

SCHEDA ALLENAMENTO UOMO 20



SCHEDA DI ALLENAMENTO UOMO 20

SCHEDA 1 - 30 SETTEMBRE

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- DORSALI](#)

[Clicca qui](#)

[- TRICIPITI](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- LOMBARI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- PETTORALI

[Clicca qui](#)

- BICIPITI

- AVAMBRACCI

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5 MINUTI



DORSALI

TRAZIONI ALLA SBARRA

SERIE: 5X5

REST: 120 SECONDI





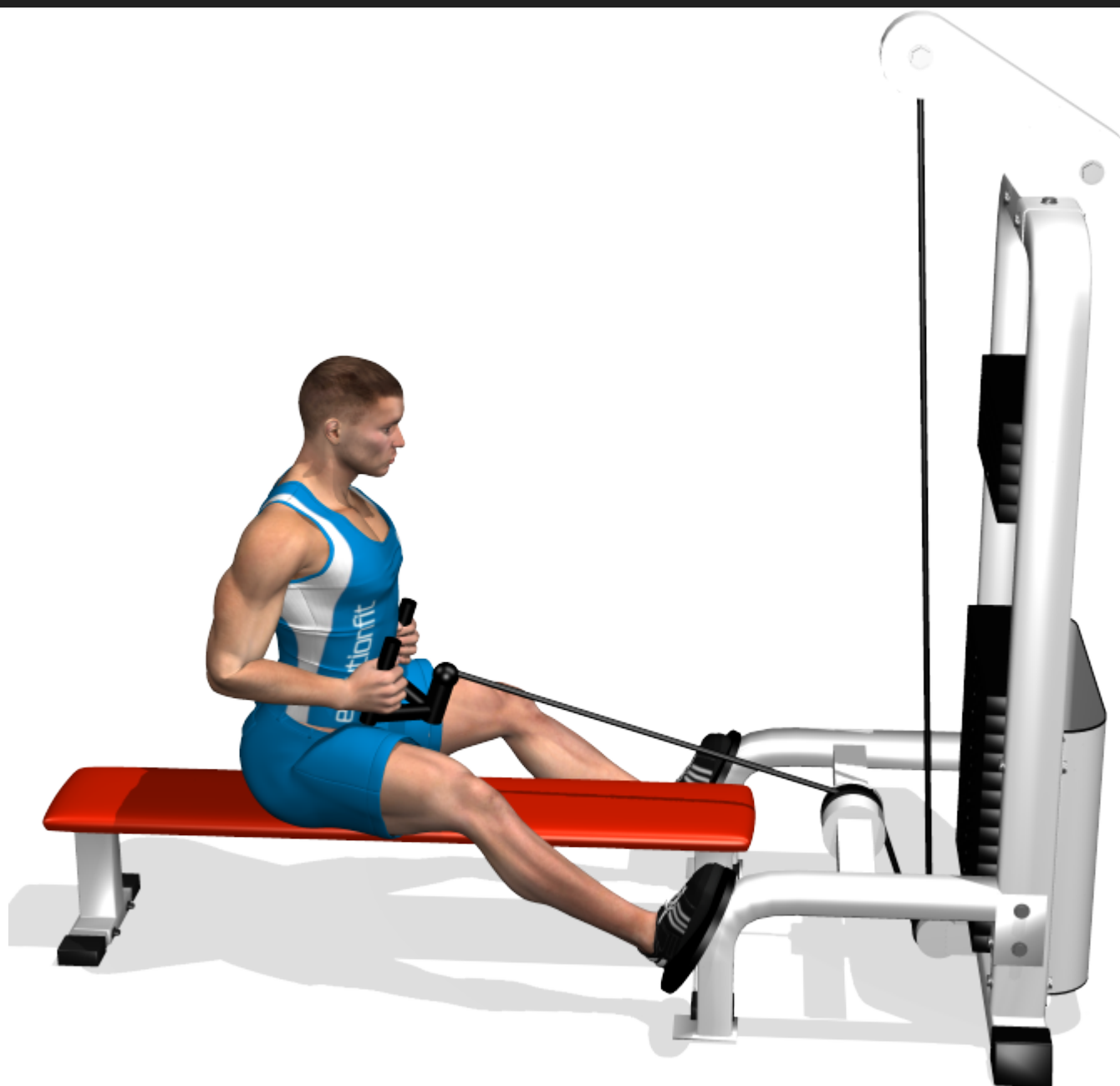
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/TRAZIONI-ALLA-SBARRA.mp4>

PULLEY BASSO

SERIE: 5X5

REST: 120 SECONDI



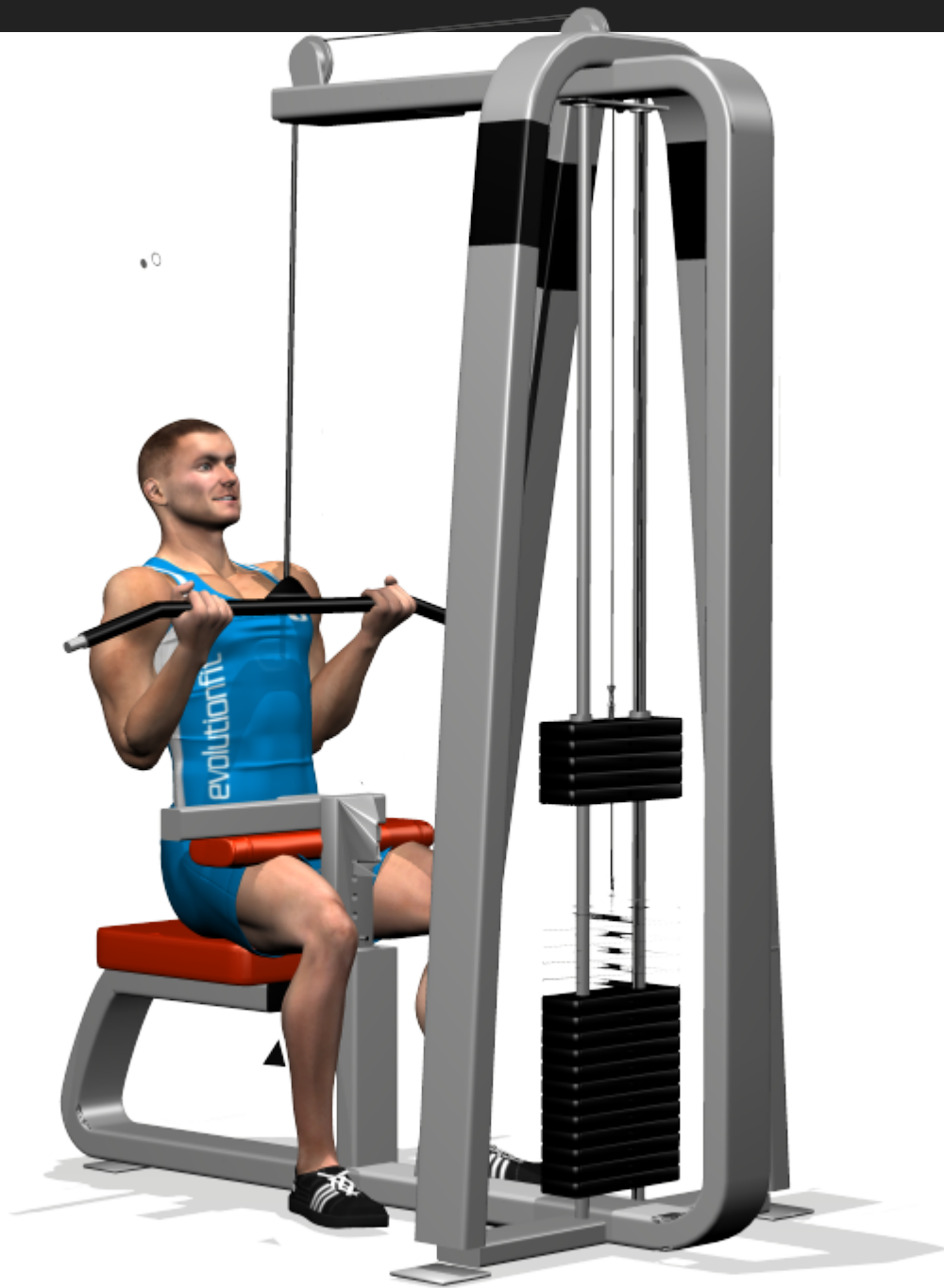


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

LAT MACHINE INVERSA

SERIE: 3x10/12

REST: 60 SECONDI





PULL OVER

SERIE: 2xMAX

REST: 60 SECONDI





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

TRICIPITI

DIPS

SERIE: 5X5

REST: 120 SECONDI



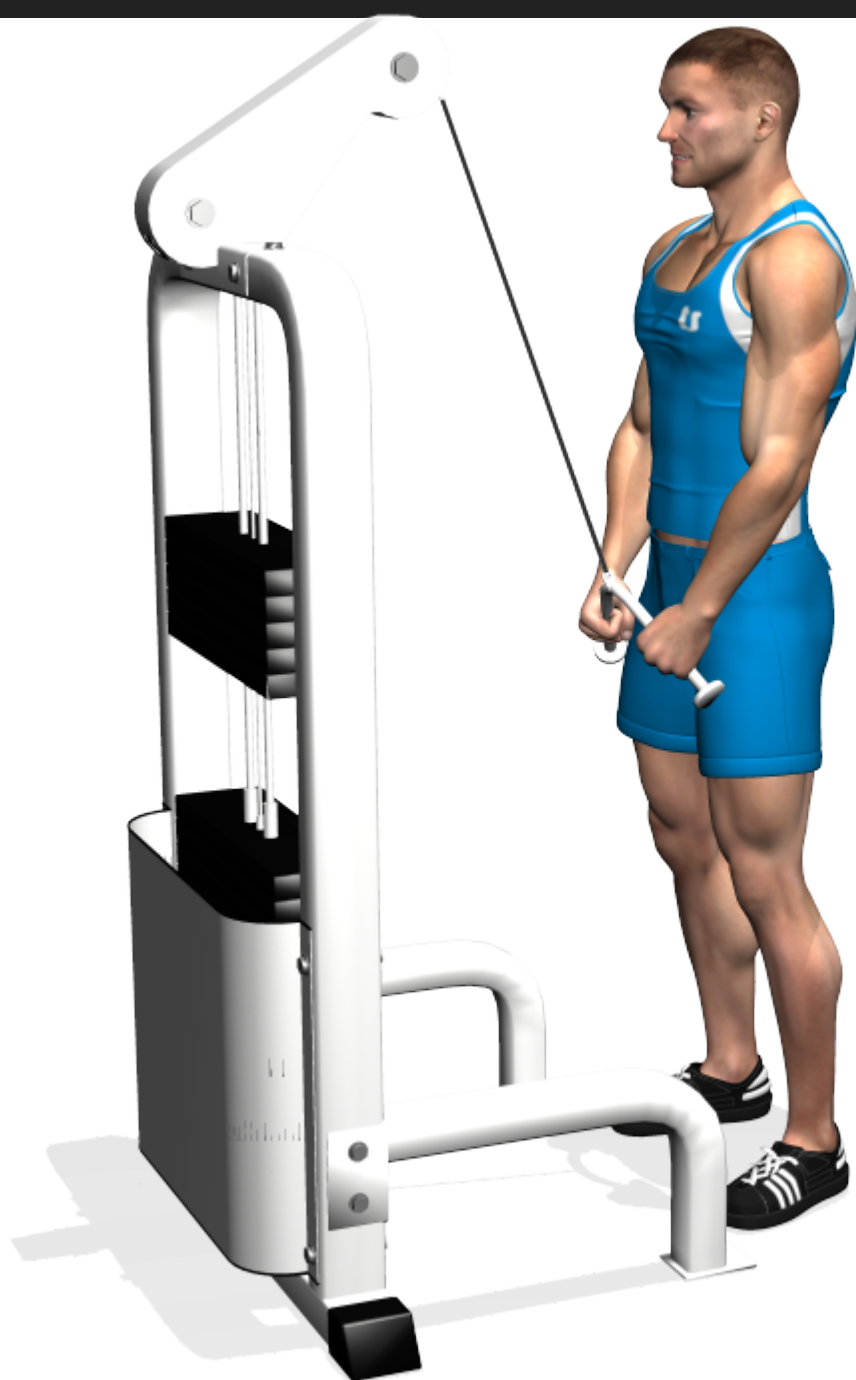


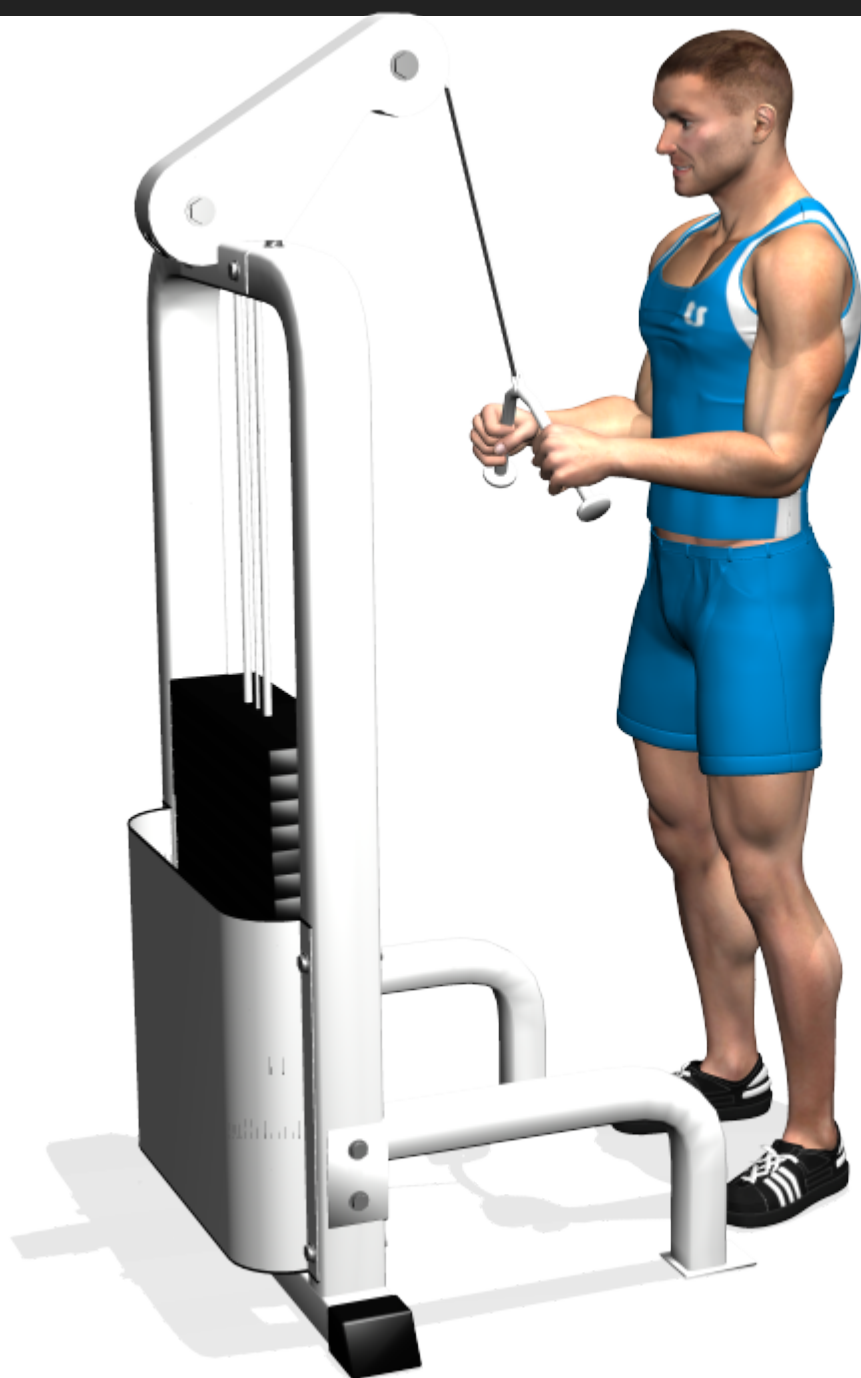
<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/DIPS-1.mp4>

PULLEY ALTO

SERIE: 5X5

REST: 120 SECONDI





KICK BACK SEDUTO 1 MANUBRIO

SERIE: 3x10/12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/KICK-BACK-UN-MANUBRIO.mp4>

ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x25

REST: 60 SECONDI





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

GIORNO 2

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5 MINUTI



GAMBE

LEG PRESS ORIZZONTALE

SERIE: 5X5

REST: 120 SECONDI



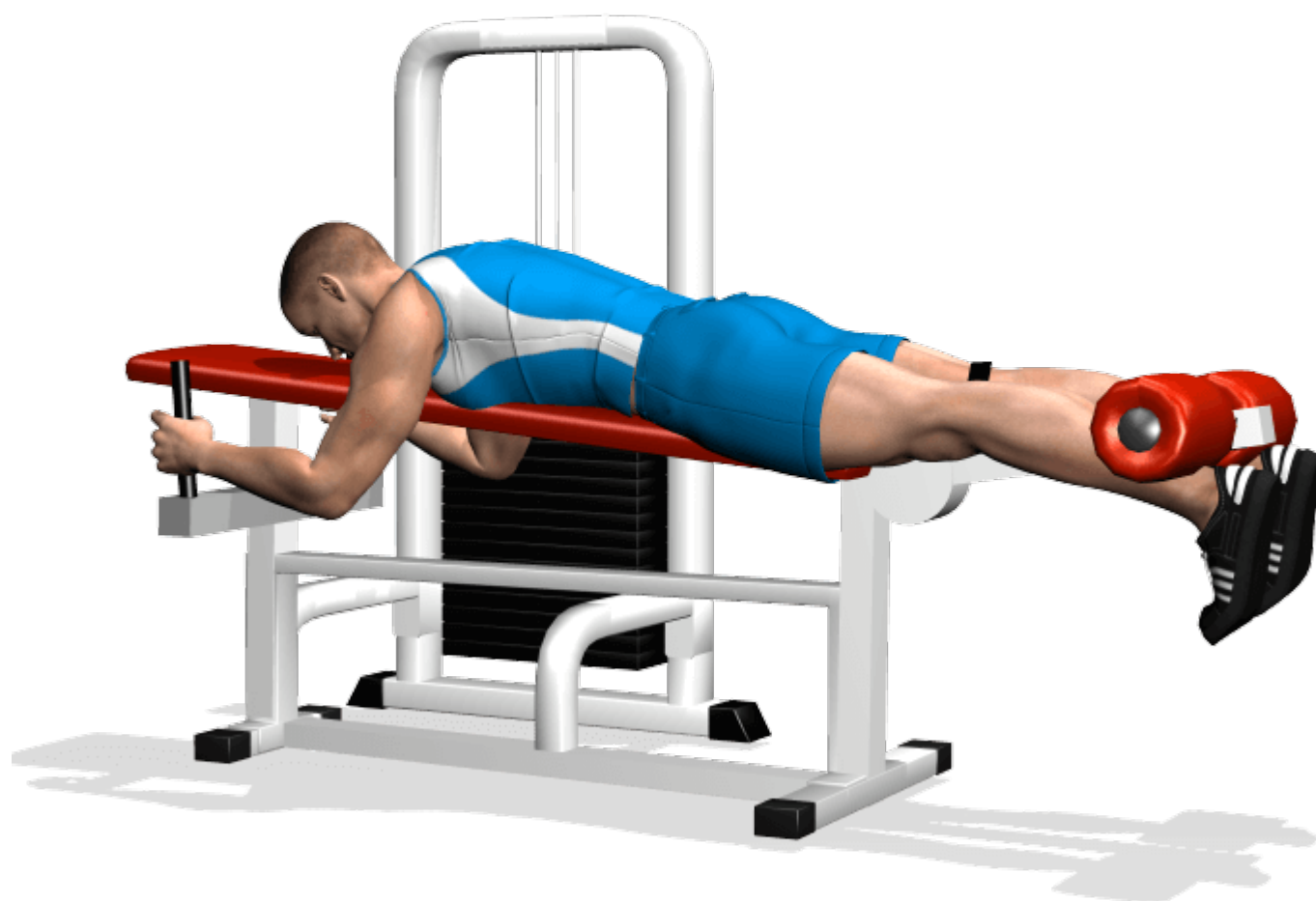


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

LEG CURL

SERIE: 5X5

REST: 120 SECONDI





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

AFFONDI SAGITTALI MANUBRI

SERIE: 3x10

REST: 60 SECONDI



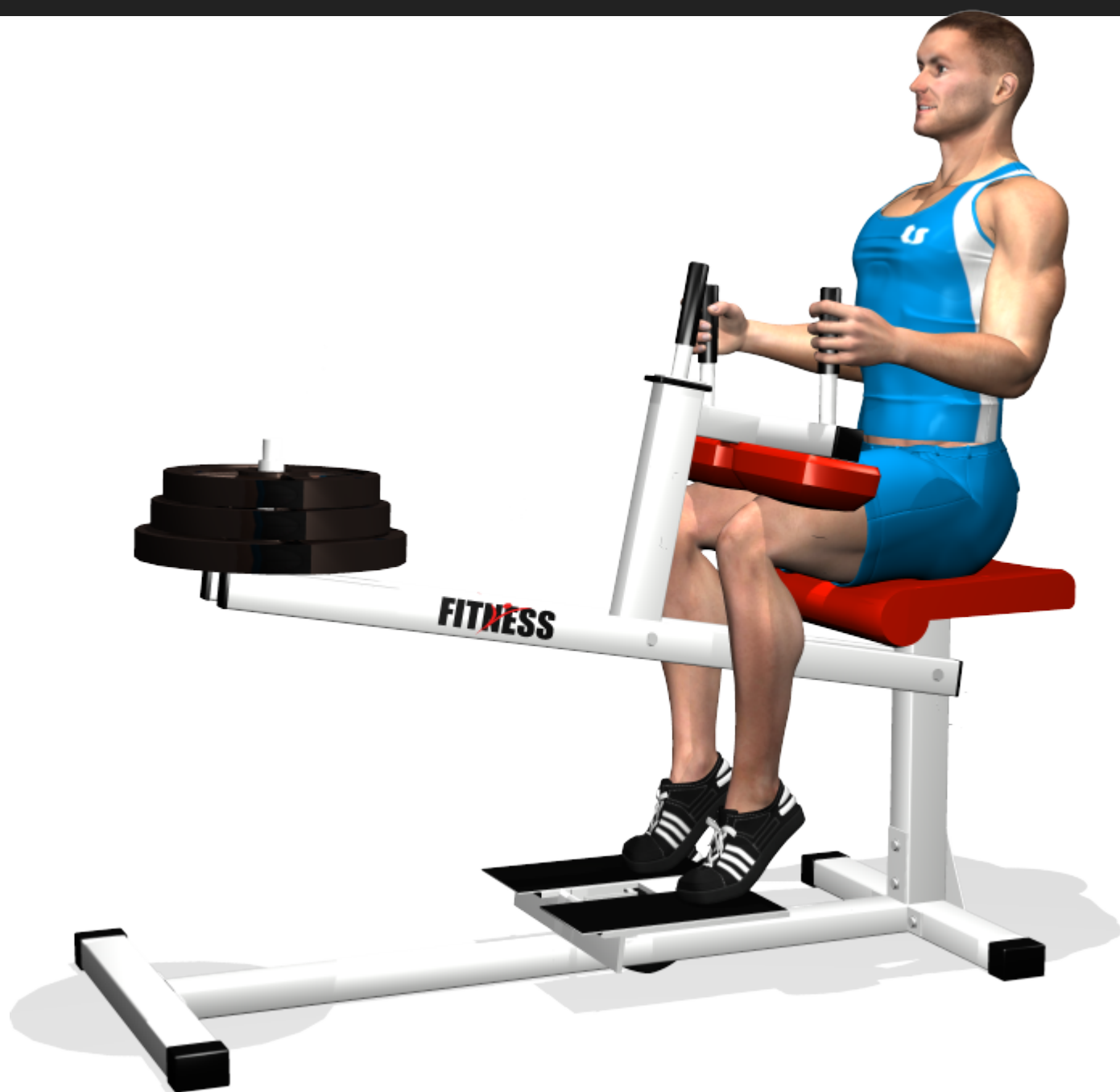


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>

CALF MACHINE SEDUTO

SERIE: 3 X 12





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

SPALLE

ROWING TORSO

SERIE: 5X5

REST: 120 SECONDI





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

SHOULDER PRESS MACHINE

SERIE: 5X5

REST: 120 SECONDI





ALZATE SU PANCA INCLINATA

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CROCI-INVERSE-PANCA-INCLINATA.mp4>

ALZATE FRONTALI

SERIE: 2 MAX





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

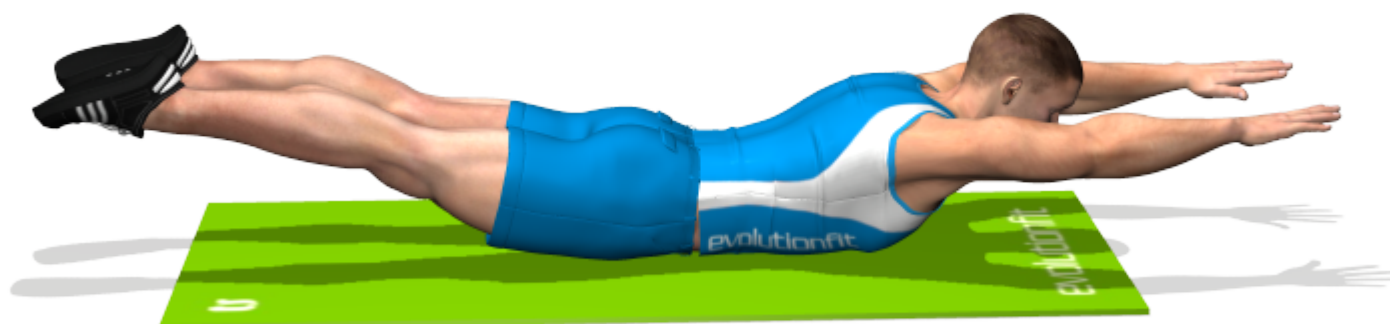
LOMBARI

LOMBARI

SERIE: 3x12

REST: 60 SECONDI





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

GIORNO 3

CARDIO - RISCALDAMENTO

ELLITTICA

MINUTI: 5 MINUTI



PETTORALI

PANCA PIANA BILANCIERE

SERIE: 5X5

REST: 120 SECONDI





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

PANCA INCLINATA BILANCIERE

SERIE: 5X5

REST: 120 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)

PECTORAL MACHINE

SERIE: 3x10/12





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

CROCI MANUBRI PANCA INCLINATA

SERIE: 2 MAX

REST: 60 SECONDI





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

BICIPITI - AVAMBRACCI

CURL BILANCIERE EZ

SERIE: 5X5

REST: 120 SECONDI





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

CURL MANUBRI MARTELLO

SERIE: 5X5

REST: 120 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-MANUBRI-MARTELLLO.mp4>

CURL PULLEY BASSO

SERIE: 3x10/12

REST: 60 SECONDI





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

ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





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

CRUNCH A TERRA

SERIE: 3x25

REST: 60 SECONDI





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

