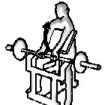
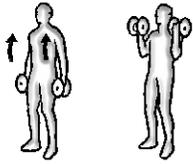


# SCHEDA ALLENAMENTO DI TIPO STRIPPING

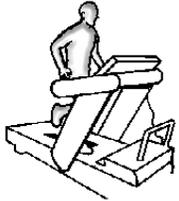
## LUNEDI-MERCOLEDÌ-VENERDÌ

Scheda valida dal: 24/06/2020 sino al:  
15/07/2020

		Serie	Rip.	Peso	Pausa	
		<b>Panca piana con bilancere</b>	3	10+2/8+2/6+2	27-27/30-30/32-32	1 minuto finita una serie/2 minuti finito l'esercizio
		<b>Panca inclinata con bilancere</b>	4	10/8/6/4	22-22/24-24/26-26/28-28	30 secondi dopo ogni serie/ 1 minuto a fine esercizio
		<b>Cross over ai cavi bassi</b>	3	10/8/6		30 secondi dopo ogni serie/ 1 minuto a fine esercizio
		<b>Step machine</b> 5 minuti				
		<b>Curl con bilancere alla panca scott</b>	3	10+2/8+2/6+2	10-10/12-12/14-14 o 15-15	1 minuto finita una serie/2 minuti finito l'esercizio
		<b>Curl comanubri a martello in piedi</b>	3	10/8/6	12/14/16	30 secondi dopo ogni serie/ 1 minuto a fine esercizio



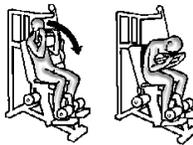
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**Tapisroulant**

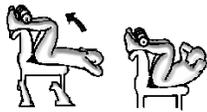
5 minuti velocità costante 9.0

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**Abdominal Machine**

	3	30/25/20	15/20/25	30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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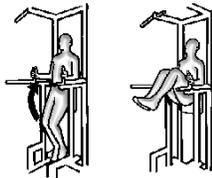
**Crunch alla panca cramping**

	4	35		
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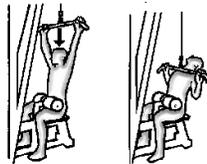
**Crunch mani lungo il corpo**

	2	30		
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**Leg raises ginocchia piegate**

	3	20		
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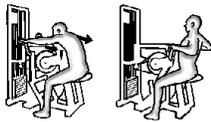


**Lat machine avanti presa larga**

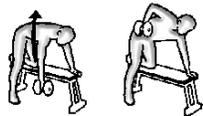
	3	10+2/8+2/6+2	60/70/75	1 minuto finita una serie/2 minuti finito l'esercizio
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	4	10/8/6/4	40/50/55/60	30 secondi dopo ogni serie/ 1
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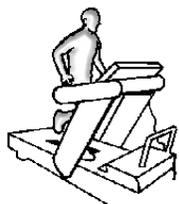
**Hammer machine movimento completo**



				minuto a fine esercizio
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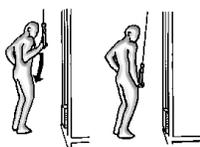
<b>Rematore con manubrio</b>	4	10/8/6/4	14/16/18/20	30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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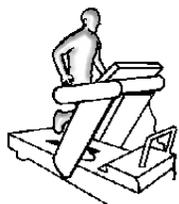
<b>Tapisroulant</b> 5 minuti velocità costante 9.0				
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<b>French press con bilancere</b>	3	10+2/8+2/6+2	10-10/12-12/14-14 o 15-15	1 minuto finita una serie/2 minuti finito l'esercizio
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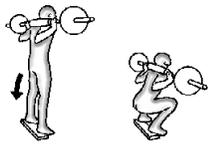


<b>Push down al cavo alto alternato</b>	3	10/8/6/4		30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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<b>Tapisroulant</b> 6 minuti in particolare: 2 minuti a velocità 9.0 / 1 minuto a velocità 10.0 / 1 minuto a velocità 5.0 / 1.30 minuti a velocità 11.0/0,30 secondi a velocità 4.0				
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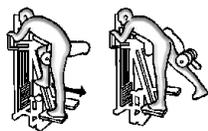
<b>Squat libero</b>	3	12+2/10+2/8+2	20-20/25-25/30-30	1 minuto finita una serie/2 minuti finito l'esercizio
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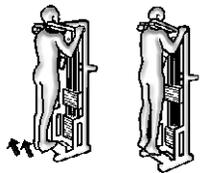
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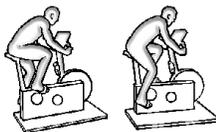
<b>Leg extension isometrico</b>	4	10/8/6/4		30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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<b>Standing gluteus</b>	3	12/12/12		30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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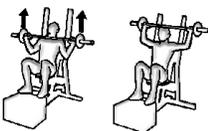


<b>Calf in piedi</b>	3	10/10/10		30 secondi dopo ogni serie/ 1 minuto a fine esercizio
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<b>Cyclette</b>				
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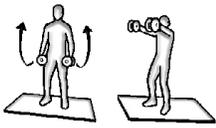
5 minuti



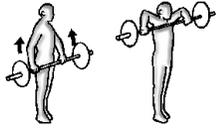
<b>Lento avanti con bilancere</b>	3	10+2/8+2/6+2	12-12/14-14/16-16	1 minuto finita una serie/2 minuti finito l'esercizio
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da farlo al multipower (il peso lo puoi aumentare)

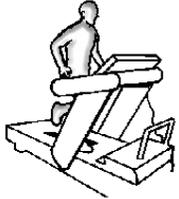
<b>Alzate frontali con manubri</b>	3	10/8/6/4	10/12/14	30 secondi dopo ogni serie/ 1 minuto a fine
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					esercizio
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<b>Titate al mento</b>	2	12/12		
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<b>Tapisroulant</b>				
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