Scheda Giuseppe denni

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# Settimana 1

## Giorno A

pull up al petto 6 x 2

tuck front lever 5 x 5" rec 2

dragon flag pulls TEST x

pull up press neutra 5 x 8

Affondi 5 x 10/12

tuck L-sit tabata x 6 x 20"+20"

## Giorno B

planche lean hold 5 x 5" rec 2

pseudo planche push up 3 x 5 rec 2

Dip 4 x 10

V push up 4 x 12-15

step jump 5 x 10-12

hanging bike 5 x 20"

## Giorno C

pull up al petto ladder sali e scendi x 5 serie totali rec 30"

push up TEST x

commando pull up 4 x 8

verticale al muro 3 x 10"

discese in tuck front lever 4 x 2 rec discesa in 4"

diamond push up 4 x 10

# Settimana 2

## Giorno A

pull up al petto 7 x 2

tuck front lever 4 x 6" rec 2

dragon flag pulls TEST x

pull up press neutra 5 x 8

Affondi 5 x 10/12

tuck L-sit tabata x 6 x 20"+20"

## Giorno B

planche lean hold 4 x 6" rec 2

pseudo planche push up 4 x 4 rec 2

Dip 4 x 10

V push up 4 x 12-15

step jump 5 x 10-12

hanging bike 5 x 20"

## Giorno C

pull up al petto ladder sali e scendi x 5 serie totali rec 30"

push up TEST x

commando pull up 4 x 8

verticale al muro 3 x 10"

discese in tuck front lever 4 x 2 rec discesa in 4"

diamond push up 4 x 10

# Settimana 3

## Giorno A

pull up al petto 8 x 2

tuck front lever 5 x 6" rec 2

dragon flag pulls TEST x

pull up press neutra 5 x 8

Affondi 5 x 10/12

tuck L-sit tabata x 6 x 20"+20"

## Giorno B

planche lean hold 5 x 6" rec 2

pseudo planche push up 4 x 5 rec 2

Dip 4 x 10

V push up 4 x 12-15

step jump 5 x 10-12

hanging bike 5 x 20"

## Giorno C

pull up al petto ladder sali e scendi x 5 serie totali rec 30"

push up TEST x

commando pull up 4 x 8

verticale al muro 3 x 10"

discese in tuck front lever 4 x 2 rec discesa in 4"

diamond push up 4 x 10

# Settimana 4

## Giorno A

pull up al petto 10 x 2

tuck front lever 3 x 7" rec 2

dragon flag pulls TEST x

pull up press neutra 5 x 8

Affondi 5 x 10/12

tuck L-sit tabata x 6 x 20"+20"

## Giorno B

planche lean hold 3 x 7" rec 2

pseudo planche push up 5 x 4 rec 2

Dip 4 x 10

V push up 4 x 12-15

step jump 5 x 10-12

hanging bike 5 x 20"

## Giorno C

pull up al petto ladder sali e scendi x 5 serie totali rec 30"

push up TEST x

commando pull up 4 x 8

verticale al muro 3 x 10"

discese in tuck front lever 4 x 2 rec discesa in 4"

diamond push up 4 x 10

# Video esercizi

Pull up al petto: <https://www.youtube.com/watch?v=XWjl6WJGfd8>

Dragon flag pulls: <https://www.youtube.com/shorts/AyNIAhKQad0>

Pull up press neutra: <https://www.youtube.com/shorts/x6Q->

Affondi: <https://www.youtube.com/shorts/qe-F3_iRUug>

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

Planche lean hold: <https://www.youtube.com/shorts/TpTL943-MXM>

Pseudo planche push up: <https://www.youtube.com/shorts/3mc8drqKT4Y>

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

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

Step jump: <https://www.youtube.com/shorts/HLHFFLc_bOs>

Hanging bike: <https://www.youtube.com/shorts/vbSATeMPWZw>

Push up: 🔗 [manca link]

Commando pull up: <https://www.youtube.com/shorts/Oxdrg8GlGxs>

Verticale al muro: 🔗 [manca link]

Discese in tuck front lever: <https://www.youtube.com/shorts/3f7D4QVi6Dg>

Diamond push up: <https://www.youtube.com/shorts/g8GTC8g7nzI>