


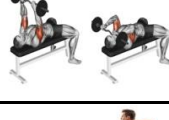




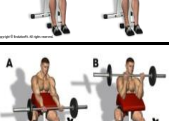

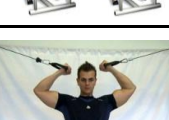

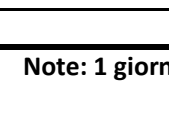
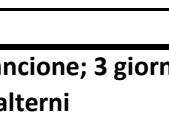


BICIPITI		TRICIPITI	
	Curl in Piedi Bilanciere Manubri Libero		Push Down
	Panca 30°		7 French Press bilanciere 3x8 Manubri
	Concentrato		Dip
	Cavo Basso		Kick Back
	Curl su panca		Push Down cavo alto presa inversa singolo
	6 Panca scott bilanciere 4x8 manubrio		Estensioni verticali manubrio (braccio singolo)
	7 Cavo alto 3x10		6 Parallele 3x10



Note: 1 giorno Giallo; 2 giorno Arancione; 3 giorno Verde . Addome
giorni alterni





SCHEDA DI ALLENAMENTO DI:

Trainer: Francesco Formicola



CARDIO FITNESS

	Run 15: 2'WALK 1'RUN		Recline
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	Bike		Ellittica
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ADDOMINALI
































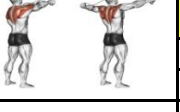




Recupero

	CRUNCH Suolo Panca		CRUNCH INVERSO Suolo Panca
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	CRUNCH TORSIONE Suolo 4x20 Panca		SIT UP 4x12
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	TORSIONI FIT BALL		PLANK LATERALE
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	ABDOMINAL C.		PLANK PRONO Hollow Position 30"
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GAMBE		PETTORALI		Recupero	DORSALI		SPALLE	
	1 Squat B Bilanciere 4x8 sumo A Libero 3x12		1 Dist. Bilanciere P.P. 5x6 P.I. P.D.			3 Lat Machine Avanti P.N. Avanti P.I. 4x8-8-6-6		Lento Manubri
	4 Leg Press 3x10		2 Dist. Manubri P.P. P.I. 4x8 P.D.		1Sbarra Avanti P.N. 10x 60%max		6 Alzate Laterali 4x5+5+5 scalando il peso	
	Leg Extension		3 Croci P.P. P.I. 3x10 P.D.		Pulley Stretto Largo		Alzate a 90°	
	Glutei ai cavi		Chest Press		Vertical Traction		5 Shoulder Press 4x8	
	Adductor		4 Cavi In Piedi 3x10 P.P. P.I.		2 Rematore Bilanciere 4x8		Alzate Frontali	
	Abductor		Pectoral Machine		4 Vertical Row 3x10		Tirate al mento Manubri Bilanciere Cavo	
	Sitting Leg Curl		5 Push Up 5x60%max		Pull Over Manubrio Bilanciere		Peck Back	
	Standing Leg Curl		Bench press machine		5 Iperestensioni su panca 4x8+10" iso finale		7 Croci inverse ai cavi 3x10	
	2 Stacchi 5x6				Iperestensioni a terra			
	3 Affondi 3x20							
	Calf in piedi							

