



ROSSI MARCO

MASSA - MUSCOLI FRONTALI

MASSA - AVANZATO

Sedute : 2

Scadenza : Mercoledì 20 Marzo 2019

Durata : 1 settimana

Istruttore : Amministratore

Giorno 1

1 - CORSA SU TAPPETO



Cardio

Rec : 0.0

**10' velocità
10**



2 - SPINTE PANCA PIANA BILANCIERE



Pettorali

Rec : 1.30

15-12-10-8-6-4



3 - APERTURE PANCA ALTA 2 MANUBRI



Pettorali

Rec : 1.0

5 x 8



4 - SPINTE SEDUTO 2 MANUBRI



Spalle

Rec : 1.0

4 x 12



5 - MILITARY PRESS AL MULTIPOWER



Spalle

Rec : 0.40

3x15



6 - CURL BILANCIERE IN PIEDI



Bicipiti

Rec : 1.0

4 x 12



7 - LEG PRESS ORIZZONTALE



Quadricipiti

Rec : 1.0

5 x 20



8 - LEG EXTENSION



Quadricipiti

Rec : 1.0

5 x 10



9 - CRUNCH A TERRA

10 - CYCLETTE

Schede Allenamento Palestra Gratis Ironmanager

Rosina Ehmann



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