

# SCHEMA BEACH VOLLEY

Scheda valida dal: 14/12/2020 sino al:  
09/01/2021

Serie	Rip.	Peso	Pausa
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## ANDATURE



**Riscaldamento Caviglie**

1

15 sec

## ADDOMINALI



**Riscaldamento Ginocchia**

1

15 sec

## ANDATURE



**Corsa**

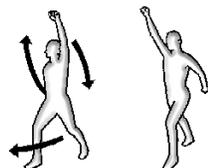
2

3 min

30 sec

si inizia da 3 min poi successivamente si aumenta di 30 secondi ogni seduta d'allenamento fino ad arrivare al picco di 7 min.  
es: lunedì 3 min primo allenamento mercoledì 3.5 min secondo allenamento etc.

## ANDATURE



**Slanci delle gambe e delle braccia**

2

30 sec

10 sec

## ANDATURE



**Corsa ginocchia alte**

2

30 sec

20 sec

skip alto

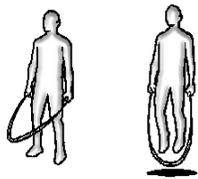
## ANDATURE

**Salto della corda**

2

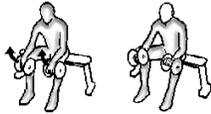
30 sec

20 sec



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AVAMBRACCI



<b>Avambracci con manubri con rotazione</b>	2	10		10 sec
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AVAMBRACCI



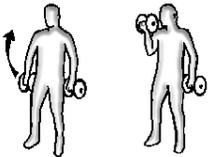
<b>Avambracci con manubri presa inversa 2</b>	2	10		10 sec
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AVAMBRACCI



<b>Avambracci con manubri a martello</b>	2	10		10 sec
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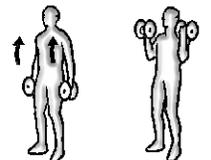
BICIPITI



<b>Curl alternato con manubri in piedi</b>	2	15	2 kg	20 sec
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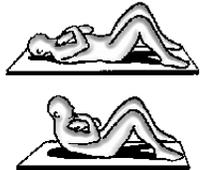
si possono utilizzare anche due bottiglie d'acqua come pesi.

BICIPITI



<b>Curl comanubri a martello in piedi</b>	2	15	2 kg	20 sec
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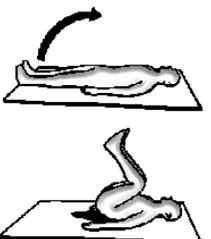
ADDOMINALI



<b>Crunch a terra mani sul petto</b>	4	20		15 sec
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le serie sono suddivise in 2 crunch alti e 2 crunch bassi.

ADDOMINALI



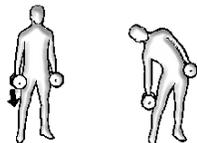
<b>Gambe al petto a terra</b>	2	10		20 sec
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DORSALI



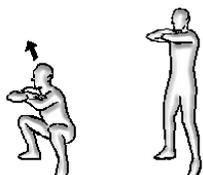
<b>Dorsali</b>	3	15		15 sec
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FIANCHI



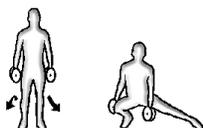
<b>Obliqui con manubri</b> naturalmente dx e sx	2	10		15 sec
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GAMBE



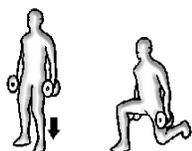
<b>Squat senza peso</b>	3	10		20 sec
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GAMBE



<b>Affondi laterali con manubri</b> senza manubri.	2	10		20 sec
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GAMBE



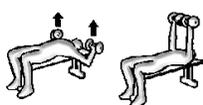
<b>Affondi con manubri</b> senza manubri	2	10		20 sec
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PETTORALI



<b>Croci su panca piana</b> se non avete la panca si può utilizzare qualsiasi superficie dura rialzata	2	10	2 kg	20 sec
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PETTORALI



<b>Panca piana con manubri</b> se non avete la panca si può utilizzare qualsiasi superficie dura rialzata	2	10	2 kg	20 sec
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POLPACCI



<b>sali e scendi</b>	2	20		10 sec
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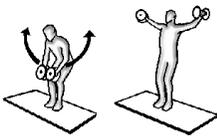
POLPACCI

<b>Sali e scendi ad un solo piede</b> naturalmente dx e sx	2	15		20 sec
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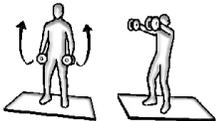
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SPALLE



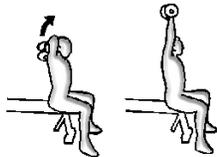
<b>Alzate laterali con manubri busto inclinato</b>	2	10	2 kg	20 sec
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SPALLE



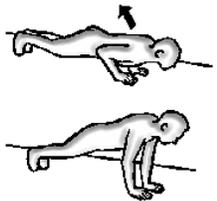
<b>Alzate frontali con manubri</b>	2	10	2 kg	20 sec
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TRICIPITI



<b>French press manubrio alternato seduto</b> naturalmente dx e sx	2	10	2 kg	20 sec
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PETTORALI



<b>Flessioni a terra braccia strette</b>	2	15		20 sec
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PETTORALI



<b>Plank</b>	1	45 sec		
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STRETCHING



<b>addome</b>	1	15 sec		
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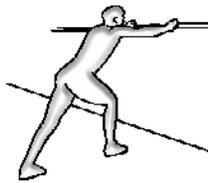
STRETCHING



<b>DORSO</b>	1	15 sec		
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STRETCHING

<b>Stretching per polpacci a terra singolo</b> dx e sx	1	15 sec		
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STRETCHING



**Stretching per glutei a terra**

dx e sx

1

15 sec

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STRETCHING



**Stretching per quadricipiti in piegati alternato**

dx e sx

1

15 sec

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STRETCHING



**Stretching per quadricipiti alternato a terra**

dx e sx

1

15 sec

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STRETCHING



**Stretching per femorali a terra**

dx e sx

1

15 sec

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STRETCHING



**Stretching per femorali a terra singolo**

dx e sx

1

15 sec

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STRETCHING



**Stretching per glutei seduto alternato**

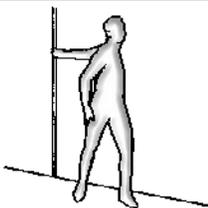
dx e sx

1

15 sec

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STRETCHING



**Stretching per pettorali alternato**

dx e sx

1

15 sec

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STRETCHING



**Stretching per tricipiti singolo**

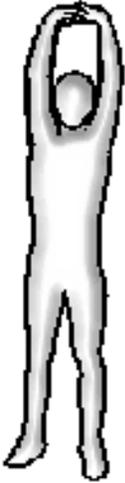
dx e sx

1

15 sec

STRETCHING

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**Stretching per spalle e tricipiti**

1

15 sec

STRETCHING

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**Stretching per dorsali in piedi**

dx e sx

1

15 sec