

Cognome Nome **Giancarlo Camusso**

Scheda Dimagrimento1

Allenamenti a settimana 3 Numero di settimane 4

Validità dal 13/10/2005 al 10/11/2005

Durata 01 ore 28 minuti

**10** Combinata Croci e Spinte Fine giorno 3

Serie	Ripet.	Carico	Recup.
3	10	4	60

**12** Tapisroulant

Step	Tempo	F.C.	% Fq.
1	15		

marcia a pendenza costante dell'otto%

**9** Push back singolo

Serie	Ripet.	Carico	Recup.
4	20	5	45

**11** Scrollate con manubri

Serie	Ripet.	Carico	Recup.
3	15	8	60

**2** Abdominal-Machine

Serie	Ripet.	Carico	Recup.
1	30	20	60
2	30	25	60

**7** Push down

Serie	Ripet.	Carico	Recup.
4	20	20	60

usare l'impugnatura con i cavì

**1** Cyclette

Step	Tempo	F.C.	% Fq.
1	5	131	70
2	5	141	75
3	5	131	70
4	5	146	78

carico 4

**4** Side band

Serie	Ripet.	Carico	Recup.
3	25	4	60

**9** Alzate posteriori su inclinata

Serie	Ripet.	Carico	Recup.
3	20	3	60

Fine giorno 1

**8** Spinte indietro al cavo basso con appoggio

Serie	Ripet.	Carico	Recup.
3	20		60

usare un elastico theraband

**11** Curi alternato con manubri in piedi

Serie	Ripet.	Carico	Recup.
4	15	4	60

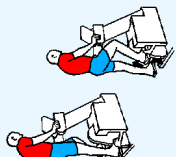
**10** Lat dietro

Serie	Ripet.	Carico	Recup.
3	20	35	60

**Annofazioni**  
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**12 Step machine**

Step	Tempo	F.C.	% Fq.
1	15		
2	15		

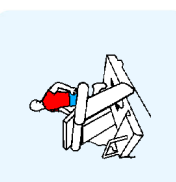


**1 Tapisroulant**

cardio 2

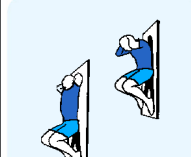
Step	Tempo	F.C.	% Fq.
1	10	131	70
2	10	141	75

marcia a ft controllata



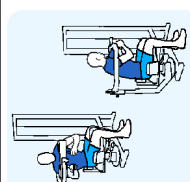
**2 crunch-a-terra**

Serie	Ripet.	Carico	Recup.
3	25		60



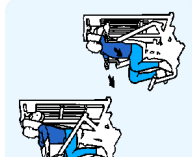
**3 Obliqui al rotary torso**

Serie	Ripet.	Carico	Recup.
3	25	20	45



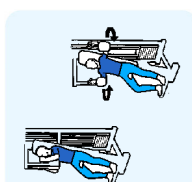
**5 Chest press**

Serie	Ripet.	Carico	Recup.
1	20	15	60
1	18	20	60
2	15	25	90



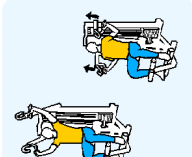
**6 Pectoral machine**

Serie	Ripet.	Carico	Recup.
3	15	20	90



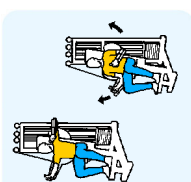
**7 Shoulder press**

Serie	Ripet.	Carico	Recup.
1	20	15	60
1	18	20	60
2	15	25	90



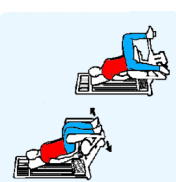
**8 Deltoid machine**

Serie	Ripet.	Carico	Recup.
3	15	15	60



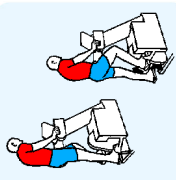
**9 Abductor Machine**

Serie	Ripet.	Carico	Recup.
4	20	30	60



**11 Step machine**

Step	Tempo	F.C.	% Fq.
1	15		

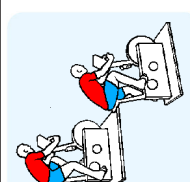


**1 Cyclelette**

cardio 3

**Inizio giorno 3**

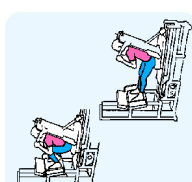
Step	Tempo	F.C.	% Fq.
1	5	131	70
2	10	141	75
3	5	150	80



**5 Pressa orizzontale**

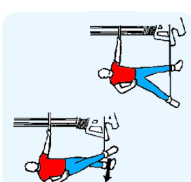
Serie	Ripet.	Carico	Recup.
1	25	30	60
4	20	40	90

inclinazione a 60° per gluteo



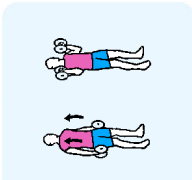
**7 Aperture laterali incrociate in piedi**

Serie	Ripet.	Carico	Recup.
4	20	10	60



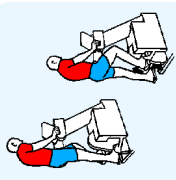
**8 Curli hammer**

Serie	Ripet.	Carico	Recup.
3	15	6	60



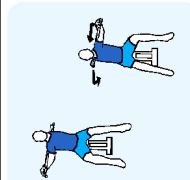
**11 Step machine**

Step	Tempo	F.C.	% Fq.
1	15		



**2 twist seduto**

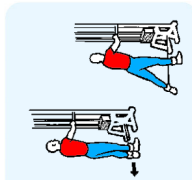
Serie	Ripet.	Carico	Recup.
4	60		60



**6 Aperture laterali al cavo in piedi**

Serie	Ripet.	Carico	Recup.
4	26	5	60

spinte dietro al cavo



**8 Curli hammer**

Serie	Ripet.	Carico	Recup.
3	15	6	60

