

**LIVELLO PRINCIPIANTE**

SETTIMANA 1				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Squat	12	3	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43</a>
Tocca tolloni	15	3	01:00	<a href="https://www.youtube.com/watch?v=UdEii2qXOc8&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=47">https://www.youtube.com/watch?v=UdEii2qXOc8&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=47</a>
Glute Bridge	12	3	01:00	<a href="https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17">https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17</a>
Skip sul posto ginocchia alte	00:20	3	01:00	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38</a>
Plank	00:30	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 2				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	4	01:00	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Squat	12	4	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43</a>
Tocca tolloni	20	3	01:00	<a href="https://www.youtube.com/watch?v=UdEii2qXOc8&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=47">https://www.youtube.com/watch?v=UdEii2qXOc8&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=47</a>
Glute Bridge	15	3	01:00	<a href="https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17">https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17</a>
Skip sul posto ginocchia alte	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38</a>
Plank	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 3				
Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:30	4	00:50	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Squat	15	4	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=43</a>
Addominali bassi gambe a bicicletta	12	3	01:00	<a href="https://www.youtube.com/watch?v=DiZefl51j-U&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=5">https://www.youtube.com/watch?v=DiZefl51j-U&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=5</a>
Glute Bridge	15	4	00:50	<a href="https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17">https://www.youtube.com/watch?v=V_Jr-rJOo6A&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=17</a>
Skip sul posto ginocchia alte	00:40	3	01:00	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=38</a>
Plank	00:45	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

**SETTIMANA 4**

Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:45	4	00:50	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Sumo Squat	12	3	01:00	<a href="https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46">https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46</a>
Addominali alti	12	3	01:00	<a href="https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4">https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4</a>
Glute Bridge unilaterale	8	4	00:30	<a href="https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18">https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18</a>
Scalatore	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28</a>
Plank	00:45	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

#### SETTIMANA 5

Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:45	4	00:45	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Sumo Squat	12	4	01:00	<a href="https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46">https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46</a>
Addominali alti	15	3	01:00	<a href="https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4">https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4</a>
Glute Bridge unilaterale	10	4	00:30	<a href="https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18">https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18</a>
Scalatore	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28</a>
Plank	00:45	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

#### SETTIMANA 6

Esercizio	Ripetizioni	Serie	Riposo	Link
Jumping Jacks	00:45	4	00:30	<a href="https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16">https://www.youtube.com/watch?v=SjQC_8kLZWA&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=16</a>
Sumo Squat	15	4	01:00	<a href="https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46">https://www.youtube.com/watch?v=Urxxtw8_8Y&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=46</a>
Addominali alti	15	4	01:00	<a href="https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4">https://www.youtube.com/watch?v=VOcULp7FcNE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=4</a>
Glute Bridge unilaterale	12	4	00:30	<a href="https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18">https://www.youtube.com/watch?v=INri5I9PIYw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=18</a>
Scalatore	00:45	3	01:00	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=28</a>
Plank	00:50	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>
Allungamento addominale	00:15			
Allungamento gambe	00:15			

#### SETTIMANA 7

Esercizio	Ripetizioni	Serie	Riposo	Link
Skip sul posto	00:50	3	01:00	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=33">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=33</a>
Affondi	8	4	01:00	<a href="https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=1">https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=1</a>
Russian twist	12	3	01:00	<a href="https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=30">https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=30</a>
calf raise	16	4	00:30	<a href="https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=23">https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=23</a>
Bird dog	10	4	01:00	<a href="https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=15">https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=15</a>
Plank	00:50	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X_&amp;index=31</a>

Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 8				
Esercizio	Ripetizioni	Serie	Riposo	Link
Skip sul posto	00:50	4	00:50	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=33
Affondi	10	4	01:00	<a href="https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=1
Russian twist	14	3	01:00	<a href="https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=30
calf raise	20	4	00:30	<a href="https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=23
Bird dog	12	4	01:00	<a href="https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=15
Plank	00:55	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 9				
Esercizio	Ripetizioni	Serie	Riposo	Link
Skip sul posto	00:30	6	00:30	<a href="https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=KhVg98GeDAQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=33
Affondi	12	4	01:00	<a href="https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=eGxkCdqwjqc&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=1
Russian twist	16	3	01:00	<a href="https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=UkcByr45-ic&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=30
calf raise	25	4	00:30	<a href="https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=ypngo-xdLWw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=23
Bird dog	15	4	01:00	<a href="https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=WKrcP5j55CQ&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=15
Plank	00:55	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 10				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:30	5	00:30	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=28
Sedia al muro	00:30	3	01:00	<a href="https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Addominali bassi gambe a forbice	16	3	01:00	<a href="https://www.youtube.com/watch?v=yuAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=yuAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=6
Dip	10	3	01:00	<a href="https://www.youtube.com/watch?v=R-VEKnTBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=R-VEKnTBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=22
Squat	20	3	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=38
Plank	01:00	2	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 11				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:30	6	00:30	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=28

Sedia al muro	00:35	3	01:00	<a href="https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Addominali bassi gambe a forbice	16	4	01:00	<a href="https://www.youtube.com/watch?v=yuJAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=yuJAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=6
Dip	12	3	01:00	<a href="https://www.youtube.com/watch?v=R-VEKntBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=R-VEKntBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=22
Squat	25	2	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=38
Plank	01:00	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Allungamento addominale	00:15			
Allungamento gambe	00:15			

SETTIMANA 12				
Esercizio	Ripetizioni	Serie	Riposo	Link
Scalatore	00:35	6	00:30	<a href="https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=aAVTNFZUBtE&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=28
Sedia al muro	00:30	4	01:00	<a href="https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=U72e4kW7bDw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Addominali bassi gambe a forbice	20	3	01:00	<a href="https://www.youtube.com/watch?v=yuJAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=yuJAdKlIfEns&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=6
Dip	15	3	01:00	<a href="https://www.youtube.com/watch?v=R-VEKntBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=R-VEKntBmys&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=22
Squat	20	4	01:00	<a href="https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=dE4MF90sZxw&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=38
Plank	01:05	3	01:00	<a href="https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X">https://www.youtube.com/watch?v=09E_o41pSeo&amp;list=PLYU7jIP5-pBGFmeZUEjSnsC-10FmKq6X</a> &index=31
Allungamento addominale	00:15			
Allungamento gambe	00:15			