Scheda 15/07, Rodolfo Ronci

## Giorno A

pull up piedi a terra 3 x 4 rec 1'

Australian pull up 3 x 8 rec 1'

appensione passiva 4 x 20" rec 1'

po 3 x 10 rec 1'

arco lombare dinamico 3 x 15 rec 1'

tuck L-sit 4 x 10" rec 1'

leg lift a terra 3 x 12/15 rec 1'

mobilità squat

## Giorno B

V 3 x 8 rec 1'

Push up piedi rialzo 4 x 8 rec 1'

push up larghi 3 x 14/13/12 rec 1'

one leg squat box 4 x 4 rec 1'

Affondi 3 x 12/15 rec 1'

hollow body 3 x 30" rec 1'

superman 3 x 30" rec 1'

mobilità spalle

## Giorno C

archer australian pull up 4 x 4 rec 1'

pull up piedi a terra 3 x 6 rec 1'

appensione passiva 2' tot x rec '

squat 4 x 20 rec 1'

drinking bird 3 x 12/15 rec plank walk out '

plank walk out 1' x rec super set'

Plank laterale 30"xlato x rec 1'

mobilità squat

## Giorno D

Dip 4 x 5 rec 2'

V push up 4 x 6 rec 2'

dip panchetta 3 x 10/12 rec 1'

calf raise 3 x 20 rec 1'

affondi dietro 3 x 12/15 rec 1'

wall walk a 45° 5" su 4 x 4 rec 1'

leg lift a terra 3 x 12/15 rec 1'

mobilità spalle

# Video esercizi

pull up piedi a terra: 🔗 [manca link]

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

appensione passiva : 🔗 [manca link]

po: 🔗 [manca link]

arco lombare dinamico: 🔗 [manca link]

tuck L-sit: 🔗 [manca link]

leg lift a terra: 🔗 [manca link]

mobilità squat: 🔗 [manca link]

V: 🔗 [manca link]

Push up piedi rialzo: https://www.youtube.com/shorts/3zStqe\_AvMg

push up larghi: 🔗 [manca link]

one leg squat box: 🔗 [manca link]

Affondi: https://www.youtube.com/shorts/qe-F3\_iRUug

hollow body: https://www.youtube.com/shorts/\_wBPcny-7Hc

superman: 🔗 [manca link]

archer australian pull up: https://www.youtube.com/watch?v=fZfWEzI59S4

pull up piedi a terra : 🔗 [manca link]

appensione passiva: 🔗 [manca link]

squat: 🔗 [manca link]

drinking bird: 🔗 [manca link]

plank walk out: 🔗 [manca link]

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

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

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

dip panchetta : 🔗 [manca link]

calf raise: 🔗 [manca link]

affondi dietro : 🔗 [manca link]

wall walk a 45° 5" su: 🔗 [manca link]