


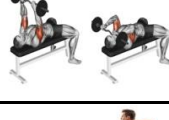




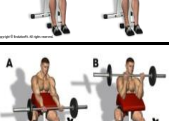

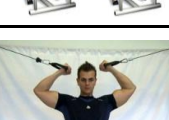

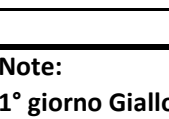
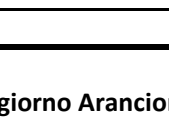


BICIPITI		TRICIPITI	
	4 Curl in Piedi Bilanciere Manubri 3x10 Libero		6 Push Down 3x12
	Panca 30°		4 French Press bilanciere Manubri 3x10
	Concentrato		Dip
	5 Cavo Basso 3x10		5 Kick Back 3x8+8
	6 Curl su panca 3x10		Push Down cavo alto presa inversa singolo
	Panca scott bilanciere manubrio		Estensioni verticali manubrio (braccio singolo)
	Cavo alto		Curl a martello

Note:
 1° giorno Giallo, 2° giorno Verde, 3° giorno Arancione
 Recupero 1'





SCHEDA DI ALLENAMENTO DI:



Trainer: Francesco Formicola

CARDIO FITNESS



	Run 10'		Recline
---	-------------------	---	----------------

	Bike		Ellittica
---	-------------	---	------------------



















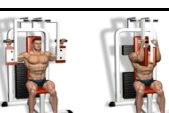








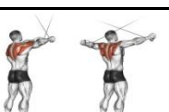

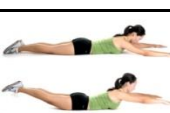


ADDOMINALI Recupero

	1 CRUNCH Suolo 3x15 Panca		2 CRUNCH INVERSO Suolo 3x15 Panca
---	--	---	--

	CRUNCH TORSIONE Suolo Panca		SIT UP
--	--	--	---------------

	TORSIONI FIT BALL		PLANK LATERALE
---	--------------------------	---	-----------------------

	ABDOMINAL C.		3 PLANK PRONO 3x30"
---	---------------------	---	-------------------------------

GAMBE		PETTORALI		Recupero	DORSALI		SPALLE	
	1 Squat Bilanciere sumo Libero 4x10		Dist. Bilanciere P.P. P.I. P.D.			1 Lat Machine Avanti P.N. 4x10 Avanti P.I.		4 Lento Manubri 3x10
	2 Leg Press 3x12		1 Dist. Manubri P.P. 4x10 P.I. P.D.		Sbarra Avanti P.N. Avanti P.I.		5 Alzate Laterali 3x10	
	Leg Extension		2 Croci P.P. 3x10 P.I. P.D.		2 Pulley Stretto 3x10 Largo		Alzate a 90°	
	Glutei ai cavi		3 Chest Press 3x12		Vertical Traction		Shoulder Press	
	Adductor		Cavi In Piedi P.P. P.I.		3 Rematore 3x8+8		Alzate Frontali	
	Abductor		Pectoral Machine		Vertical Row		Tirate al mento Manubri Bilanciere Cavo	
	Sitting Leg Curl		Croci al Peck Back		Pull Over Manubrio Bilanciere		6 Peck Back 3x10	
	Standing Leg Curl		Bench press machine		Iperestensioni su panca		Croci inverse ai cavi	
	Stacchi				Iperestensioni a terra			
	3 Affondi 4x16							
	Calf in piedi							

