

# SCHEDA DI ALLENAMENTO CREATA DA WWW.EVOLUTIONFIT.IT

GIUFFRIDA ALFREDO

**Obiettivo** IPERTROFIA  
**Inizio** 11/11/2019

**Livello** INTERMEDIO  
**Sett. Durata** 5 Settimane

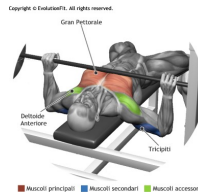
## GIORNO 1

### 1 SPINTE PANCA PIANA BILANCERE



#### Pettorali

Serie e rip  
 4 X 6-8-8  
 Recupero  
 1 min 30 sec



### 2 SPINTE PANCA ALTA AL MULTIPOWER

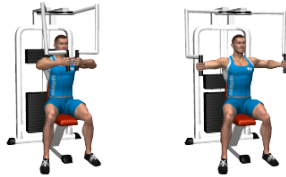


#### Pettorali

Serie e rip  
 6 IN SUPER SET CON ES. 3  
 Recupero

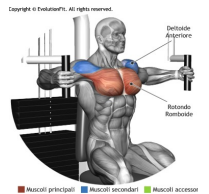


### 3 CHIUSURE AL PECK



#### Pettorali

Serie e rip  
 8 X 4  
 Recupero  
 2 min 0 sec

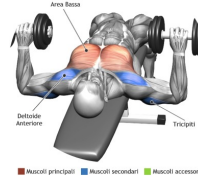


### 4 SPINTE PANCA BASSA 2 MANUBRI



#### Pettorali

Serie e rip  
 4 X 8  
 Recupero  
 1 min 30 sec

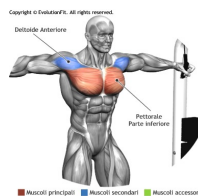


### 5 CHIUSURE AI CAVI ALTI



#### Pettorali

Serie e rip  
 4 X 8  
 Recupero  
 1 min 30 sec

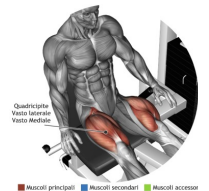


### 6 LEG EXTENSION



#### Quadricipiti

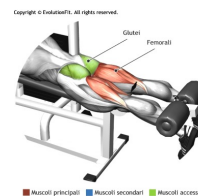
Serie e rip  
 8 IN SUPER SET CON ES. 7  
 Recupero



## 7 LEG CURL SDRAIATO

**Femorali**

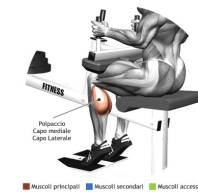
Serie e rip  
8 X 4  
Recupero  
2 min 0 sec



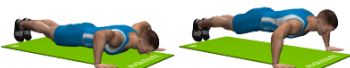
## 8 CALF MACHINE SEDUTO

**Polpacci**

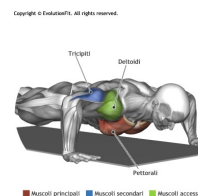
Serie e rip  
3 X 15  
Recupero  
1 min 30 sec



## 9 DISTENSIONI A TERRA

**Pettorali**

Serie e rip  
MAX  
Recupero

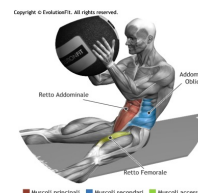


## CIRCUITO

## 10 CRUNCH CON WALLBALL

**Addominali**

Serie e rip  
MAX  
Recupero

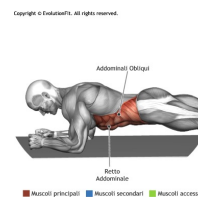


## CIRCUITO

## 11 PLANK

**Addominali**

Serie e rip  
60"  
Recupero  
1 min 30 sec



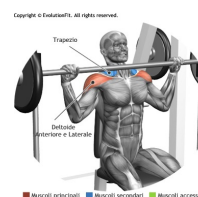
## CIRCUITO X 4

## GIORNO 2

## 1 MILITARY PRESS AL MULTIPOWER

**Spalle**

Serie e rip  
4 X 6-6-8-8  
Recupero  
1 min 30 sec

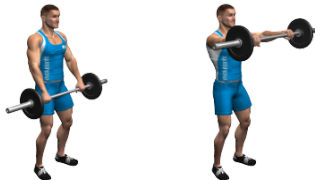


## 2 SPINTE SEDUTO 2 MANUBRI

**Spalle**

Serie e rip  
6 IN SUPER SET CON ES. 3  
Recupero

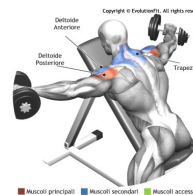


**3 ALZATE FRONTALI IN PIEDI BILANCIERE****Spalle**

Serie e rip  
8 X 4  
Recupero  
2 min 0 sec

**4 VOLARE INVERSO PANCA ALTA 2 MANUBRI****Spalle**

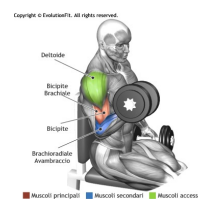
Serie e rip  
8 IN SUPER SET CON ES. 5  
Recupero

**5 TIRATE AL MENTO BILANCIERE****Trapezi**

Serie e rip  
8 X 4  
Recupero  
2 min 0 sec

**6 CURL SEDUTO 2 MANUBRI ALTERNATI****Bicipiti**

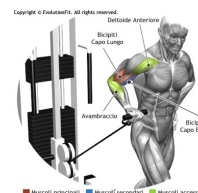
Serie e rip  
4 X 6-8-8  
Recupero  
1 min 30 sec

**7 CURL BILANCIERE IN PIEDI****Bicipiti**

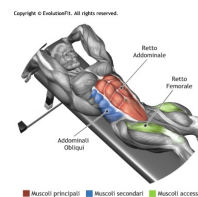
Serie e rip  
4 X 6 + NEGATIVE  
Recupero  
2 min 0 sec

**8 BAYESIAN CURL SINGOLO CAVO BASSO****Bicipiti**

Serie e rip  
4 X 8  
Recupero  
1 min 30 sec

**9 ALZATE GAMBE SU PANCA RECLINATA****Addominali**

Serie e rip  
4 X MAX  
Recupero  
1 min 0 sec



# GIORNO 3

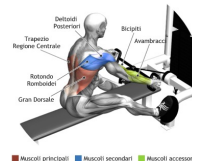
## 1 TRAZIONI AL PULLEY BASSO PRESA TRAZI



### Dorsali

Serie e rip  
4 X 6-8-8-8  
Recupero  
1 min 30 sec

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Muscoli principali Muscoli secondari Muscoli accessori

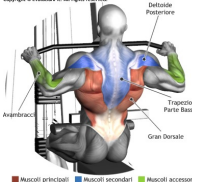
## 2 LAT MACHINE AVANTI



### Dorsali

Serie e rip  
6 IN SUPER SET CON ES. 3  
Recupero

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Muscoli principali Muscoli secondari Muscoli accessori

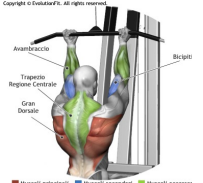
## 3 LAT MACHINE INVERSO



### Dorsali

Serie e rip  
8 X 4  
Recupero  
2 min 0 sec

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Muscoli principali Muscoli secondari Muscoli accessori

## 4 REMATORE 1MAN BUSTO 90°



### Dorsali

Serie e rip  
4 X 8  
Recupero  
1 min 30 sec

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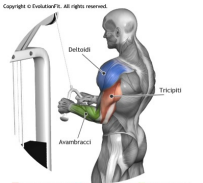
## 5 SPINTE AI CAVI



### Tricipiti

Serie e rip  
4 X 6-8-8-8  
Recupero  
1 min 30 sec

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Muscoli principali Muscoli secondari Muscoli accessori

## 6 FRENCH PRESS BILANCIERE PANCA PIANA



### Tricipiti

Serie e rip  
4 X 6 + NEGATIVE  
Recupero  
2 min 0 sec

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Muscoli principali Muscoli secondari Muscoli accessori

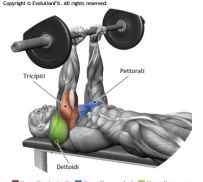
## 7 DISTENSIONI BILANCIERE PRESA STRETTA PANCA PIANA



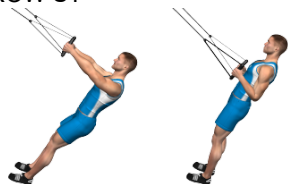
### Tricipiti

Serie e rip  
4 X 8  
Recupero  
1 min 30 sec

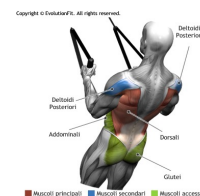
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Muscoli principali Muscoli secondari Muscoli accessori

**8 ROW ST****Dorsali**

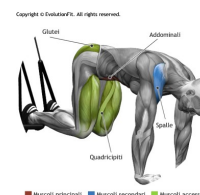
Serie e rip  
MAX  
Recupero



CIRCUITO

**9 CRUNCH ST****Addominali**

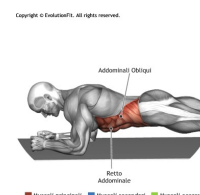
Serie e rip  
MAX  
Recupero



CIRCUITO

**10 PLANK****Addominali**

Serie e rip  
60"  
Recupero  
1 min 30 sec



CIRCUITO X 4

Scheda di allenamento creata da [www.evolutionfit.it](http://www.evolutionfit.it)

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