Scheda 20/08, Rodolfo Ronci

# Settimana 1

## Giorno A

pull up EMOM 1' x 10

one arm australian pull up TEST 1 x max rec 4'

Australian pull up 4 x 9988 rec 1'

bulgarian split squat 4 x rpe9 rec 1'

squat 2 x 25 rec 30"-1'

Plank piedi stesi 4 x 20" rec 20"'

Plank laterale 4 x 1' rec no riposo'

## Giorno B

Dip 3 x 6 rec 2-3'

pike push up 4 x 4 rec 2'

archer push up 4 x 6 rec 1', fai prima tutto a dx poi sx'

good morning elastico 4 x max rec 30'

step up 4 x 15-20 rec 1'

knee raises alla sbarra 4 x 8-10 rec 1'

butterfly sit up 2 x max rec '

## Giorno C

one leg squat box 4 x 5544 rec 2-3'

pull up alla fronte 4 x 4 rec 2'

pull up piedi a terra 4 x 7766 rec 1'

Australian pull up 3 x 12-15 rec 1' n. usa un inclinazione piu facile '

curl anelli 2 x max rec 1'

tuck L-sit 4 x 20" rec 30'

laying leg raise 2 x max rec 30'

## Giorno D

Dip 5 x 5 rec 2'

V push up 4 x 8777 rec 2'

clapping push up 4 x 12-15 rec 1'

dip panchetta 3 x 15-14-13 rec 1'

skull crusher a terra 2 x max rec 1'

hollow body 4 x 30 rec 30'

Plank 4' tot x rec '

# Settimana 2

## Giorno A

pull up EMOM 1' x 10 rec '

O x rec '

one arm australian pull up TEST 1 x max rec 4'

Australian pull up 4 x 9988 rec 1'

bulgarian split squat 4 x rpe9 rec 1'

squat 2 x 25 rec 30"-1'

Plank piedi stesi 4 x 20" rec 20"'

Plank laterale 4 x 1' rec no riposo'

## Giorno B

Dip 3 x 6 rec 2-3'

pike push up 4 x 4 rec 2'

archer push up 4 x 6 rec 1', fai prima tutto a dx poi sx'

good morning elastico 4 x max rec 30'

step up 4 x 15-20 rec 1'

knee raises alla sbarra 4 x 8-10 rec 1'

butterfly sit up 2 x max rec '

## Giorno C

one leg squat box 4 x 5544 rec 2-3'

pull up alla fronte 4 x 4 rec 2'

pull up piedi a terra 4 x 7766 rec 1'

Australian pull up 3 x 12-15 rec 1' n. usa un inclinazione piu facile '

curl anelli 2 x max rec 1'

tuck L-sit 4 x 20" rec 30'

laying leg raise 2 x max rec 30'

## Giorno D

Dip 5 x 5 rec 2'

V push up 4 x 8777 rec 2'

clapping push up 4 x 12-15 rec 1'

dip panchetta 3 x 15-14-13 rec 1'

skull crusher a terra 2 x max rec 1'

hollow body 4 x 30 rec 30'

Plank 4' tot x rec '

# Settimana 3

## Giorno A

pull up EMOM 1' x 10 rec '

O x rec '

one arm australian pull up TEST 1 x max rec 4'

Australian pull up 4 x 9988 rec 1'

bulgarian split squat 4 x rpe9 rec 1'

squat 2 x 25 rec 30"-1'

Plank piedi stesi 4 x 20" rec 20"'

Plank laterale 4 x 1' rec no riposo'

## Giorno B

Dip 3 x 6 rec 2-3'

pike push up 4 x 4 rec 2'

archer push up 4 x 6 rec 1', fai prima tutto a dx poi sx'

good morning elastico 4 x max rec 30'

step up 4 x 15-20 rec 1'

knee raises alla sbarra 4 x 8-10 rec 1'

butterfly sit up 2 x max rec '

## Giorno C

one leg squat box 4 x 5544 rec 2-3'

pull up alla fronte 4 x 4 rec 2'

pull up piedi a terra 4 x 7766 rec 1'

Australian pull up 3 x 12-15 rec 1' n. usa un inclinazione piu facile '

curl anelli 2 x max rec 1'

tuck L-sit 4 x 20" rec 30'

laying leg raise 2 x max rec 30'

## Giorno D

Dip 5 x 5 rec 2'

V push up 4 x 8777 rec 2'

clapping push up 4 x 12-15 rec 1'

dip panchetta 3 x 15-14-13 rec 1'

skull crusher a terra 2 x max rec 1'

hollow body 4 x 30 rec 30'

Plank 4' tot x rec '

# Settimana 4

## Giorno A

pull up EMOM 1' x 10 rec '

O x rec '

one arm australian pull up TEST 1 x max rec 4'

Australian pull up 4 x 9988 rec 1'

bulgarian split squat 4 x rpe9 rec 1'

squat 2 x 25 rec 30"-1'

Plank piedi stesi 4 x 20" rec 20"'

Plank laterale 4 x 1' rec no riposo'

## Giorno B

Dip 3 x 6 rec 2-3'

pike push up 4 x 4 rec 2'

archer push up 4 x 6 rec 1', fai prima tutto a dx poi sx'

good morning elastico 4 x max rec 30'

step up 4 x 15-20 rec 1'

knee raises alla sbarra 4 x 8-10 rec 1'

butterfly sit up 2 x max rec '

## Giorno C

one leg squat box 4 x 5544 rec 2-3'

pull up alla fronte 4 x 4 rec 2'

pull up piedi a terra 4 x 7766 rec 1'

Australian pull up 3 x 12-15 rec 1' n. usa un inclinazione piu facile '

curl anelli 2 x max rec 1'

tuck L-sit 4 x 20" rec 30'

laying leg raise 2 x max rec 30'

## Giorno D

Dip 5 x 5 rec 2'

V push up 4 x 8777 rec 2'

clapping push up 4 x 12-15 rec 1'

dip panchetta 3 x 15-14-13 rec 1'

skull crusher a terra 2 x max rec 1'

hollow body 4 x 30 rec 30'

Plank 4' tot x rec '

# Video esercizi

Pull up: <https://www.youtube.com/shorts/l6-aIZTbAR0>

One arm australian pull up: <https://www.youtube.com/shorts/wQ0R6GXP15Y>

Australian pull up: <https://www.youtube.com/watch?v=bHO0A4ZF_Zg>

Bulgarian split squat: <https://www.youtube.com/shorts/J1PEjNVe7po>

Squat: <https://www.youtube.com/shorts/-5LhNSMBrEs>

Plank laterale: <https://www.youtube.com/shorts/fXoTfLuMogs>

Dip: <https://www.youtube.com/shorts/Zh5xZnL1WzI>

Pike push up: <https://www.youtube.com/shorts/3d-xLoUAP0o>

Archer push up: <https://www.youtube.com/shorts/OskpsD1eDWw>

Good morning elastico: <https://www.youtube.com/shorts/6esFq-x76Vk>

Step up: <https://www.youtube.com/shorts/vjIvnLHv1ZM>

Knee raises alla sbarra: <https://www.youtube.com/watch?v=jnCJEvp2P3k>

Butterfly sit up: <https://www.youtube.com/watch?v=O4_u-dOYBA0>

One leg squat box: <https://www.youtube.com/shorts/PAZQt9XSAKU>

Pull up alla fronte: <https://www.youtube.com/watch?v=VUGsK3nS0hI>

Pull up piedi a terra: <https://www.youtube.com/shorts/PSWMoxeaPqQ>

Curl anelli: <https://www.youtube.com/shorts/u3XbmicvU8g>

Tuck l-sit: <https://www.youtube.com/watch?v=rDAQRbcZ-Gg>

Laying leg raise: <https://www.youtube.com/shorts/2wUpI98Ix-k>

V push up: <https://www.youtube.com/shorts/V6BtY3Lt0Ys>

Clapping push up: <https://www.youtube.com/shorts/8YyWPS6Jm-0>

Dip panchetta: <https://www.youtube.com/shorts/N3hB8rDErZI>

Skull crusher a terra: <https://www.youtube.com/shorts/JG1EpdAg4kU>

Hollow body: <https://www.youtube.com/shorts/_wBPcny-7Hc>

Plank: <https://www.youtube.com/shorts/T05dLl9YV_s>