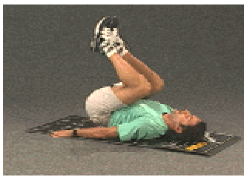
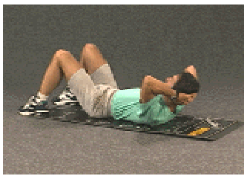
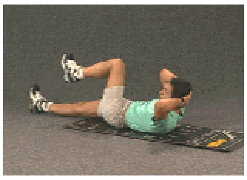
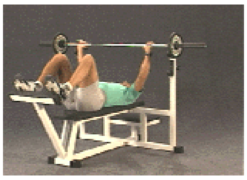
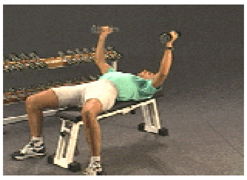
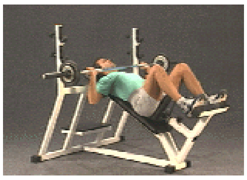
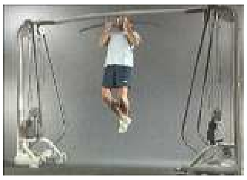
TRIBUNE amsicorastadium

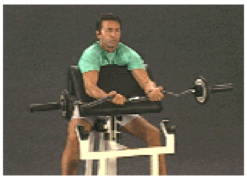
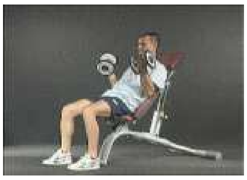
Via dei Salinieri, 5/7/9 - 09126 CAGLIARI (CA)

SCHEDA DI ALLENAMENTO

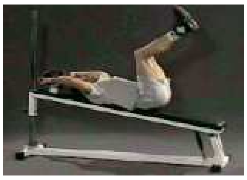
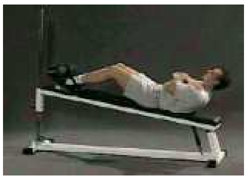
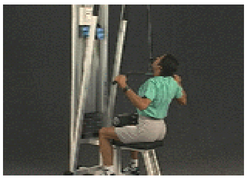
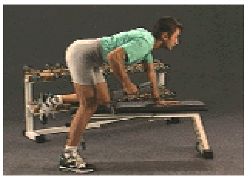
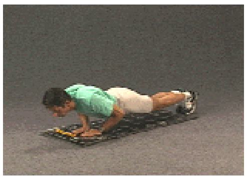
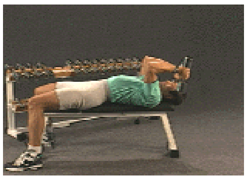
Stefano CORDA Nato il 07/09/1989 Peso 61,0 Kg

SEDUTA DI ALLENAMENTO N° 1

1		**flessione contemporanea delle ginocchia al petto**	Serie: 3 30 Rip. 30 Rip. 30 Rip.
	SERIE CON SUCCESSIVO		
2		**crunch libero mani dietro la nuca**	Serie: 3 30 Rip. 30 Rip. 30 Rip.
	SERIE CON SUCCESSIVO		
3		**crunch libero alternato**	Serie: 3 30 Rip. 30 Rip. 30 Rip.
4		**distensioni con bilanciere su panca piana**	Serie: 5 12 Rip. x 22,5 Kg x 30 sec. 10 Rip. x 22,5 Kg x 30 sec. 8 Rip. x 22,5 Kg x 30 sec. 6 Rip. x 22,5 Kg x 30 sec. 4 Rip. x 22,5 Kg x 30 sec.
5		**croci su panca piana**	Serie: 3 8 Rip. x 6 Kg x 30 sec. 8 Rip. x 6 Kg x 30 sec. 8 Rip. x 6 Kg x 30 sec.
6		**distensioni con bilanciere su panca inclinata**	Serie: 4 10 Rip. x 20 Kg x 30 sec. 8 Rip. x 20 Kg x 30 sec. 8 Rip. x 22,5 Kg x 30 sec. 6 Rip. x 20 Kg x 30 sec.
7		**trazioni libere con barra lat presa inversa**	Serie: 3 12 Rip. 12 Rip. 12 Rip.

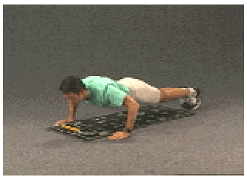
8		**flessioni braccia con bil. kambered panca scott**	Serie: 4 10 Rip. x 10 Kg x 30 sec. 8 Rip. x 10 Kg x 30 sec. 8 Rip. x 10 Kg x 30 sec. 6 Rip. x 10 Kg x 30 sec.
9		**flessioni delle braccia panca incl con manubri**	Serie: 3 10 Rip. x 6 Kg x 30 sec. 10 Rip. x 6 Kg x 30 sec. 10 Rip. x 6 Kg x 30 sec.

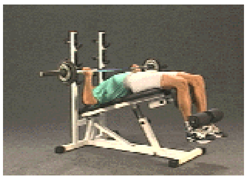
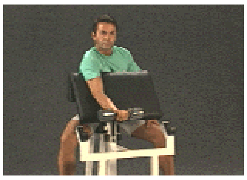
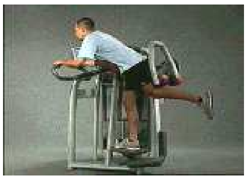
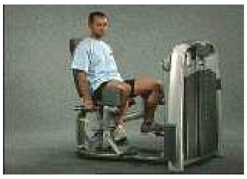
SEDUTA DI ALLENAMENTO N° 2

1		**crunch inverso su panca addominali**	Serie: 1 1 Rip.
	100 RIP		
2		**crunch su panca addominali**	Serie: 1 1 Rip.
	100 RIP		
3		**trazioni al petto alla lat machine**	Serie: 5 10 Rip. x 25 Kg x 30 sec. 8 Rip. x 25 Kg x 30 sec. 8 Rip. x 25 Kg x 30 sec. 6 Rip. x 25 Kg x 30 sec. 4 Rip. x 25 Kg x 30 sec.
4		**rematore con manubrio**	Serie: 4 10 Rip. x 9 Kg x 30 sec. 8 Rip. x 9 Kg x 30 sec. 8 Rip. x 9 Kg x 30 sec. 8 Rip. x 9 Kg x 30 sec.
5		**piegamenti sulle braccia a mani unite**	Serie: 1 30 Rip.
6		**french press manubri panca piana**	Serie: 4 12 Rip. x 5 Kg x 30 sec. 10 Rip. x 5 Kg x 30 sec. 8 Rip. x 5 Kg x 30 sec. 6 Rip. x 5 Kg x 30 sec.

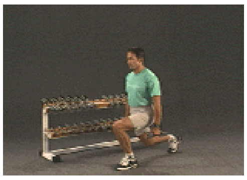
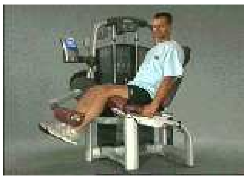
7		**estensioni del braccio su Gamma**	Serie: 4 8 Rip. x Piastra 1 x 30 sec. 8 Rip. x Piastra 1 x 30 sec. 10 Rip. x Piastra 1 x 30 sec. 10 Rip. x Piastra 1 x 30 sec.
	USARE IL MANUBRIO		
8		**Panchetto**	05:00 min. 139 B./m.
	3 X 10		
9		**croci inverse su Alpha**	Serie: 3 12 Rip. x Piastra 1 x 30 sec. 10 Rip. x Piastra 1 x 30 sec. 10 Rip. x Piastra 1 x 30 sec.
10		**trazioni al mento con bilanciere presa larga**	Serie: 3 8 Rip. x 15 Kg x 30 sec. 8 Rip. x 15 Kg x 30 sec. 8 Rip. x 15 Kg x 30 sec.
11		**flessioni alla leg curl selection**	Serie: 4 10 Rip. x 30 Kg x 30 sec. 10 Rip. x 30 Kg x 30 sec. 8 Rip. x 30 Kg x 30 sec. 8 Rip. x 30 Kg x 30 sec.
12		**estensioni dei piedi alla leg press selection**	Serie: 4 12 Rip. x 110 Kg x 30 sec. 10 Rip. x 100 Kg x 30 sec. 8 Rip. x 100 Kg x 30 sec. 6 Rip. x 100 Kg x 30 sec.

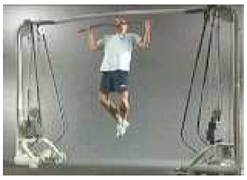
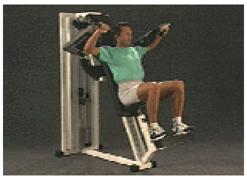
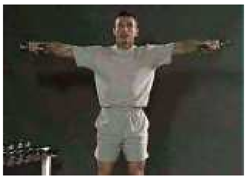
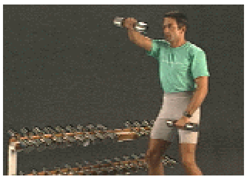
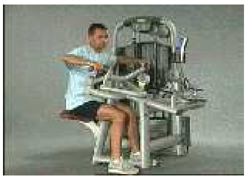
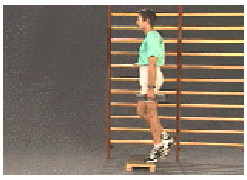
SEDUTA DI ALLENAMENTO N° 3

1		**RISCALDAMENTO parte ALTA, CIRCONDUZIONI VARIE**	01:00 min. 139 B./m.
2		**piegamenti sulle braccia**	Serie: 1 30 Rip.

3		**distensione con bilanciere su panca declinata**	Serie: 4 10 Rip. x 22,5 Kg x 30 sec. 10 Rip. x 22,5 Kg x 30 sec. 8 Rip. x 22,5 Kg x 30 sec. 8 Rip. x 22,5 Kg x 30 sec.
4		**flessioni del braccio con manubrio panca scott**	Serie: 4 12 Rip. x 5 Kg x 30 sec. 10 Rip. x 5 Kg x 30 sec. 8 Rip. x 5 Kg x 30 sec. 8 Rip. x 5 Kg x 30 sec.
5		**Squat**	10:00 min. 139 B./m.
	2 X 10		
6		**estensioni alla glute selection**	Serie: 4 12 Rip. x 25 Kg x 30 sec. 10 Rip. x 25 Kg x 30 sec. 8 Rip. x 25 Kg x 30 sec. 8 Rip. x 25 Kg x 30 sec.
7		**abduzioni all'abductor selection**	Serie: 3 12 Rip. x 40 Kg x 30 sec. 10 Rip. x 40 Kg x 30 sec. 8 Rip. x 40 Kg x 30 sec.

SEDUTA DI ALLENAMENTO N° 4

1		**Bike Excite 500i: Esercizio Goal a tempo**	Step: 1 10:00 min. Livello: 1
2		**affondi frontali con manubri**	Serie: 3 12 Rip. x 10 Kg x 30 sec. 10 Rip. x 10 Kg x 30 sec. 8 Rip. x 10 Kg x 30 sec.
3		**estensioni alla leg extension selection**	Serie: 4 12 Rip. x 30 Kg x 30 sec. 10 Rip. x 30 Kg x 30 sec. 8 Rip. x 30 Kg x 30 sec. 8 Rip. x 30 Kg x 30 sec.

4		**RISCALDAMENTO parte ALTA, CIRCONDUZIONI VARIE**	01:00 min. 139 B./m.
5		**trazioni libere con barra lat**	Serie: 3 12 Rip. 12 Rip. 12 Rip.
6		**delts machine**	Serie: 4 10 Rip. x 15 Kg x 30 sec. 8 Rip. x 15 Kg x 30 sec. 8 Rip. x 15 Kg x 30 sec. 6 Rip. x 15 Kg x 30 sec.
7		**alzate laterali in piedi con manubri**	Serie: 4 10 Rip. x 4 Kg x 30 sec. 10 Rip. x 4 Kg x 30 sec. 8 Rip. x 4 Kg x 30 sec. 8 Rip. x 4 Kg x 30 sec.
8		**alzate frontali alternate**	Serie: 3 10 Rip. x 3 Kg x 30 sec. 8 Rip. x 3 Kg x 30 sec. 8 Rip. x 3 Kg x 30 sec.
9		**trazioni alla upper back selection**	Serie: 4 10 Rip. x 17,5 Kg x 30 sec. 10 Rip. x 17,5 Kg x 30 sec. 8 Rip. x 17,5 Kg x 30 sec. 8 Rip. x 17,5 Kg x 30 sec.
10		**estensioni alternate dei piedi con manubrio**	Serie: 3 10 Rip. x 12 Kg x 30 sec. 10 Rip. x 12 Kg x 30 sec. 10 Rip. x 12 Kg x 30 sec.