

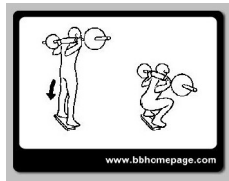
Scheda 2 wo settimanali : (LUN-GIO)

Giorno_1 : gambe spalle tricipiti

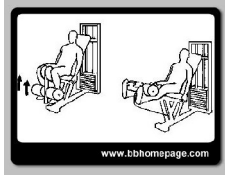
risc. 10 min ciclette 90 ped/min

GAMBE

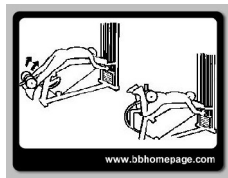
1) squat 4x6



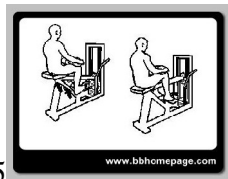
2) leg extension 3x12



3) leg curl 3x10

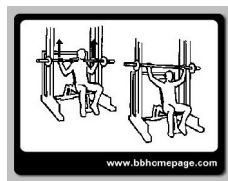


4) calf seduti 4x15

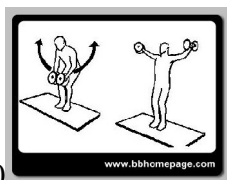


SPALLE

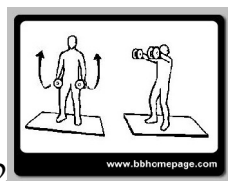
5) lento dietro 4x6



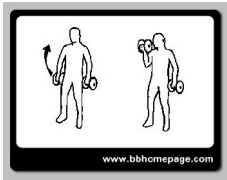
6) alzate laterali 4x10



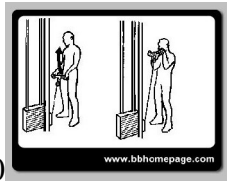
7) alzate a 90° 3x12



BICIPITI

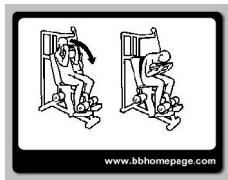


8)curl 4x8

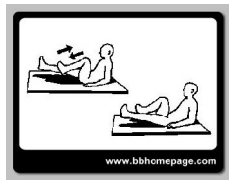


9)curl ai cavi 3x10

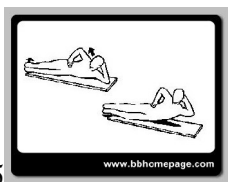
ADDOMINALI



10) abdominal machine 3x15

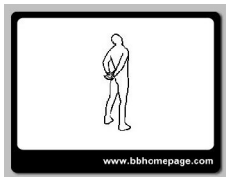
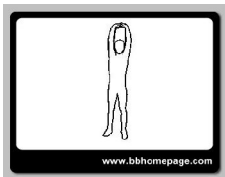
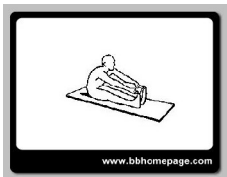
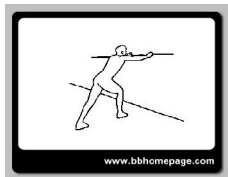
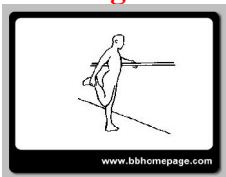


11)pedalata a terra 3x15



12) obliqui 3x15

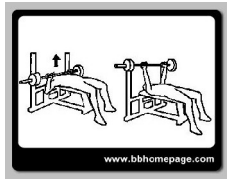
Stretching



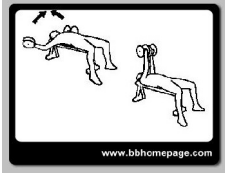
Defaticamento : 10 min corsa lenta-passeggiata

risc. 10 min ciclette 90 ped/min

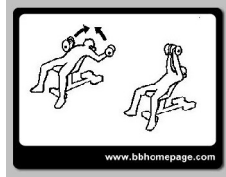
PETTO



1)panca piana 4x6

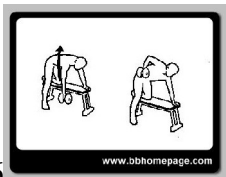


2)croci piana 3x10

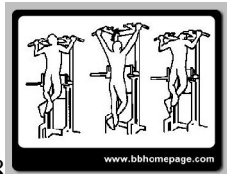


3)croci inclinata 3x10

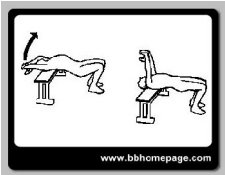
DORSO



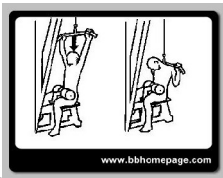
4)rematore 4x6



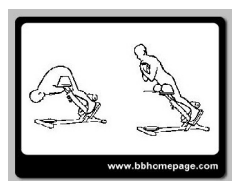
5)trazioni alla sbarra 3x8



6)pullover 3x12



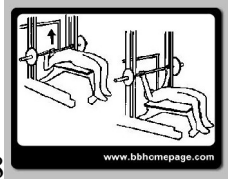
7)lat machine con triangolo 3x12



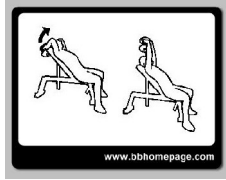
8) iperestensioni 3x10

TRICIPITI

9) panca stretta 4x8



10) french press 3x 12

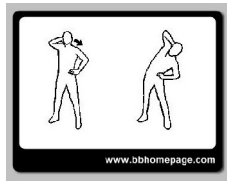


ADDOMINALI

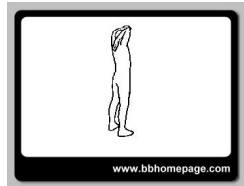
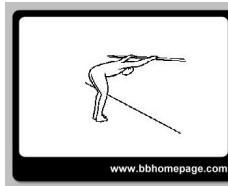
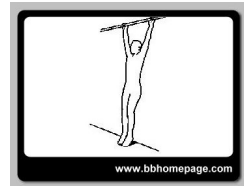
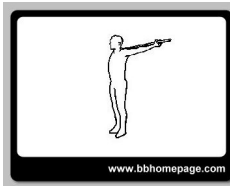
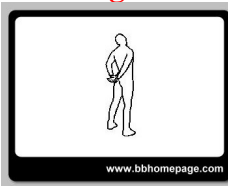
11) raccoglimento 3x15



12) laterale in piedi 3x15



Stretching



Defaticamento : 10 min corsa lenta

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