

LIVELLO AVANZATO
SETTIMANA 1

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	10	3	00:30	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Addominali a candela	15	3	00:30	https://www.youtube.com/watch?v=pxeYfyWAcXs&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=2
Step up braccia	8	3	00:30	https://www.youtube.com/watch?v=z6vR6Ang64I&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=40
Affondi	12	4	01:00	https://www.youtube.com/watch?v=eGxkCdqwjqc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=1
Flessioni	10	3	00:45	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Step up gambe	8	3	00:30	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 2

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	12	3	00:30	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Addominali a candela	15	4	00:30	https://www.youtube.com/watch?v=pxeYfyWAcXs&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=2
Step up braccia	10	3	00:30	https://www.youtube.com/watch?v=z6vR6Ang64I&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=40
Affondi	15	4	01:00	https://www.youtube.com/watch?v=eGxkCdqwjqc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=1
Flessioni	12	3	00:45	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Step up gambe	10	3	00:30	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 3

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	10	4	00:30	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Addominali a candela	20	3	00:30	https://www.youtube.com/watch?v=pxeYfyWAcXs&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=2
Step up braccia	8	4	00:30	https://www.youtube.com/watch?v=z6vR6Ang64I&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=40
Affondi	10	5	01:00	https://www.youtube.com/watch?v=eGxkCdqwjqc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=1
Flessioni	10	4	00:45	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Step up gambe	8	4	00:30	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 4

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi alternati con balzo	6	4	01:00	https://www.youtube.com/watch?v=Pw7aZxb3Yw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=10
Addominali a V	10	3	00:30	https://www.youtube.com/watch?v=pzEk96K0tY8&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=3
Scalatore a balzi	10	3	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Glute bridge monopodalico	12	3	00:30	https://www.youtube.com/watch?v=INri5I9PIYw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=18
Sedia al muro	00:45	3	01:00	https://www.youtube.com/watch?v=U72e4kW7bDw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=31
Addominali crocifisso	12	3	01:00	https://www.youtube.com/watch?v=keb2Clu7qqg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 5

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi alternati con balzo	8	4	01:00	https://www.youtube.com/watch?v=Pw7aZxb3Yw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=10
Addominali a V	15	3	00:30	https://www.youtube.com/watch?v=pzEk96K0tY8&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=3
Scalatore a balzi	12	3	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Glute bridge monopodalico	15	3	00:30	https://www.youtube.com/watch?v=INri5I9PIYw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=18
Sedia al muro	01:00	3	01:00	https://www.youtube.com/watch?v=U72e4kW7bDw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=31
Addominali crocifisso	15	3	01:00	https://www.youtube.com/watch?v=keb2Clu7qqg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 6

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi alternati con balzo	10	4	01:00	https://www.youtube.com/watch?v=Pw7aZxb3Yw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=10
Addominali a V	12	4	00:30	https://www.youtube.com/watch?v=pzEk96K0tY8&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=3
Scalatore a balzi	10	4	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Glute bridge monopodalico	12	4	00:30	https://www.youtube.com/watch?v=INri5I9PIYw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=18
Sedia al muro	00:45	4	01:00	https://www.youtube.com/watch?v=U72e4kW7bDw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=31
Addominali crocifisso	12	4	01:00	https://www.youtube.com/watch?v=keb2Clu7qqg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 7

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	14	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank laterale	00:30	3	00:30	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Flessioni	15	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Scalatore a balzi	12	4	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Addominali alti	16	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Affondi monopodalici propriocettivi	12	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27

Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 8

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	12	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank laterale	00:45	3	00:30	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Flessioni	20	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Scalatore a balzi	15	4	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Addominali alti	20	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Affondi monopodalici propriocettivi	15	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 9

Esercizio	Ripetizioni	Serie	Riposo	Link
Burpees	14	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank laterale	00:40	4	00:30	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Flessioni	15	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Scalatore a balzi	20	3	01:00	https://www.youtube.com/watch?v=GYAvXjVWpOQ&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=29
Addominali alti	25	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Affondi monopodalici propriocettivi	20	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=27
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 10

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi anteriori-posteriori	10	3	01:00	https://www.youtube.com/watch?v=DQqd-ck0WM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=11
Addominale basso gambe tese	15	3	01:00	https://www.youtube.com/watch?v=hOMYBh0ek8s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=14
Burpees	15	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank	01:30	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Step up gambe	12	4	01:00	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Squat con salto	10	4	01:00	https://www.youtube.com/watch?v=CtADEI_0hWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=37
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 11

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi anteriori-posteriori	12	3	01:00	https://www.youtube.com/watch?v=DQqd-ck0WM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=11

Addominale basso gambe tese	20	3	01:00	https://www.youtube.com/watch?v=hOMYBh0ek8s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=14
Burpees	20	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank	01:30	4	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Step up gambe	14	4	01:00	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Squat con salto	12	4	01:00	https://www.youtube.com/watch?v=CtADEI_0hWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=37
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 12

Esercizio	Ripetizioni	Serie	Riposo	Link
Affondi anteriori-posteriori	10	4	01:00	https://www.youtube.com/watch?v=DQqd-ck0WM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=11
Addominale basso gambe tese	20	4	01:00	https://www.youtube.com/watch?v=hOMYBh0ek8s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=14
Burpees	20	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Plank	01:00	5	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Step up gambe	20	3	01:00	https://www.youtube.com/watch?v=xIKJpNThqC0&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=41
Squat con salto	15	4	01:00	https://www.youtube.com/watch?v=CtADEI_0hWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=37
Allungamento addominale	00:15			
Allungamento gambe	00:15			