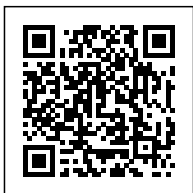


SCHEDA ALLENAMENTO UOMO 16



SCHEDA DI ALLENAMENTO UOMO 16

SCHEDA 1 - 30 SETTEMBRE

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](#)

- GAMBE

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5/10

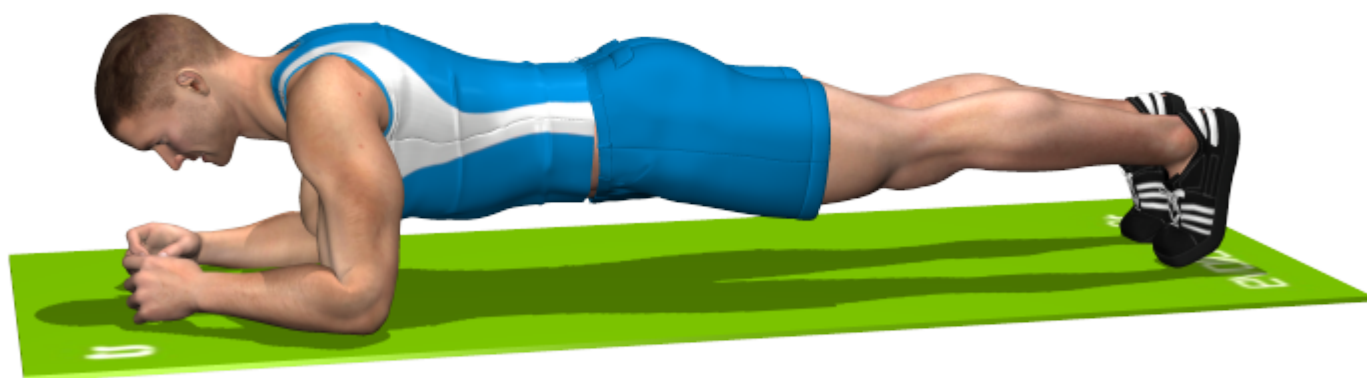


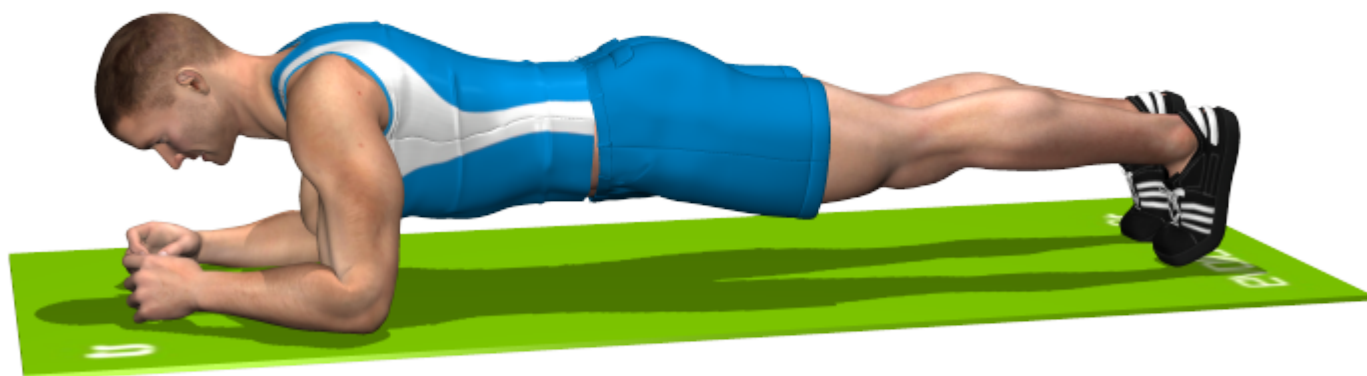
ADDOMINALI

PLANK

SERIE: 3x90 SECONDI

REST: 90 SECONDI





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

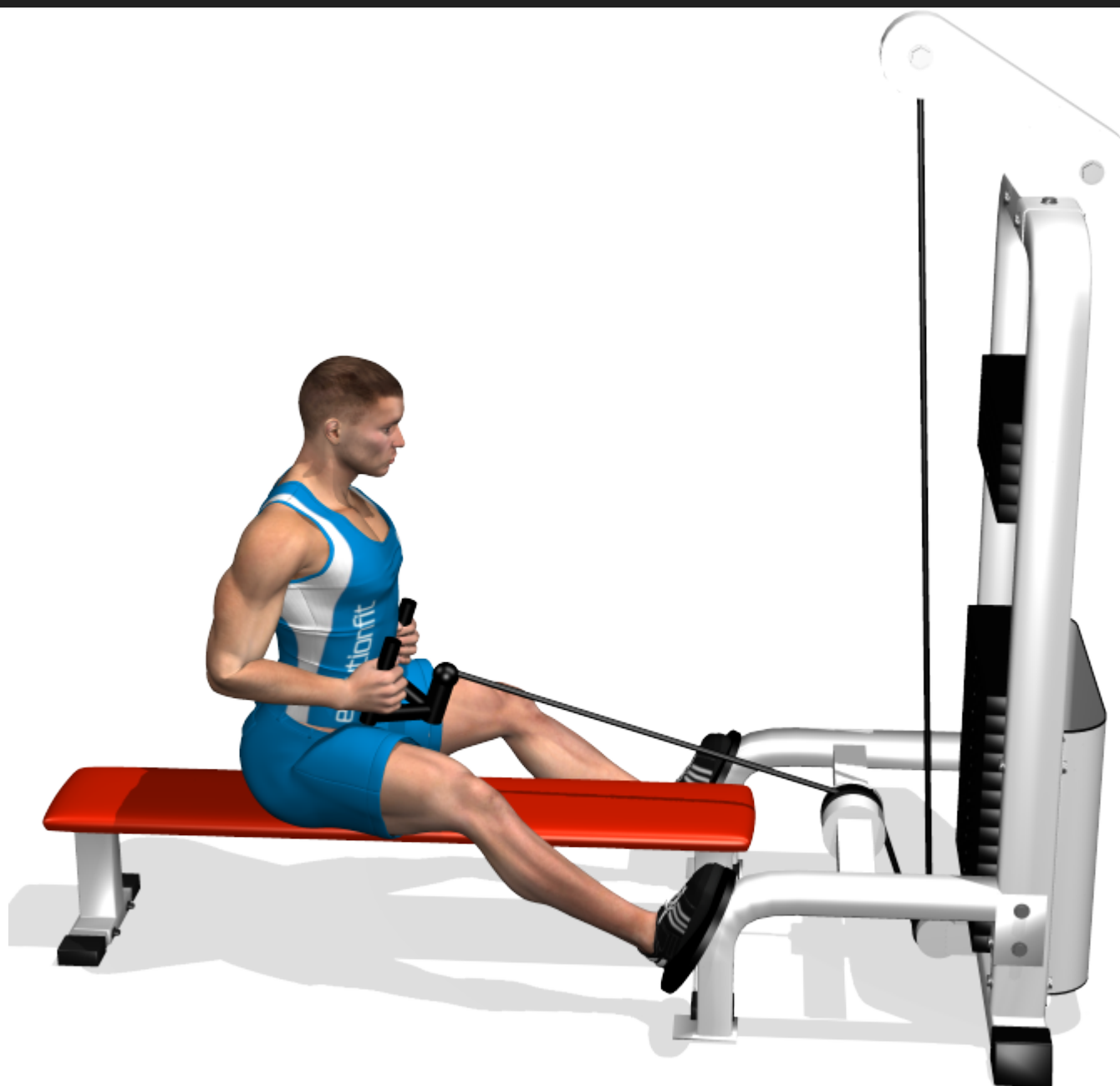
DORSALI

PULLEY BASSO

REPS: 6-8-10-12

REST: 90 SECONDI





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

LAT MACHINE AVANTI

REPS: 6-8-10-12

REST: 90 SECONDI





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

REMATORE MANUBRIO SU PANCA

REPS: 6-8-10-12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REMATORE-MANUBRIO-SU-PANC>
A.mp4

TRICIPITI

FRENCH PRESS MANUBRI

REPS: 6-8-10-12

REST: 90 SECONDI



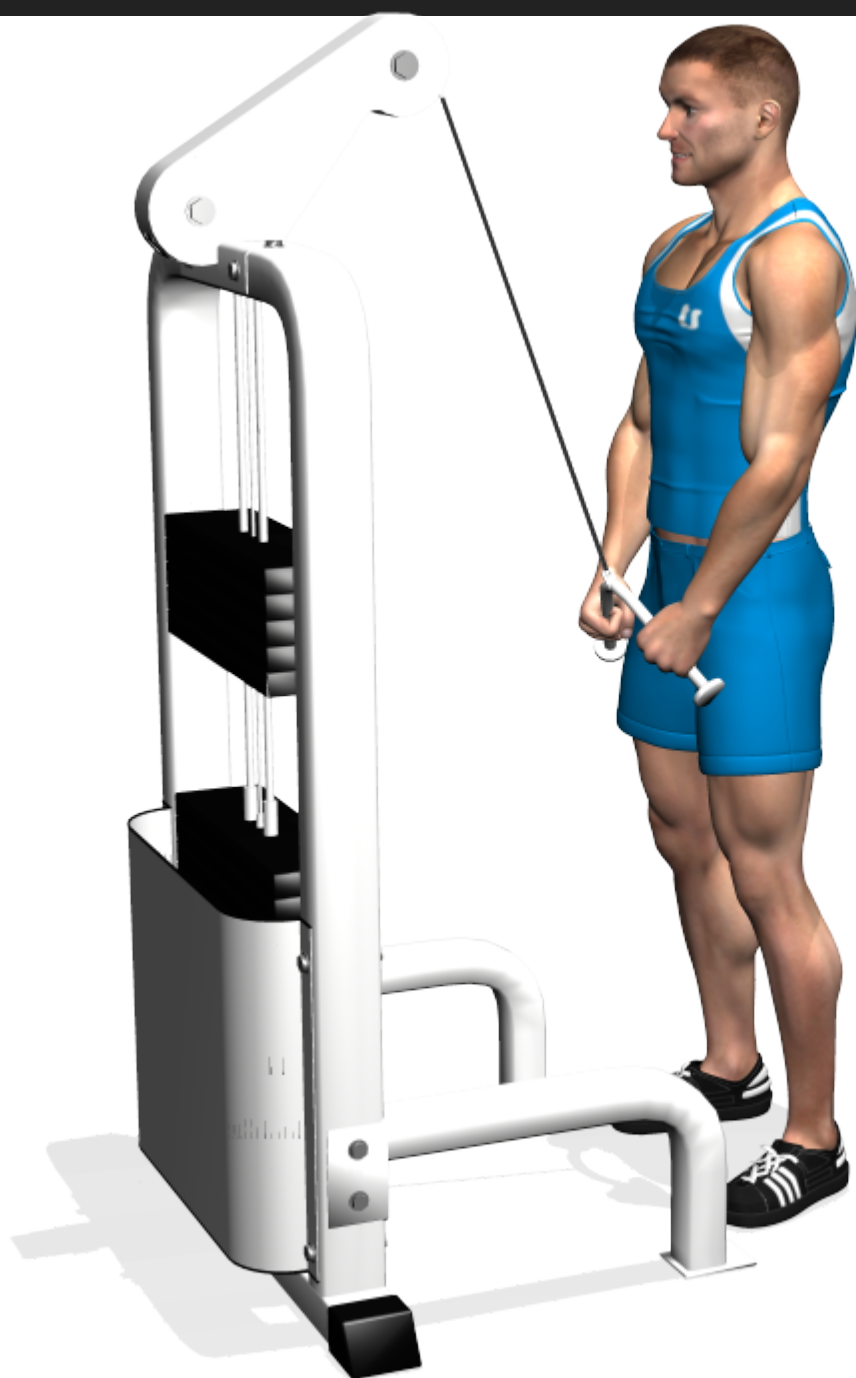


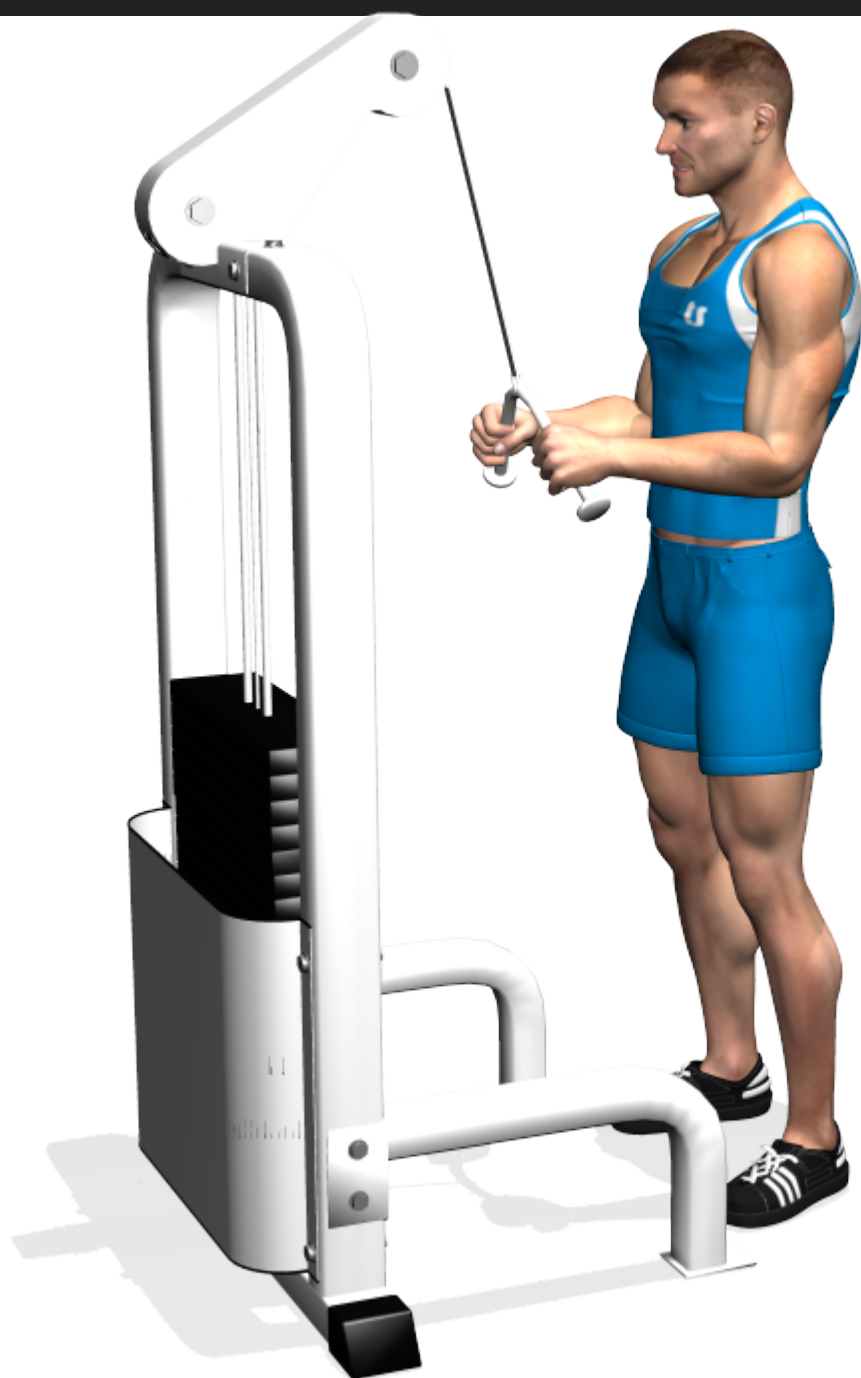
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/FRENCH-PRESS-MANUBRI.mp4>

PULLEY ALTO

REPS: 6-8-10-12

REST: 90 SECONDI





FRENCH PRESS SEDUTO

SERIE: 3x12

REST: 90 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5/10

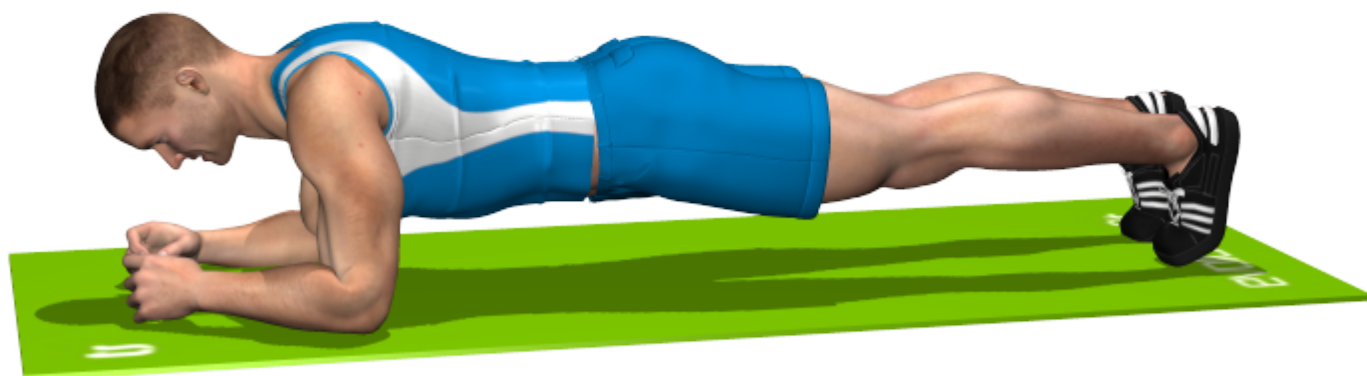


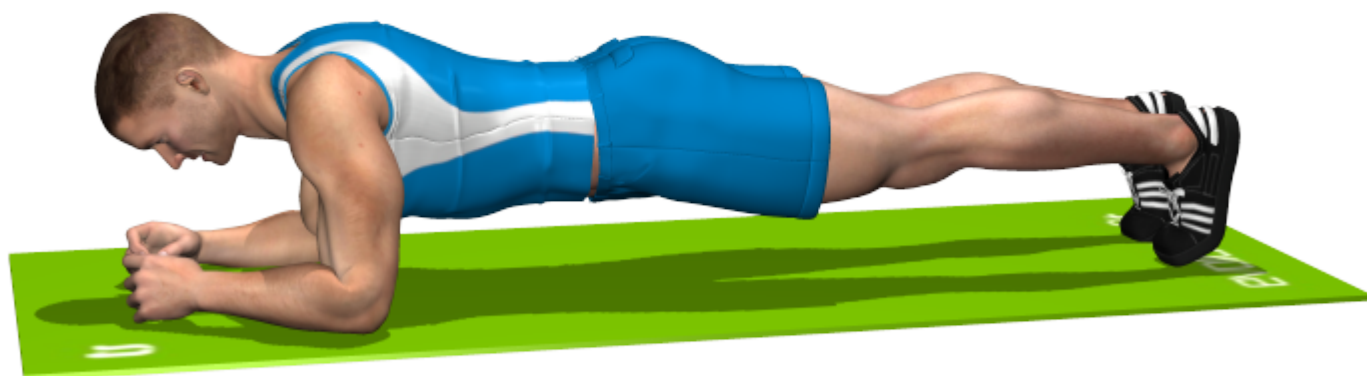
ADDOMINALI

PLANK

SERIE: 3x90 SECONDI

REST: 90 SECONDI





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

GAMBE

LEG PRESS ORIZZONTALE

REPS: 6-8-10-12

REST: 90 SECONDI



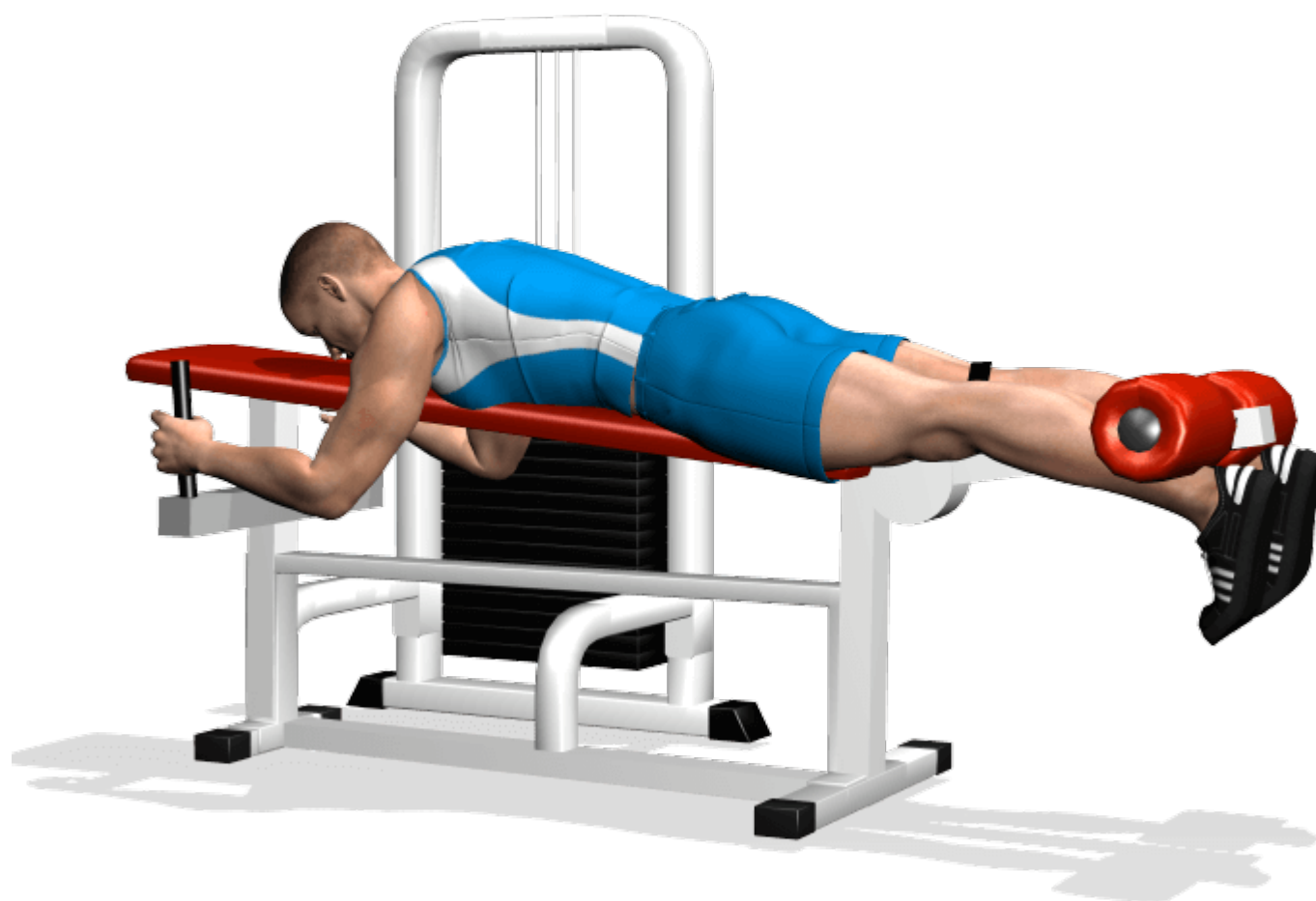


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL

REPS: 6-8-10-12

REST: 90 SECONDI





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

LEG EXTENSION

REPS: 6-8-10-12

REST: 90 SECONDI





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

SPALLE

ROWING TORSO

REPS: 6-8-10-12

REST: 90 SECONDI





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

SPINTE SEDUTO MANUBRI

REPS: 6-8-10-12

REST: 90 SECONDI





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

ALZATE LATERALI

REPS: 6-8-10-12

REST: 90 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5/10

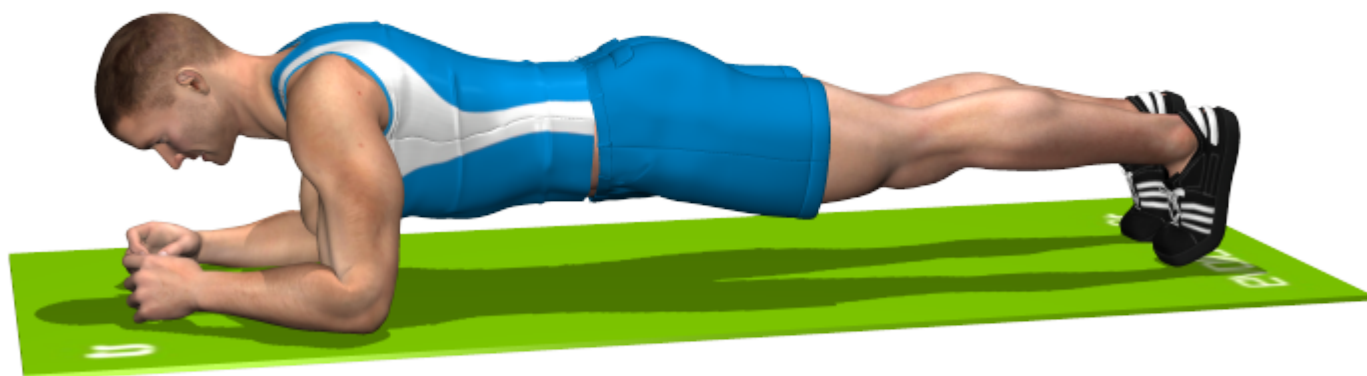


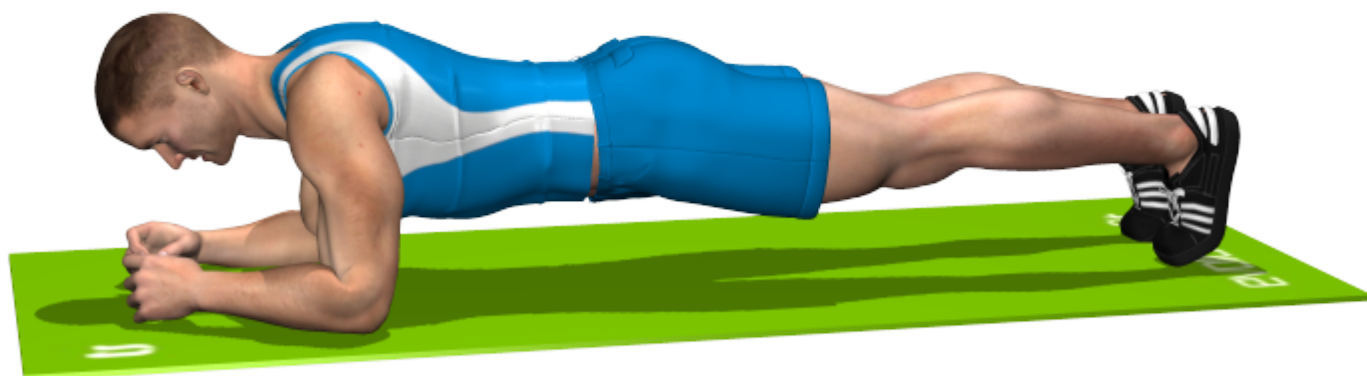
ADDOMINALI

PLANK

SERIE: 3x90 SECONDI

REST: 90 SECONDI





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

PETTORALI

PANCA PIANA BILANCIERE

REPS: 6-8-10-12

REST: 90 SECONDI





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

PANCA INCLINATA BILANCIERE

REPS: 6-8-10-12

REST: 90 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

REPS: 6-8-10-12





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

BICIPITI - AVAMBRACCI

CURL BILANCIERE RETTO

REPS: 6-8-10-12

REST: 90 SECONDI





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

CURL MANUBRI SCHIENA IN APPOGGIO

REPS: 6-8-10-12

REST: 90 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APP-OGGIO.mp4>

CURL CONCENTRATO UN MANUBRIO

SERIE: 3x12





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4>

