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'

ponte dinamico una gamba 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'

## Giorno B

V push up 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 1'

squat 4 x 20 rec 1'

drinking bird 3 x 12/15 rec 1’

plank walk out 1' x 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

# LINK VIDEO

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

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

appensione passiva - <https://www.youtube.com/watch?v=XwryUTVQNIU>

ponte dinamico una gamba -

arco lombare dinamico -

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

leg lift a terra - <https://www.youtube.com/shorts/4IAvvc8lgJ8>

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

Push up piedi rialzo - <https://www.youtube.com/shorts/3zStqe_AvMg>

push up larghi -

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

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

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

superman - <https://www.youtube.com/watch?v=tYMHYWVvFjs>

mobilit -

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

squat - <https://www.youtube.com/watch?v=nhPtyxJBzbo>

drinking bird - <https://www.youtube.com/shorts/R2cSRhgUGSA>

plank walk out - <https://www.youtube.com/watch?v=Ao-nV3IdINQ>

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

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

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

calf raise - <https://www.youtube.com/shorts/SjypFUbZBCA>

affondi dietro - <https://www.youtube.com/shorts/BCiA5p4cfMA>

wall walk - <https://www.youtube.com/shorts/kAZkLII49fk>