

FEDERICO DE BLASIS

Personal Trainer

ALLENAMENTO AL MASCHILE LIVELLO 1

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

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
Rematore alto w/ LB1	12
Plank	1'
Block 2	X3
Piegamenti a terra	15
Affondi alternati w/ LB2	20
Reverse crunch a terra	20
Estensioni lombari a terra	15
Plank	1'
Block 3	X3
Shoulder push up	10
Hip thrust w/ LB2	20
Bicycle crunch	20
Plank	1'