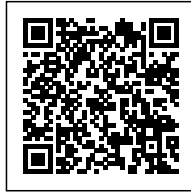


SCHEDA ALLENAMENTO SILVIA CAPRA DONNA 02



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

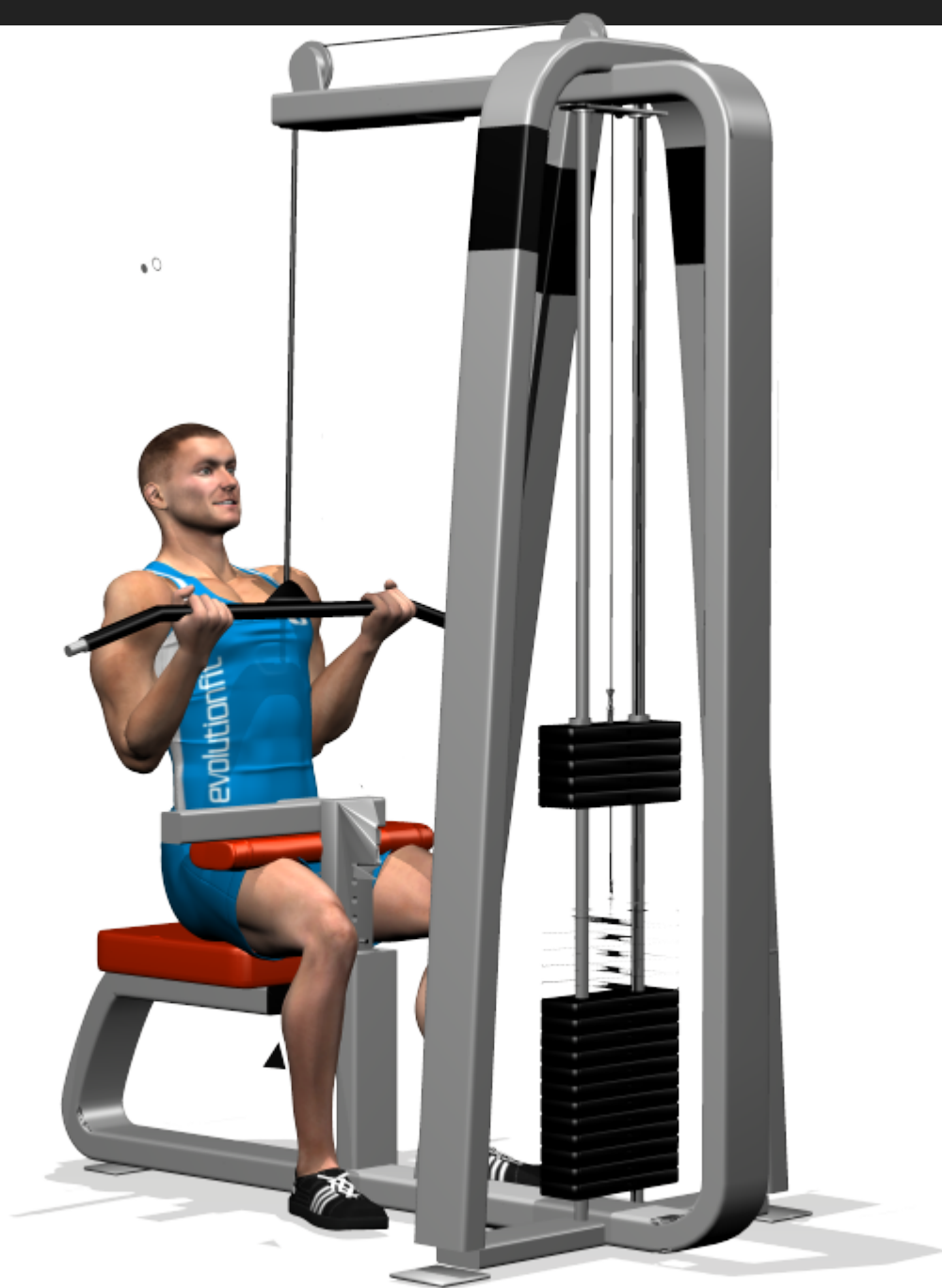
MINUTI: 20



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





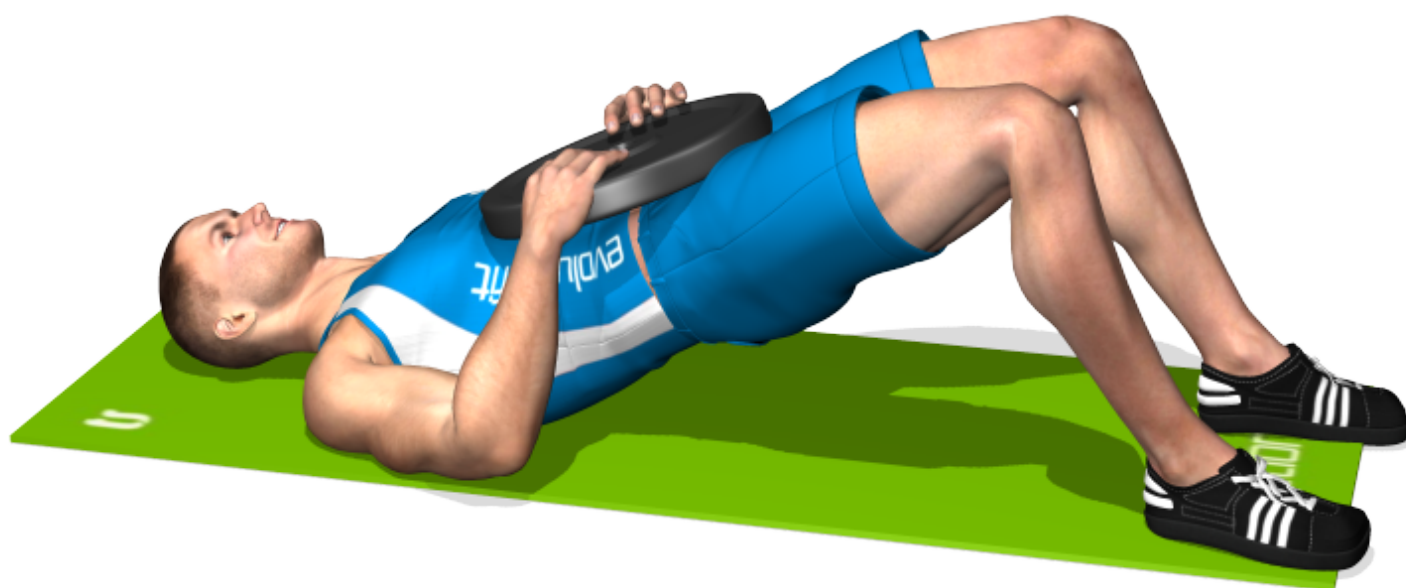
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

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



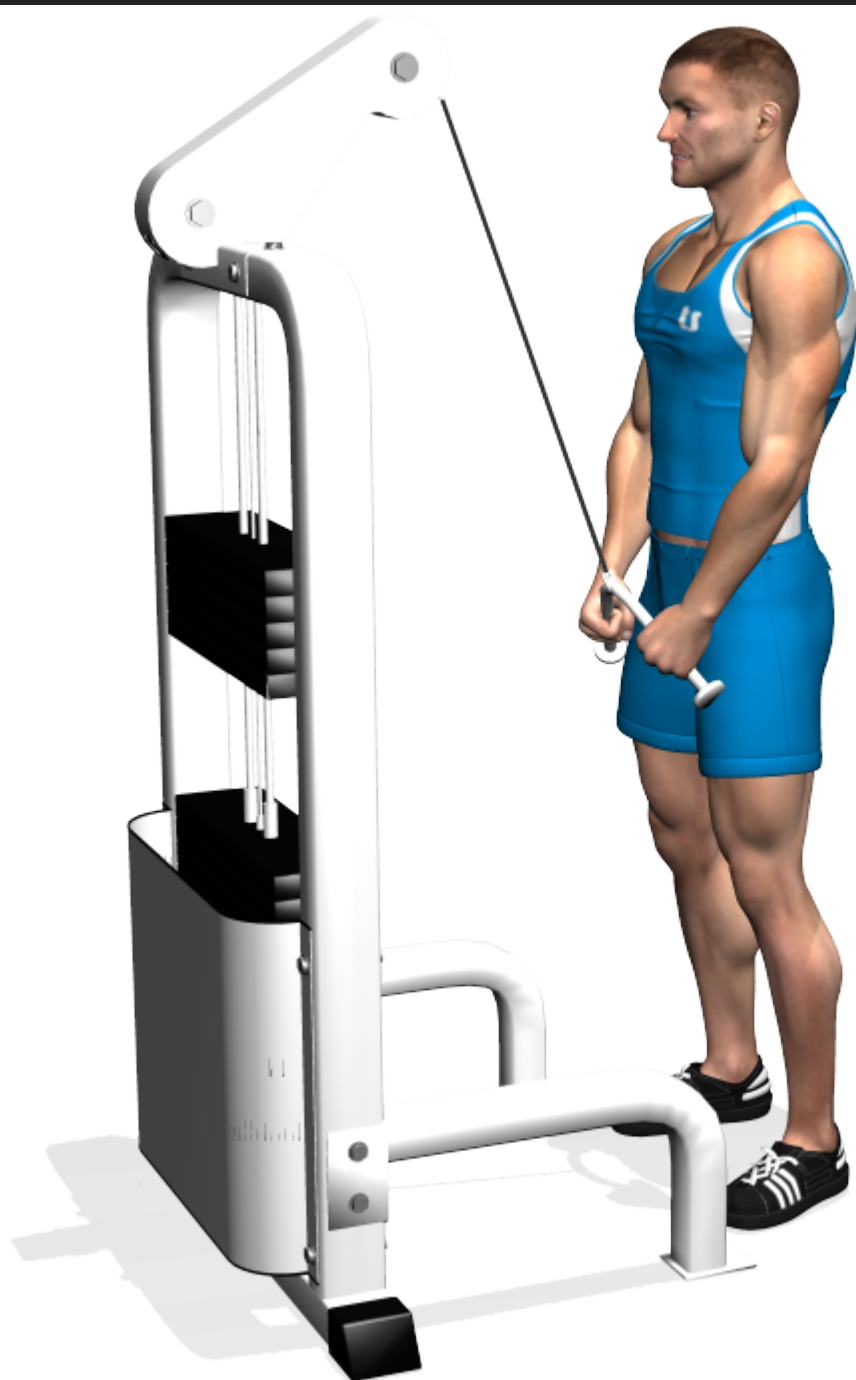


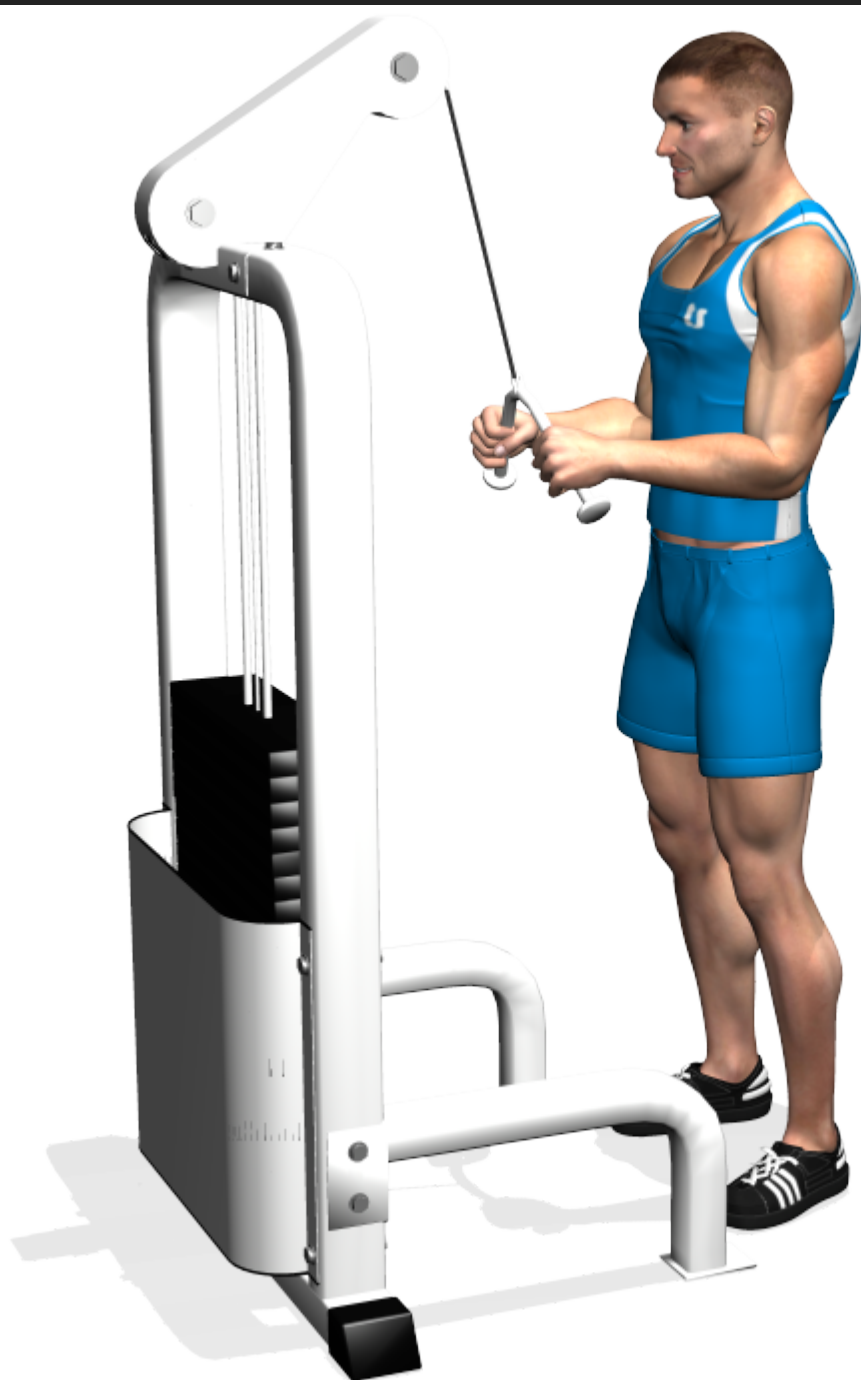
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/ADDUCTOR-MACHINE.mp4>

PULLEY ALTO

SERIE: 3x20

REST: 60 SECONDI





SLANCI GLUTEI

SERIE: 3x25

REST: 60 SECONDI



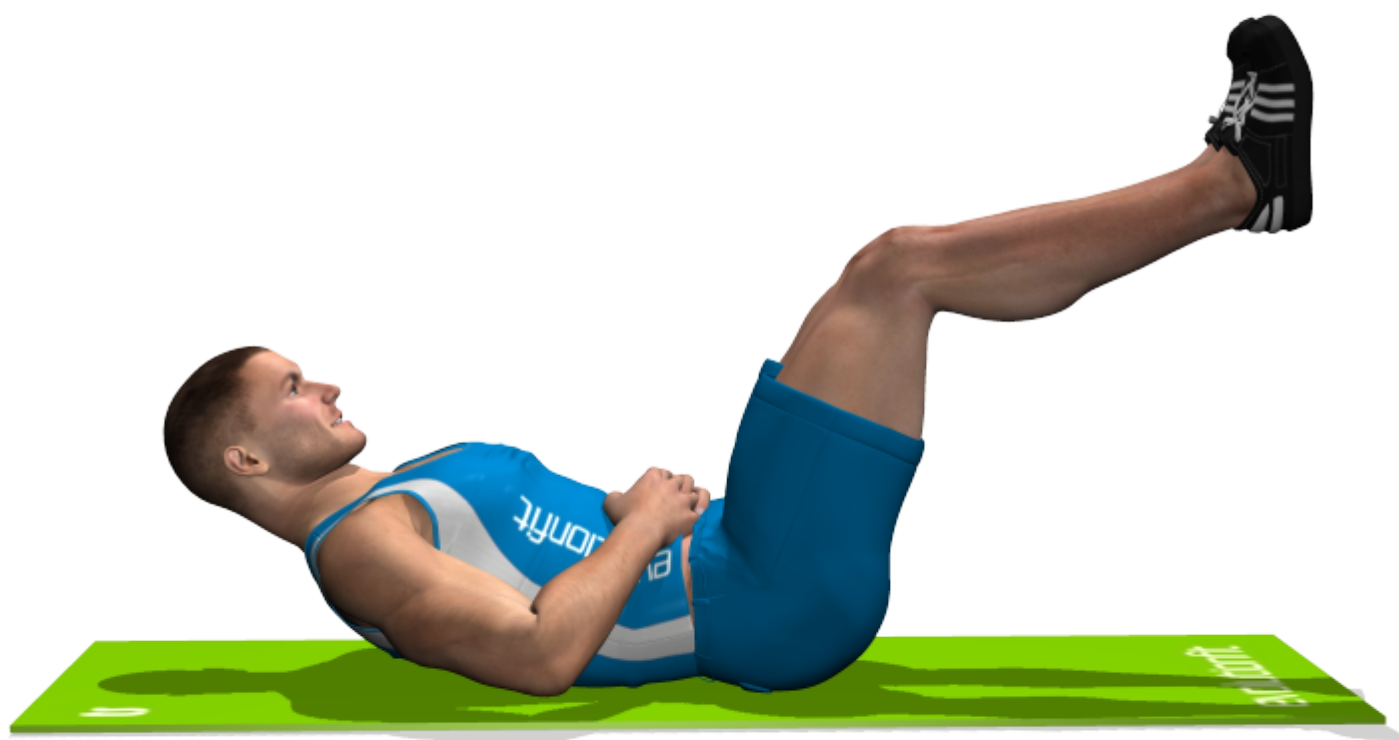


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

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



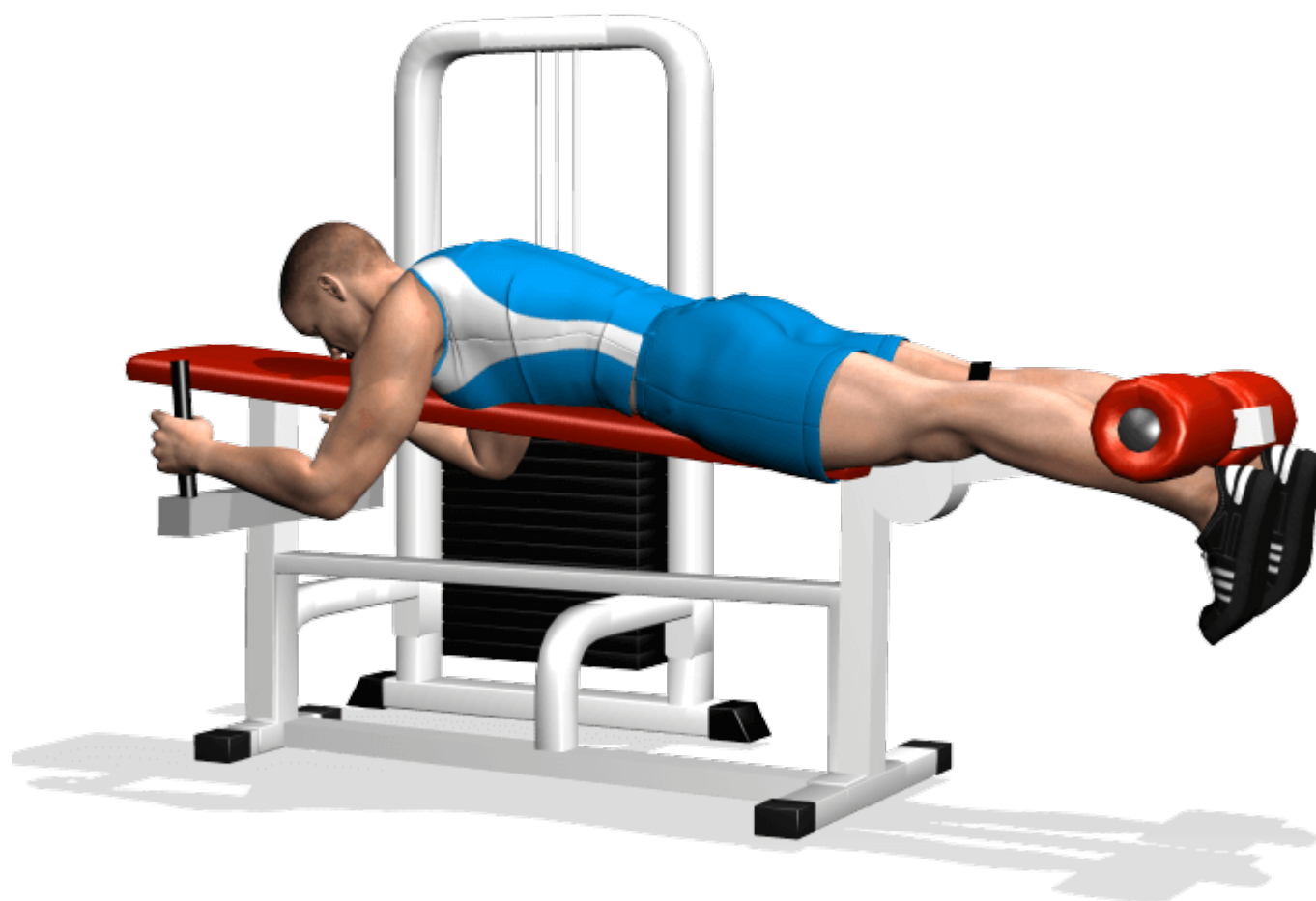


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LEG CURL

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



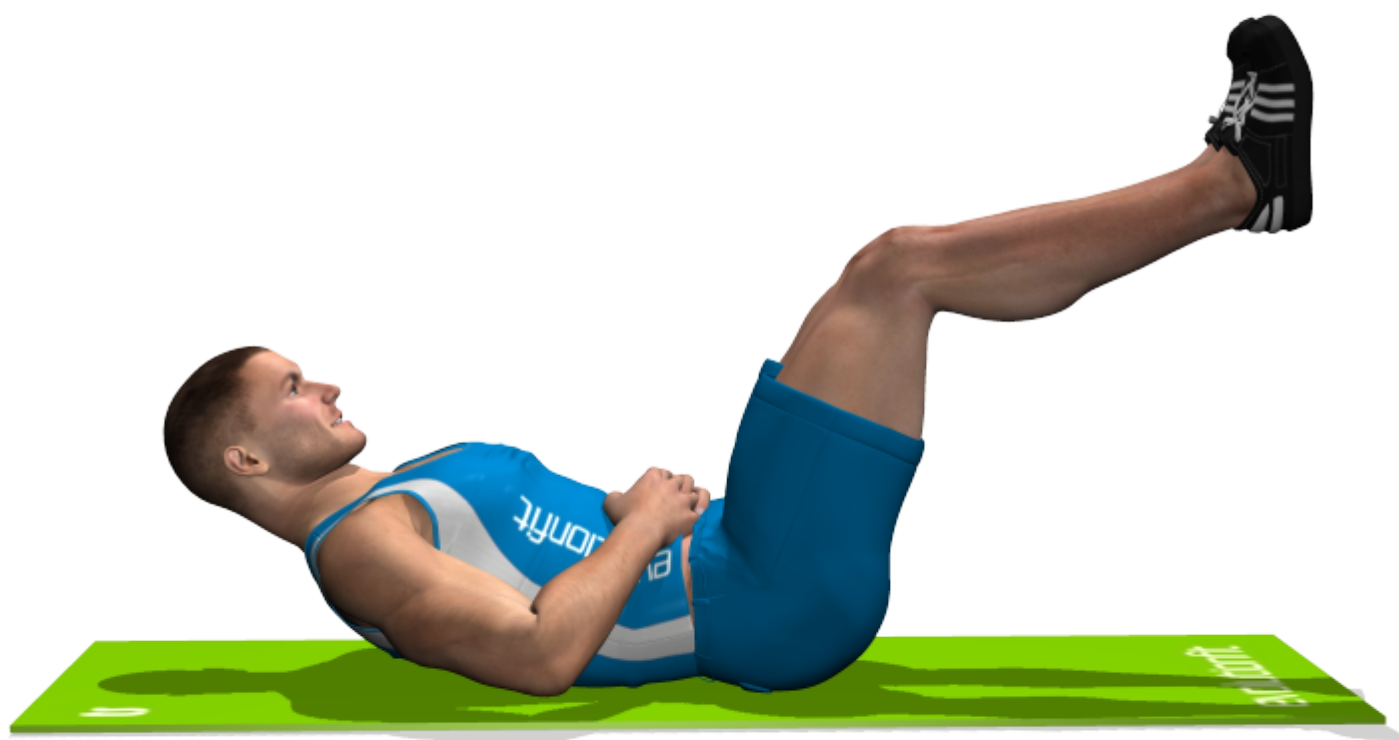


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/SLANCI-POSTERIORI-IN-PIEDI-GAMBA-TESA-.mp4>

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

CORSA SU TAPPETO

MINUTI: 15



