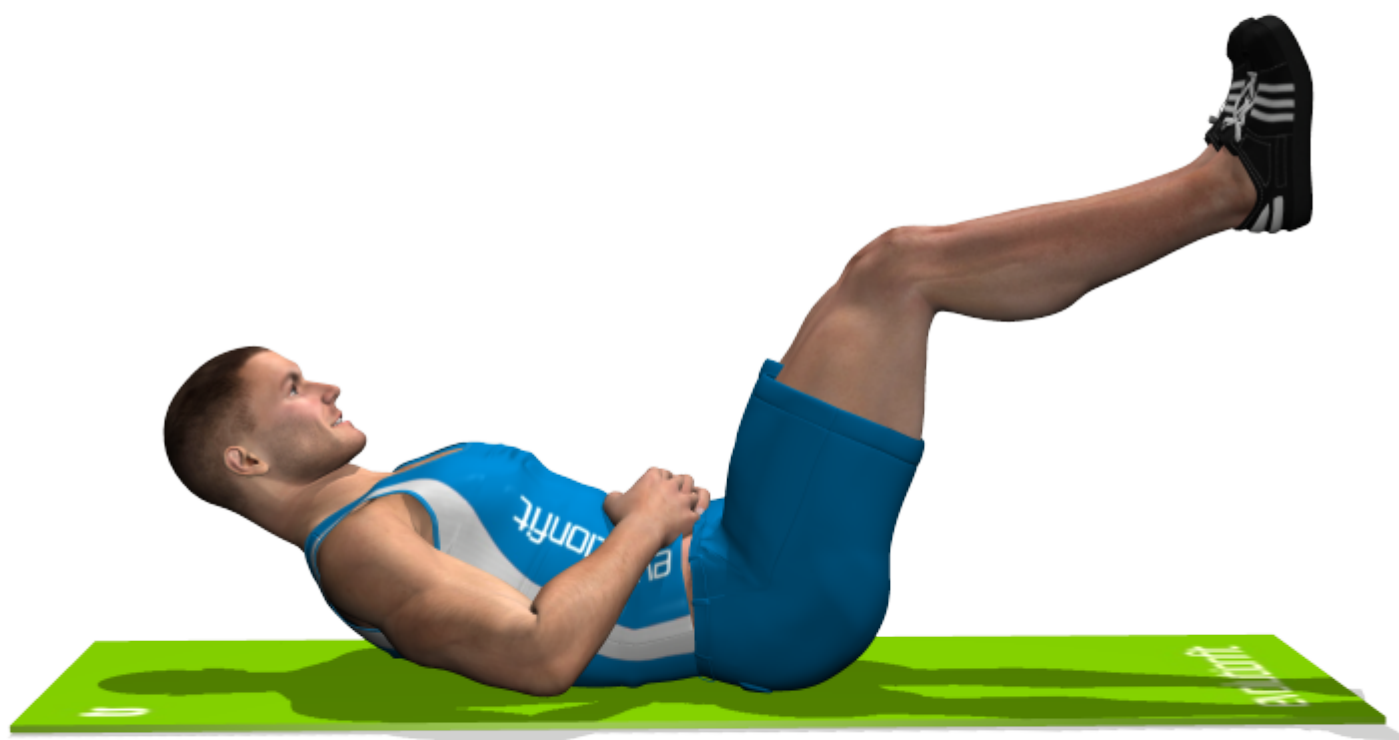


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

## CORSA SU TAPPETO

MINUTI: 15



## GIORNO 2

## CORSA SU TAPPETO

MINUTI: 20



## VERTICAL TRACTION

SERIE: 3x20

REST: 60 SECONDI



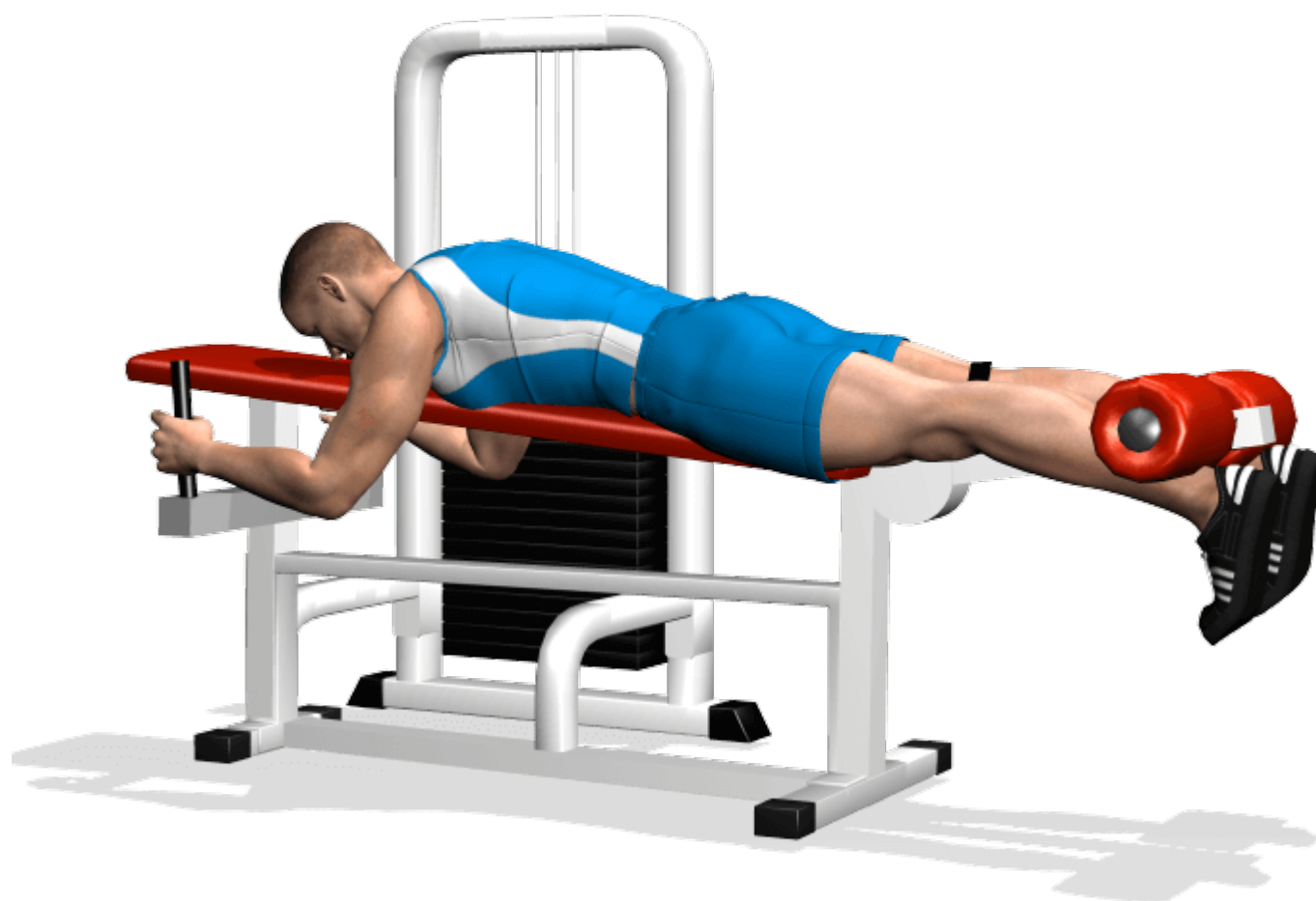


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/VERTICAL-TRACTION.mp4>

## LEG CURL

SERIE: 3x25

REST: 60 SECONDI





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

## **SPINTE MANUBRI PANCA PIANA**

SERIE: 3x20

REST: 60 SECONDI





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

## ABDUCTOR MACHINE

SERIE: 3x25

REST: 60 SECONDI





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

## **CURL MANUBRI ALTERNATO**

SERIE: 3x20

REST: 60 SECONDI





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

## MEZZI STACCHI

SERIE: 3X25

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/STACCHI-GAMBE-TESE.mp4>

## ALZATE LATERALI

SERIE: 3x20

REST: 60 SECONDI





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

## **ADDUCTOR MACHINE**

SERIE: 3x25

REST: 60 SECONDI





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

## **FRENCH PRESS SEDUTO**

SERIE: 3x20

REST: 60 SECONDI





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

## SLANCI GLUTEI

SERIE: 3x25

REST: 60 SECONDI



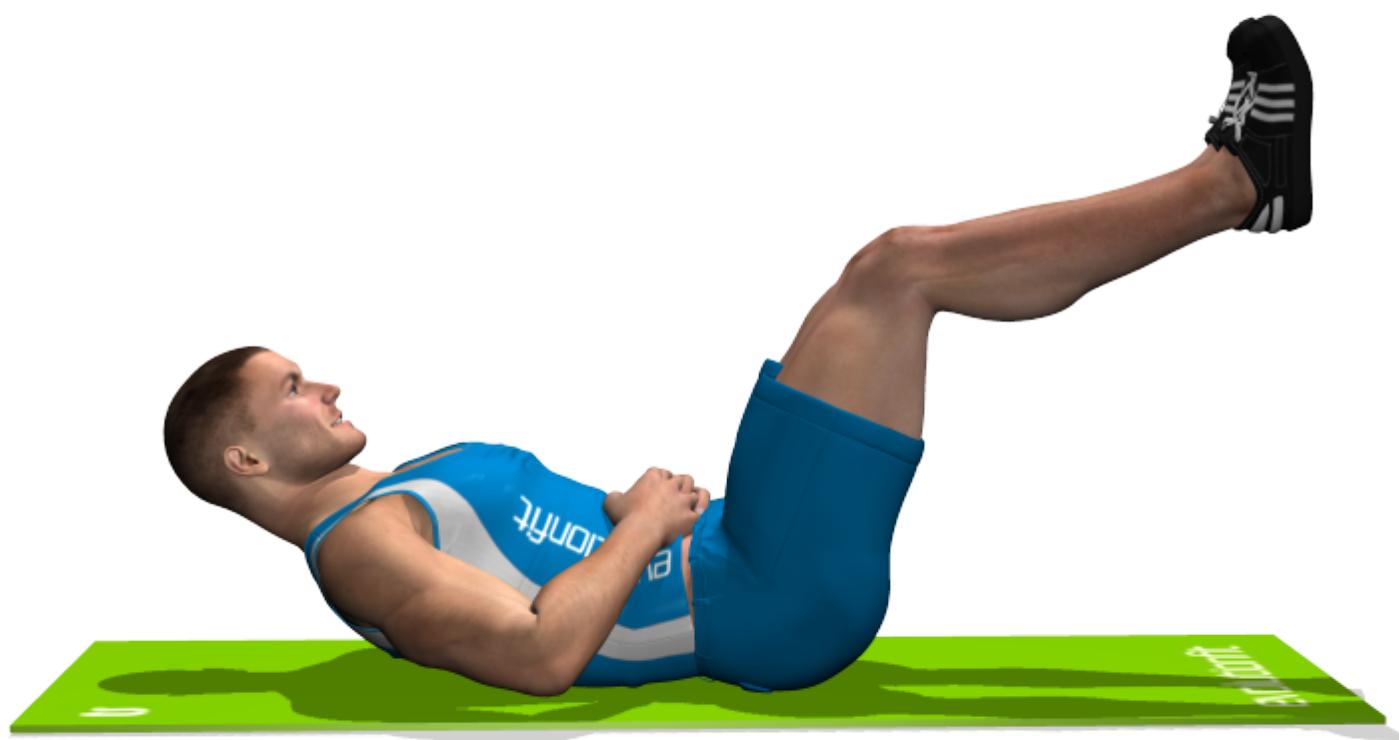


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

## REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

## **CORSA SU TAPPETO**

MINUTI: 15



