

LIVELLO INTERMEDIO

SETTIMANA 1				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	4	00:30	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=16
Step up sulla sedia	12	3	01:00	https://www.youtube.com/watch?v=kxw2xRhaFFM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=39
Affondi laterali	12	3	01:00	https://www.youtube.com/watch?v=XbLXZpIHnvM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=9
Sollevamento gambe da proni	12	3	01:00	https://www.youtube.com/watch?v=S7G-z5AnQIA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=32
Flessioni sulle ginocchia	10	3	01:00	https://www.youtube.com/watch?v=K1peNp3mD4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=21
Burpees	5	5	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 2				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:40	4	00:40	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=16
Step up sulla sedia	15	3	01:00	https://www.youtube.com/watch?v=kxw2xRhaFFM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=39
Affondi laterali	16	3	01:00	https://www.youtube.com/watch?v=XbLXZpIHnvM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=9
Sollevamento gambe da proni	15	3	01:00	https://www.youtube.com/watch?v=S7G-z5AnQIA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=32
Flessioni sulle ginocchia	12	3	01:00	https://www.youtube.com/watch?v=K1peNp3mD4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=21
Burpees	8	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 3				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:40	5	00:40	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=16
Step up sulla sedia	12	4	01:00	https://www.youtube.com/watch?v=kxw2xRhaFFM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=39
Affondi laterali	12	4	01:00	https://www.youtube.com/watch?v=XbLXZpIHnvM&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=9
Sollevamento gambe da proni	20	3	01:00	https://www.youtube.com/watch?v=S7G-z5AnQIA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=32
Flessioni sulle ginocchia	12	4	01:00	https://www.youtube.com/watch?v=K1peNp3mD4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=21
Burpees	10	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24

Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 4				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:40	4	00:30	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=28
Affondi sulla sedia	10	3	01:00	https://www.youtube.com/watch?v=KMsy4aX00es&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=7
Plank	01:00	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Estensione gambe seduti	10	3	01:00	https://www.youtube.com/watch?v=WZkoNf8Jtys&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=35
Flessioni	6	3	01:00	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Affondi monopodalici propriocettivi	8	3	01:00	https://www.youtube.com/watch?v=c6qWW9eecA4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=8
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 5				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:50	3	00:30	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=28
Affondi sulla sedia	10	4	01:00	https://www.youtube.com/watch?v=KMsy4aX00es&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=7
Plank	01:10	2	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Estensione gambe seduti	12	3	01:00	https://www.youtube.com/watch?v=WZkoNf8Jtys&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=35
Flessioni	8	3	01:00	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Affondi monopodalici propriocettivi	10	3	01:00	https://www.youtube.com/watch?v=c6qWW9eecA4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=8
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 6				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:01	3	00:30	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=28
Affondi sulla sedia	12	4	01:00	https://www.youtube.com/watch?v=KMsy4aX00es&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=7
Plank	01:10	3	01:00	https://www.youtube.com/watch?v=09E_o41pSeo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=25
Estensione gambe seduti	10	4	01:00	https://www.youtube.com/watch?v=WZkoNf8Jtys&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=35
Flessioni	10	2	01:00	https://www.youtube.com/watch?v=ppqOOCd88Uc&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=20
Affondi monopodalici propriocettivi	12	3	01:00	https://www.youtube.com/watch?v=c6qWW9eecA4&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=8
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 7				
Esercizio	Ripetizioni	Serie	Riposo	Link
Squat	20	3	01:00	https://www.youtube.com/watch?v=dE4MF90sZxw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=38
Sollevamento anca	10	3	01:00	https://www.youtube.com/watch?v=oGpH-pBj6XA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=34
Aduttori sul fianco	10	3	01:00	https://www.youtube.com/watch?v=2Uv3Ejyn_xo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=12
Burpees	10	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Ponte a rana	10	3	01:00	https://www.youtube.com/watch?v=gsctO9WgsHI&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=19
Sollevamento gambe divaricate seduti	8	3	01:00	https://www.youtube.com/watch?v=tW6T10M3NTA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=36
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 8				
Esercizio	Ripetizioni	Serie	Riposo	Link
Squat	25	3	01:00	https://www.youtube.com/watch?v=dE4MF90sZxw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=38
Sollevamento anca	12	3	01:00	https://www.youtube.com/watch?v=oGpH-pBj6XA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=34
Aduttori sul fianco	12	3	01:00	https://www.youtube.com/watch?v=2Uv3Ejyn_xo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=12
Burpees	12	3	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Ponte a rana	15	3	01:00	https://www.youtube.com/watch?v=gsctO9WgsHI&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=19
Sollevamento gambe divaricate seduti	10	3	01:00	https://www.youtube.com/watch?v=tW6T10M3NTA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=36
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 9				
Esercizio	Ripetizioni	Serie	Riposo	Link
Squat	20	4	01:00	https://www.youtube.com/watch?v=dE4MF90sZxw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=38
Sollevamento anca	10	4	01:00	https://www.youtube.com/watch?v=oGpH-pBj6XA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=34
Aduttori sul fianco	12	4	01:00	https://www.youtube.com/watch?v=2Uv3Ejyn_xo&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=12
Burpees	10	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=24
Ponte a rana	12	4	01:00	https://www.youtube.com/watch?v=gsctO9WgsHI&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=19
Sollevamento gambe divaricate seduti	10	4	01:00	https://www.youtube.com/watch?v=tW6T10M3NTA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X &index=36
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 10				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	3	00:30	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=16
Scalatore	00:30	3	00:30	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=28
Burpees	12	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=24
Calf raise	20	4	00:30	https://www.youtube.com/watch?v=ypngo-xdLWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=23
Addominali a biciletta	15	3	01:00	https://www.youtube.com/watch?v=DiZefl51j-U&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=5
Addominali crocifissi	10	3	01:00	https://www.youtube.com/watch?v=keb2Clu7qgg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 11				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	4	00:30	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=16
Scalatore	00:30	4	00:30	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=28
Burpees	14	4	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=24
Calf raise	25	4	00:30	https://www.youtube.com/watch?v=ypngo-xdLWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=23
Addominali a biciletta	20	3	01:00	https://www.youtube.com/watch?v=DiZefl51j-U&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=5
Addominali crocifissi	12	3	01:00	https://www.youtube.com/watch?v=keb2Clu7qgg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 12				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	4	00:15	https://www.youtube.com/watch?v=SjQC_8kLZWA&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=16
Scalatore	00:30	4	00:15	https://www.youtube.com/watch?v=aAVTNFZUBtE&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=28
Burpees	10	5	01:00	https://www.youtube.com/watch?v=sg1w62HwJ2s&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=24
Calf raise	20	5	00:30	https://www.youtube.com/watch?v=ypngo-xdLWw&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=23
Addominali a biciletta	20	4	01:00	https://www.youtube.com/watch?v=DiZefl51j-U&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=5
Addominali crocifissi	15	3	01:00	https://www.youtube.com/watch?v=keb2Clu7qgg&list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&index=13
Allungamento addominale	00:15			
Allungamento gambe	00:15			