

FEDERICO DE BLASIS

Personal Trainer

ALLENAMENTO AL FEMMINILE LIVELLO 1

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Attrezzatura necessaria: tappetino, loop band di almeno 2 resistenze diverse (LB1-LB2).

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|---|-----------|
| Warm up | X3 |
| Jumping jacks | 30'' |
| BW squat | 15 |
| Crunch | 15 |
| Rest | 30'' |
| Block 1 | X3 |
| Squat w/ LB2 | 15 |
| Rematore w/ LB1 | 15 |
| Crunch a terra | 20 |
| Hip thrust | 20 |
| Plank + Kickback | 10+10 |
| Block 2 | X3 |
| Piegamenti a terra leva corta | 10 |
| Affondi alternati w/ LB2 | 20 |
| Reverse crunch a terra | 20 |
| Estensioni lombari a terra con contrazione glutei | 15 |
| Plank + Kickback | 10+10 |
| Block 3 | X3 |
| Squat sumo w/ LB2 | 15 |
| Shoulder push up | 10 |
| Hip thrust | 20 |
| Bicycle crunch | 20 |
| Shoulder Y fly w/ LB1 | 15 |
| Plank + Kickback | 10+10 |