


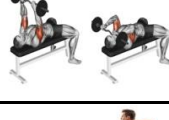




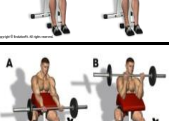

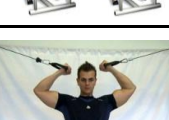

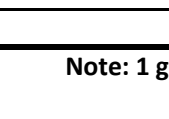
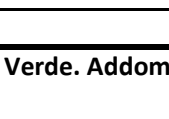


BICIPITI		TRICIPITI	
	<b>9 Curl in Piedi</b> Bilanciere 4x10 Manubri Libero		<b>Push Down</b>
	<b>Panca 30°</b>		<b>9 French Press</b> bilanciere 3x8 Manubri
	<b>Concentrato</b>		<b>Dip</b>
	<b>Cavo Basso</b>		<b>Kick Back</b>
	<b>Curl su panca</b>		<b>Push Down</b> cavo alto presa inversa singolo
	<b>7 Panca scott</b> bilanciere 4x8 manubrio		<b>Estensioni verticali</b> manubrio (braccio singolo)
	<b>8 Cavo alto</b> 3x10		<b>8 Parallele</b> 3x10



**Note: 1 giorno Giallo; 2 giorno Verde. Addome giorni alterni**





SCHEDA DI ALLENAMENTO DI:

Trainer: Francesco Formicola



CARDIO FITNESS



	<b>Run</b> 15: 2'WALK 1'RUN		<b>Recline</b>
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	<b>Bike</b>		<b>Ellittica</b>
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ADDOMINALI





















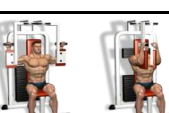







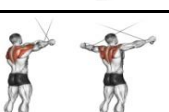





Recupero

	<b>CRUNCH</b> Suolo Panca		<b>CRUNCH INVERSO</b> Suolo Panca
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	<b>CRUNCH TORSIONE</b> Suolo 4x20 Panca		<b>SIT UP</b> 4x12
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	<b>TORSIONI FIT BALL</b>		<b>PLANK LATERALE</b>
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	<b>ABDOMINAL C.</b>		<b>PLANK PRONO</b> Hollow Position 30"
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GAMBE		PETTORALI		Recupero	DORSALI		SPALLE	
	<b>1 Squat</b> B Bilanciere 4x8 sumo A Libero 3x12		<b>4 Dist. Bilanciere</b> P.P. 4x8 P.I. P.D.			<b>3 Lat Machine</b> Avanti P.N. Avanti P.I. 4x8-8-6-6		<b>Lento Manubri</b>
	<b>Leg Press</b>		<b>5 Dist. Manubri</b> P.P. P.I. 3x10 P.D.		<b>1Sbarra</b> Avanti P.N. 4x6		<b>6 Alzate Laterali</b> 4x5+5+5 scalando il peso	
	<b>Leg Extension</b>		<b>Croc</b> P.P. P.I. P.D.		<b>Pulley</b> Stretto Largo		<b>Alzate a 90°</b>	
	<b>Glutei ai cavi</b>		<b>Chest Press</b>		<b>Vertical Traction</b>		<b>5 Shoulder Press</b> 4x8	
	<b>Adductor</b>		<b>6 Cavi</b> In Piedi 3x10 P.P. P.I.		<b>2 Rematore Bilanciere</b> 4x8		<b>Alzate Frontali</b>	
	<b>Abductor</b>		<b>Pectoral Machine</b>		<b>4 Vertical Row</b> 3x10		<b>Tirate al mento</b> Manubri Bilanciere Cavo	
	<b>Sitting Leg Curl</b>				<b>Pull Over</b> Manubrio Bilanciere		<b>Peck Back</b>	
	<b>Standing Leg Curl</b>				<b>Iperestensioni su panca</b>		<b>7 Croci inverse ai cavi</b> 3x10	
	<b>2 Stacchi</b> 4x10				<b>Iperestensioni a terra</b>			
	<b>3 Affondi</b> 3x20		<b>Bench press machine</b>					
	<b>Calf in piedi</b>							





