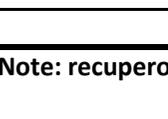
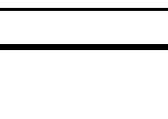


BICIPITI		TRICIPITI	
	<b>Curl in Piedi</b> Bilanciere Manubri Libero		<b>Push Down</b> 3x10
	<b>Panca 30°</b> 4X8		<b>French Press</b> Manubri 3x10 Manubri
	<b>Concentrato</b>		<b>Dip</b>
	<b>Cavo Basso</b>		<b>Kick Back</b>
	<b>Curl su panca</b>		<b>Push Down</b> cavo alto presa inversa singolo
	<b>Panca scott</b> bilanciere manubrio		<b>Estensioni verticali</b> manubrio (braccio singolo)
	<b>Cavo alto</b>		<b>Curl a martello</b> Manubri 3X10

Note: recupero tra la serie 1'

Obiettivi: aumentare carico ogni settimana



SCHEDA DI ALLENAMENTO

TONIFICAZIONE UOMO

3 SEDUTE A SETTIMANA

Trainer: Simone Marocchi

CARDIO FITNESS

	<b>Run</b> 10' incli.6 vel 5		<b>Recline</b>
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	<b>Bike</b>		<b>Ellittica</b>
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ADDOMINALI

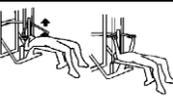
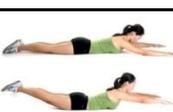
Recupero 60"

	<b>CRUNCH</b> 4x20		<b>CRUNCH INVERSO</b> Suolo Panca
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	<b>CRUNCH TORSIONE</b> Suolo Panca		<b>SIT UP</b>
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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> 4xmax
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GAMBE		PETTORALI		Recupero 60"	DORSALI		SPALLE	
	<b>Squat</b> Bilanciere 4x8		<b>Dist. Bilanciere</b> P.P. 4x8			<b>Lat Machine</b> Avanti P.N. 4x10		<b>Lento Manubri</b> 4x8
	<b>Leg Press 45°</b> 4x10		<b>Dist. Manubri</b> P.P. P.I. P.D.		<b>Sbarra</b> Avanti P.N. Avanti P.I.		<b>Alzate Lateral</b> 3x10	
	<b>Leg Extension</b> 3x10		<b>Croci</b> P.Inclinata 3x10		<b>Pulley</b> Stretto 3x12		<b>Alzate a 90°</b>	
	<b>Glutei ai cavi</b>		<b>Chest Press</b>		<b>Vertical Traction</b>		<b>Shoulder Press</b>	
	<b>Adductor</b>		<b>Cavi</b> In Piedi P.P. P.I.		<b>Rematore</b> 4x8		<b>Alzate Frontali</b>	
	<b>Abductor</b>		<b>Pectoral Machine</b>		<b>Vertical Row</b>		<b>Tirate al mento</b> Manubri Bilanciere Cavo	
	<b>Sitting Leg Curl</b> 4x8		<b>Standing Leg Curl</b>		<b>Pull Over</b> Manubrio Bilanciere		<b>Peck Back</b> 3x10	
	<b>Stacchi</b>		<b>Parallele</b>		<b>Iperestensioni su panca</b>		<b>Croci inverse ai cavi</b>	
	<b>Affondi</b> 3x8		<b>Bench press machine</b>		<b>Iperestensioni a terra</b>			
	<b>Calf in piedi</b> 3x15							