



DEFINIZIONE E SOTTILIAMENTO AVANZATO LEGGIO

DEFINIZIONE CON PRINCIPALI ESERCIZI

DEFINIZIONE
Rafforzamento per la definizione e qualità muscolare
Rafforzamento



TENEFICAZIONE E SOTTILIAMENTO INTERMEDIO LEGGIO

1° Sessione
2° Sessione

1 CORSA SU TAPPETO



7 CRUNCH CON TOCCO ALLE



8 ALZATE GAMBE TENSE CON



RICONDIZIONAMENTO DONNA CIRCUIT TRAINING + TABATA

DEFINIZIONE
Circuito di allenamento aerobico e cardiovascolare a intensità moderata, con particolare attenzione a gambe.

DEFINIZIONE
Rafforzamento per la definizione e qualità muscolare
Rafforzamento



MASSA E SOTTILIAMENTO AVANZATO LEGGIO

CLASSIC MULTIPARTICOLARE + COMPLEMENTARI

DEFINIZIONE
Circuito di allenamento per l'aumento della massa muscolare e per il mantenimento di buona elasticità articolare per esercizi complementari per l'equilibrio e la coordinazione.

DEFINIZIONE
Circuito di allenamento per l'aumento della massa muscolare e per il mantenimento di buona elasticità articolare per esercizi complementari per l'equilibrio e la coordinazione.

DEFINIZIONE
Circuito di allenamento per l'aumento della massa muscolare e per il mantenimento di buona elasticità articolare per esercizi complementari per l'equilibrio e la coordinazione.

► Tutti questi circuiti ed esercizi sono

1° Sessione 2° Sessione 3° Sessione

1 CYCLETTE



Cardio
Serie a 10
5-10 MIN
Riposo
0 min 0 sec



Definizione
intermedia

2 LAT MACHINE AVANTI



Dorsali
Serie a 10
12-10-8-6
Riposo
1 min 30 sec



Definizione
intermedia

3 REMATORE BILANCERE



Dorsali
Serie a 10
12-12-12
Riposo
1 min 30 sec



Definizione
intermedia

4 PULLEY BASSO



Dorsali
Serie a 10
10-10-10
Riposo
1 min 30 sec



Definizione
intermedia

5 DOWN AL LAT MACHINE



Dorsali
Serie a 10
12-12-12



Definizione
intermedia

Schede Allenamento Palestra Gratis Ironmanager

Michael Hoelscher

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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