

**-PROGRAMMA IPERTROFIA**

**-5 SESSIONI A SETTIMANA**

**-PUSH-PULL-LEGS**

**-9 SETTIMANE**

**SMARTGAINS**



# DISCLAIMER

Questo programma è protetto dalla legge sulla proprietà intellettuale (codice della proprietà intellettuale), compresi i diritti d'autore, i disegni, i marchi, i nomi di dominio, i brevetti, il know-how, il software o le banche dati. SmartWorkout rimane il proprietario di tutti i contenuti che troverete in questo programma. Tranne che con l'esplicito e preventivo consenso scritto dell'autore o dei suoi aventi diritto, è vietato qualsiasi trasferimento, vendita, distribuzione o riproduzione, in qualsiasi forma e con qualsiasi mezzo, di queste informazioni, pubblicazioni o dati.

Ricordiamo che SmartWorkout e i suoi assegnatari non sono professionisti dello sport, quindi ogni utente di questo programma è in definitiva responsabile delle conseguenze del suo utilizzo. SmartWorkout non fornisce consigli relativi allo sport, e tu sei l'unico responsabile del fatto che le informazioni fornite in questo programma corrispondano alle tue capacità e attitudini fisiche. Vi ricordiamo che ogni persona è unica e che qualsiasi applicazione di questo programma deve essere fatta con la conoscenza delle vostre capacità fisiche per proteggere la vostra salute.



# INTRODUZIONE



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Il programma SmartGains si rivolge ai non principianti che sono stagnanti e vogliono continuare a progredire.

L'obiettivo del programma è quello di aumentare il volume muscolare in modo armonioso.

*NB: Se sei nuovo del bodybuilding o semplicemente vuoi metterti in forma, ti consigliamo il nostro programma SmartExpress - 20 minuti al giorno.*

## REGOLE DI SICUREZZA - SI PREGA DI LEGGERE :

Prima di iniziare il programma, assicuratevi di aver letto le [istruzioni per l'uso e le norme di sicurezza](#) (disponibili sul vostro spazio digitale) per utilizzare l'attrezzatura SmartWorkout in modo sicuro :

- Allenamento in scarpe,
- Estensione massima dell'elastico: fino a 4 volte la sua dimensione originale,
- **Controllare che gli elastici siano attaccati correttamente e che i moschettoni siano chiusi prima di ogni set,**
- Resistenza massima di 90 kg con maniglie, cavigliere e ancoraggio alla porta,
- **100 kg di resistenza massima per Squat, Lunges e Overhead Press.**



# PRESENTAZIONE

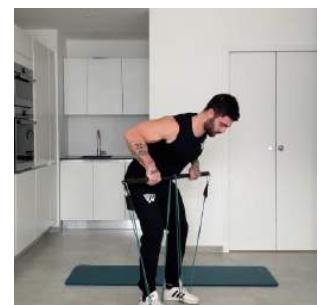
## PUSH/PULL/LEGS:

Il programma SmartGains è un programma PUSH/PULL/LEGS.

Ogni sessione è quindi orientata a lavorare un insieme di muscoli che rispondono a una funzione :

- **PUSH** : L'atto di spingere. Le sessioni di spinta fanno lavorare i pettorali, le spalle e i tricipiti.
- **PULL** : l'atto di tirare. Le sessioni di trazione reclutano la schiena, i bicipiti e la parte posteriore della spalla.
- **LEGS** : Queste sessioni si concentrano su tutta la parte inferiore del corpo.

L'interesse dei programmi PUSH/PULL/LEGS è quello di allenarsi in modo più atletico **lavorando gruppi muscolari correlati all'interno della stessa sessione**, e di stimolare lo stesso gruppo muscolare ogni 3-4 giorni per ottimizzare il guadagno muscolare.



Il programma di 9 settimane è diviso in **3 cicli** di 3 settimane ciascuno.

- I cicli 1 e 2 consistono in serie lunghe (12 - 15 ripetizioni per il ciclo 1; 8 - 12 ripetizioni per il ciclo 2), per concentrarsi sullo **stress metabolico**.
- Il ciclo 3 contiene serie più brevi (4 - 8 ripetizioni) per **aumentare la forza**.

Ogni settimana è composta da 5 sessioni che durano tra i 45 e i 60 minuti.

2 diverse sessioni di Push, Pull e Legs compongono un ciclo. Questo permette di lavorare i muscoli da diverse angolazioni e quindi di promuovere il recupero e una crescita muscolare armoniosa.

Push 1 : Focus Pettorali e Deltoidi Lateral

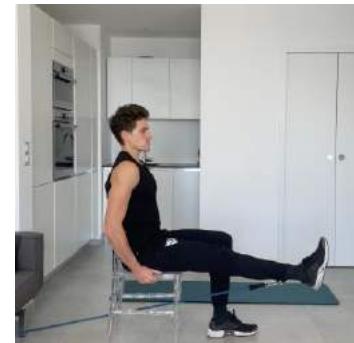
Push 2 : Focus Petto Superiore + Deltoidi Anteriori

Pull 1 : Focus Spessore della Schiena

Pull 2 : Focus Larghezza della Schiena

Legs 1 : Focus Quadricipiti

Legs 2: Focus su Ischios-Buttos



## IL MATERIALE :

Oltre al pacchetto SmartWorkout Elite, sono necessarie una sedia e una porta per eseguire alcuni esercizi. Tuttavia, la maggior parte degli esercizi può essere eseguita all'aperto e senza accessori aggiuntivi.

Infine, è preferibile (ma non essenziale) acquistare le estensioni da 45 kg per aumentare la resistenza su esercizi come la Bench Press, Hip Thrust e Deadlift.

## SCELTA DEL RESISTORE :

Per ogni esercizio è indicata una resistenza. Questa è la resistenza segnata sull'estremità del tuo elastico. Per esempio, una resistenza di 20 KG significa che si dovrebbe usare un elastico nero. La resistenza può sembrarvi alta, ma viene raggiunta solo alla fine del movimento, quando l'elastico è allungato fino a 4 volte la sua dimensione originale.

La resistenza indicata è solo per darvi un'idea. La resistenza dipende dal vostro livello, ma anche dalla vostra taglia, perché questo influenzerà lo stiramento degli elastici. La resistenza indicativa corrisponde a un livello intermedio e un'altezza di 1m80.

All'inizio, scegli una resistenza che ti permetta di eseguire un massimo di **2-3 ripetizioni oltre al numero di ripetizioni indicato**.

*Per esempio, se il numero di ripetizioni è 15, scegli una resistenza che ti permetta di eseguire al massimo 18 ripetizioni, cioè il tuo cedimento muscolare viene raggiunto per 18 ripetizioni.*

L'importante è aumentare la resistenza con il passare delle settimane e dei cicli, come indicato nel programma.

**Nota:** Per il bent-over pull-up e deadlift, la resistenza è moltiplicata per 1,7x grazie al sistema di loop (vedi video dell'esercizio). Così, per una resistenza di 20 KG, la resistenza sentita sarà vicina a 35 KG.

# CONSIGLI PER OTTIMIZZARE IL GUADAGNO MUSCOLARE

## RAFFORZARE I MUSCOLI CON GLI ELASTICI :

Per ottimizzare il guadagno muscolare e l'ipertrofia, assicurati di **sentire la resistenza durante tutto il movimento** in modo che il muscolo rimanga sotto tensione.

Se spingi 100 kg con gli elastici o con i pesi liberi, l'attivazione muscolare è circa la stessa. La vera differenza tra i pesi liberi e gli elastici è la resistenza : **costante per i pesi liberi, progressiva per gli elastici.**

Il vantaggio della resistenza progressiva è che si **adatta perfettamente alla curva di forza del movimento** : in un Biceps Curl, sentirai meno resistenza all'inizio del movimento - dove hai meno forza, e sentirai più resistenza alla fine del movimento - dove hai più forza. Questo ti permette di utilizzare un carico elevato preservando le tue articolazioni.

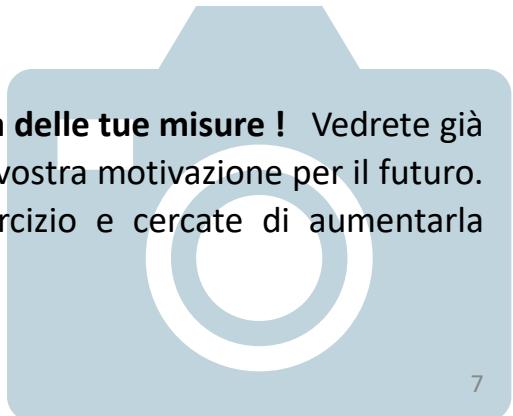
Lo svantaggio della resistenza progressiva è che se la resistenza è troppo bassa o il posizionamento è scarso, il muscolo può non essere sotto tensione durante l'intero movimento, a differenza dei pesi liberi. Se senti la resistenza solo alla fine del movimento, allora il tuo muscolo sarà stimolato solo in quella parte e non sarà efficace per la crescita muscolare.

Per risolvere questo problema, **allungate gli elastici in modo che siano in tensione dall'inizio del movimento.** Per esempio, per il Biceps Curl, assicurati di sentire la resistenza dall'inizio: è meglio avere 30kg di resistenza all'inizio del movimento e raggiungere 60kg alla fine, che partire da 0kg.

Per aiutarti ad eseguire correttamente gli esercizi e sentire la resistenza fin dall'inizio del movimento, abbiamo realizzato un video di spiegazione per ogni esercizio del programma, disponibile sul nostro canale YouTube (**link sulla foto di ogni esercizio**).

## MISURARE I SUOI PROGRESSI :

Prima di iniziare il programma, **fotografati e prendi nota delle tue misure !** Vedrete già dei risultati dopo poche settimane, il che aumenterà la vostra motivazione per il futuro. Annotate anche la resistenza utilizzata per ogni esercizio e cercate di aumentarla frequentemente.





# PLANIFICAZIONE DELLA SESSIONI

## CICLO 1 - SETTIMANA 1 A 3:

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
S-1	PUSH 1	PULL 1	LEGS 1	REST	PUSH 2	PULL 2	REST
S-2	PUSH 1	PULL 1	LEGS 1	REST	PULL 2	LEGS 2	REST
S-3	PUSH 1	PULL 1	LEGS 1	REST	PUSH 2	LEGS 2	REST

## CICLO 2 - SETTIMANA 3 A 6:

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
S-1	PUSH 2	PULL 2	LEGS 2	REST	PUSH 1	PULL 1	REST
S-2	PUSH 2	PULL 2	LEGS 2	REST	PULL 1	LEGS 1	REST
S-3	PUSH 2	PULL 2	LEGS 2	REST	PUSH 1	LEGS 1	REST

## CICLO 3 – SETTIMANA 6 A 9:

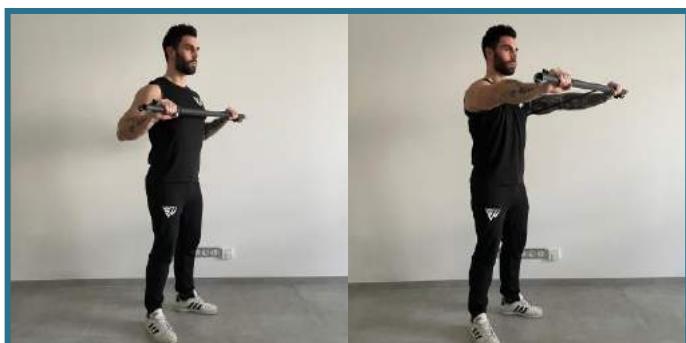
	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
S-1	PUSH 1	PULL 1	LEGS 1	REST	PUSH 2	PULL 2	REST
S-2	PUSH 1	PULL 1	LEGS 1	REST	PULL 2	LEGS 2	REST
S-3	PUSH 1	PULL 1	LEGS 1	REST	PUSH 2	LEGS 2	REST

# PUSH ESERCIZI

## PETTORALI

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

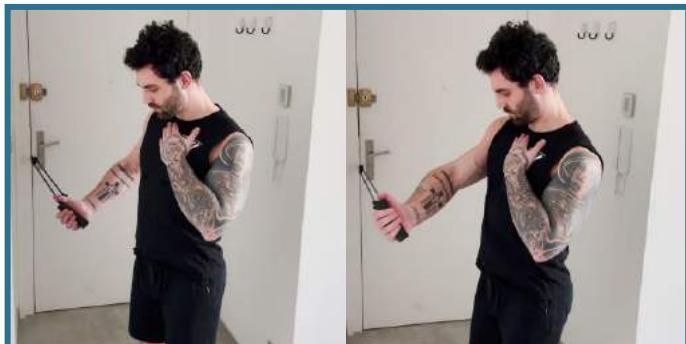
Clicca sull'immagine per accedere al video dell'allenamento.



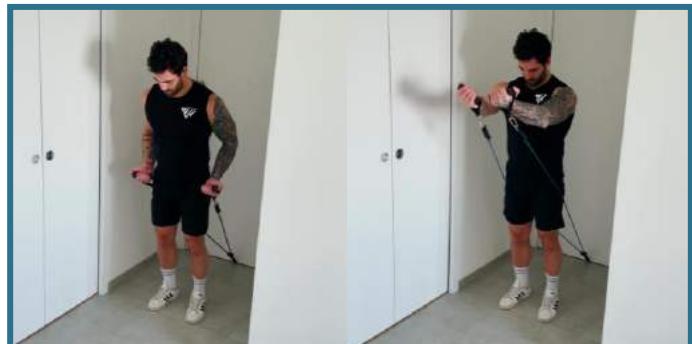
CHEST PRESS



INCLINED PRESS



UNILATERAL FLY



LOW CABLE FLY



WEIGHTED PUSH UPS

# PUSH ESERCIZI

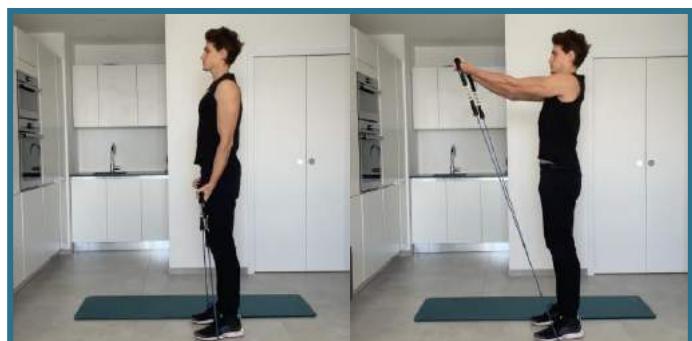
## SPALLE

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

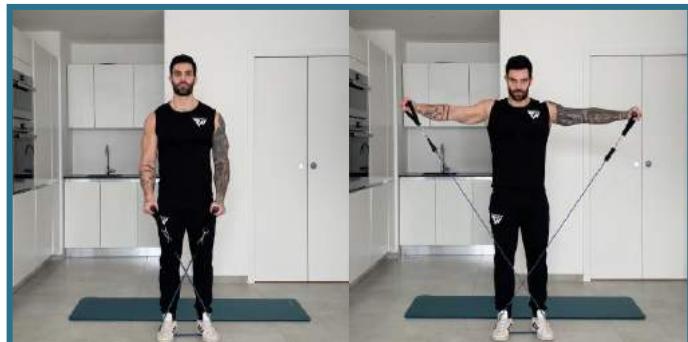
Clicca sull'immagine per accedere al video dell'allenamento.



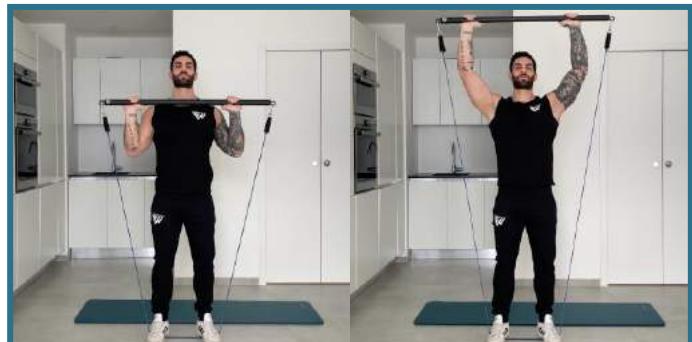
SEATED SHOULDER PRESS



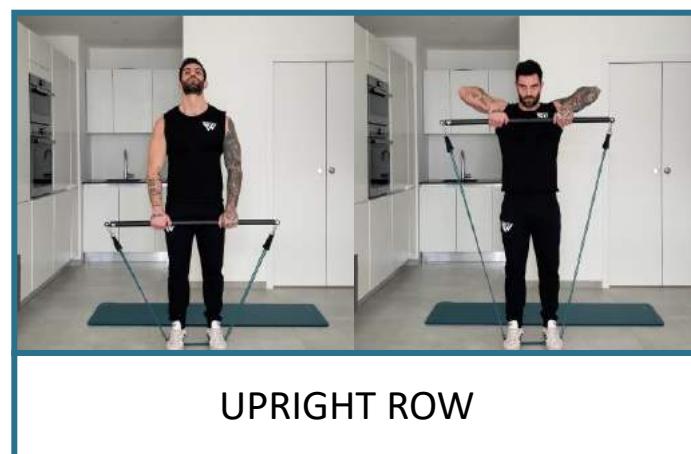
FRONT RAISE



LATERAL RAISE



OVERHEAD PRESS



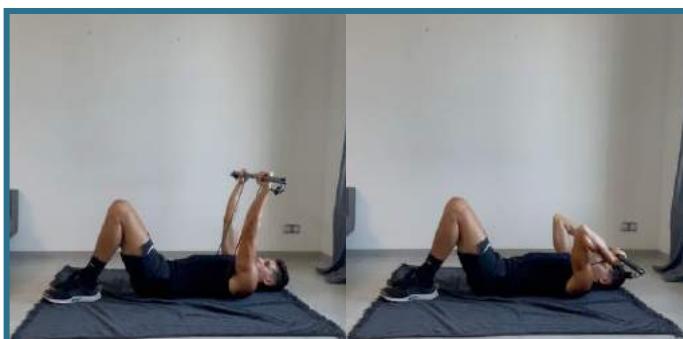
UPRIGHT ROW

# PUSH ESERCIZI

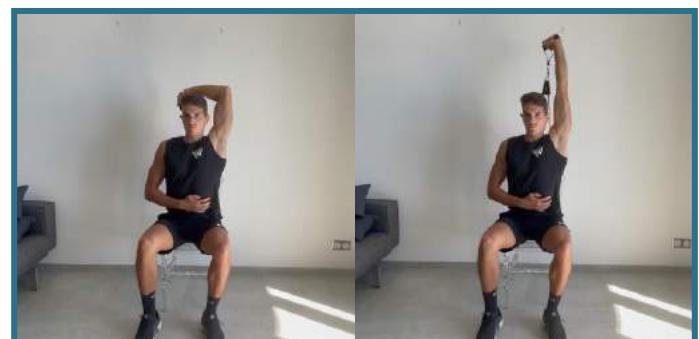
## TRICEPS

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

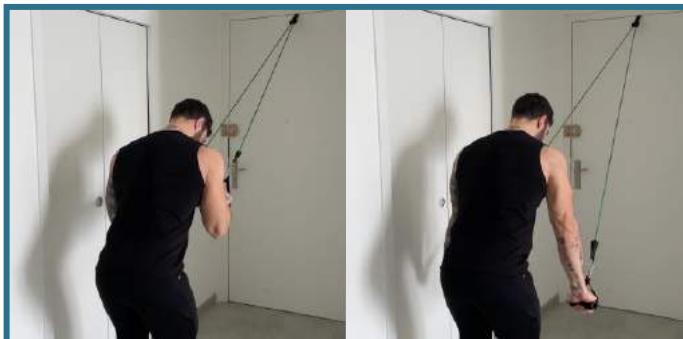
Clicca sull'immagine per accedere al video dell'allenamento.



SKULL CRUSHER



TRICEPS DUMBBELL EXTENSION



TRICEPS EXTENSION



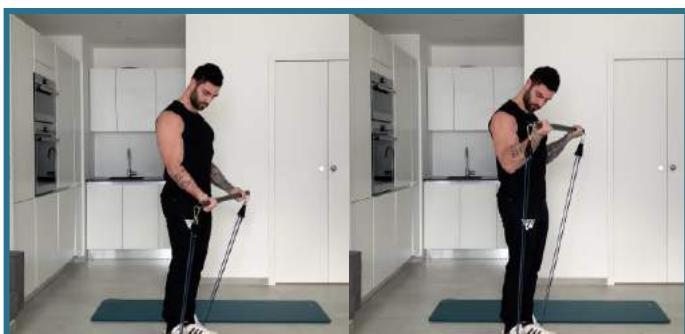
TRICEPS KICKBACK

# PULL ESERCIZI

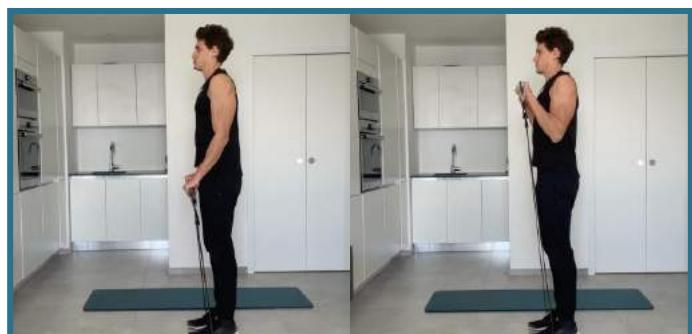
## BICIPITI & SPALLA POSTERIORE

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

Clicca sull'immagine per accedere al video dell'allenamento.



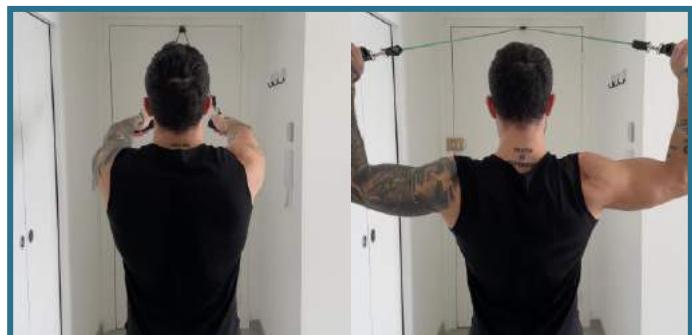
BICEPS CURL



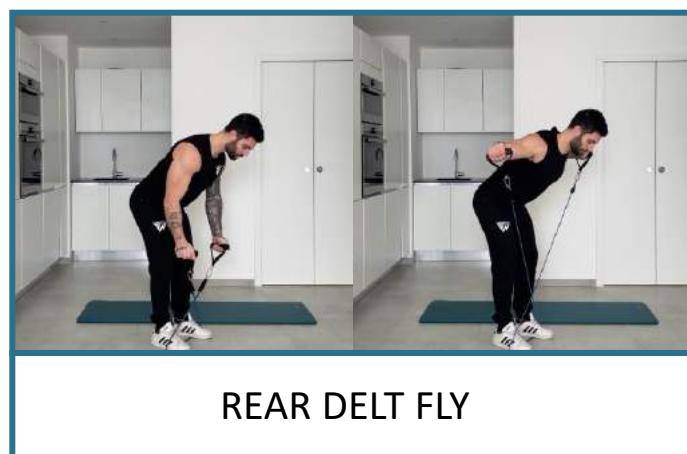
REVERSE CURL



HAMMER CURL



FACE PULL



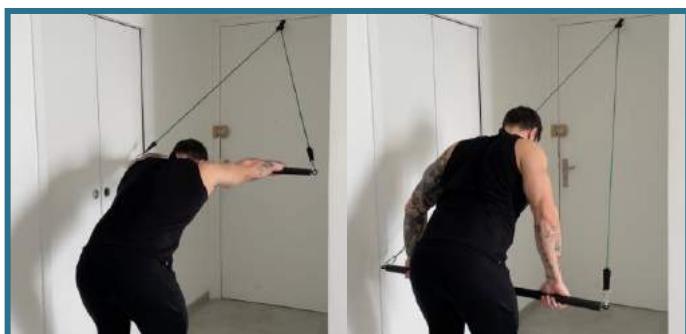
REAR DELT FLY

# PULL ESERCIZI

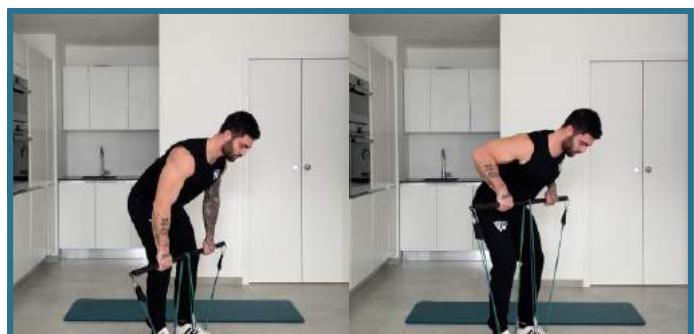
## INDIETRO

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

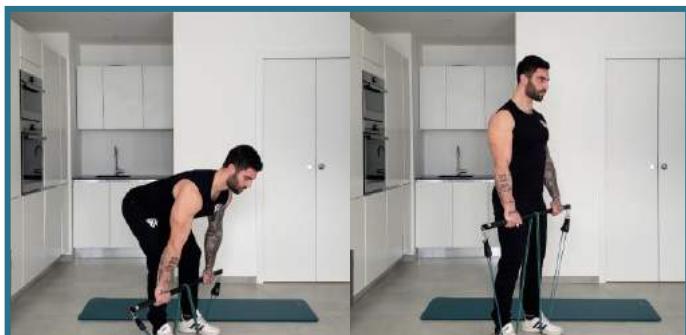
Clicca sull'immagine per accedere al video dell'allenamento.



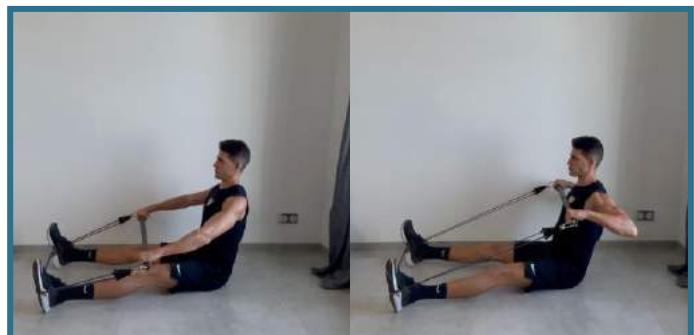
HIGH PULLEY PULLOVER



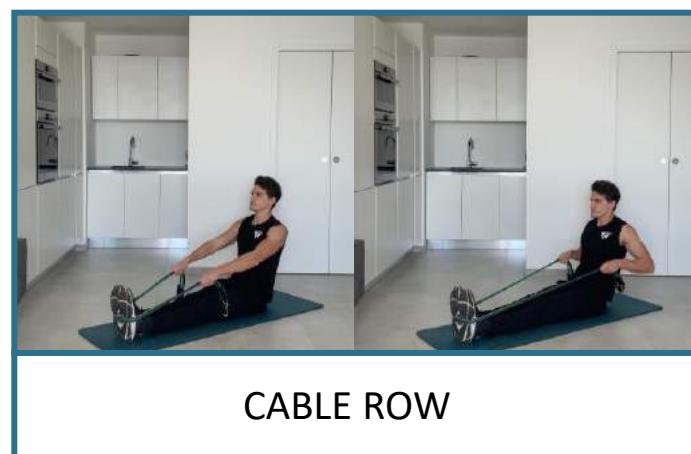
BENT OVER ROW



DEADLIFT



CABLE ROW (wide grip)



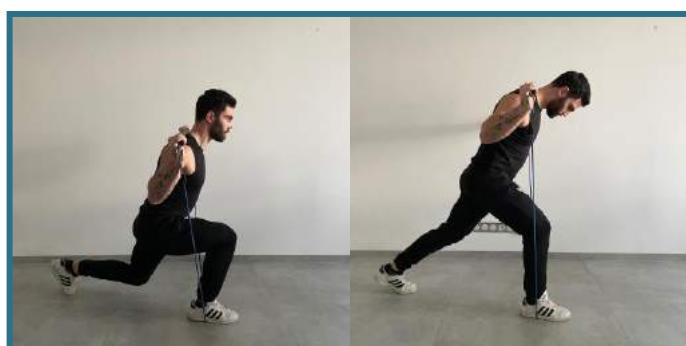
CABLE ROW

# LEGS ESERCIZI

## GAMBE

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

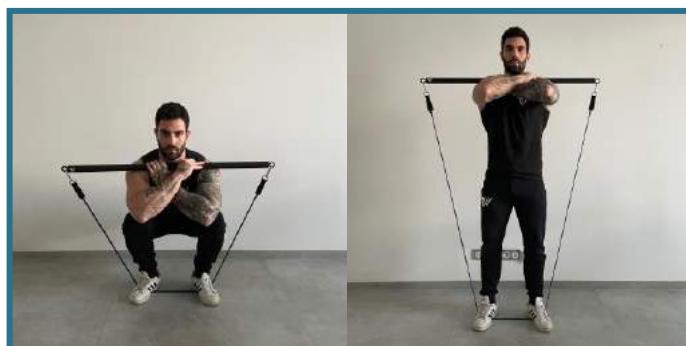
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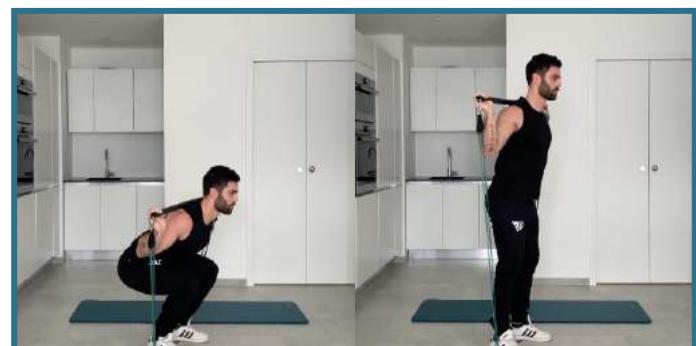
LUNGES (max Resistance: 100 KG)



BULGARIAN SQUAT (MAX. 100 KG)



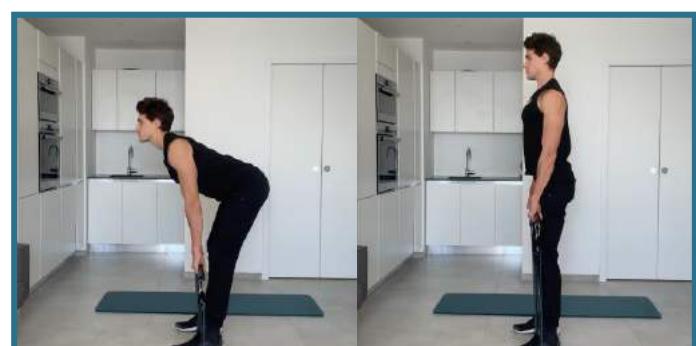
FRONT SQUAT (max Resistance: 100 KG)



SQUAT (max Resistance: 100 KG)



HIP THRUST



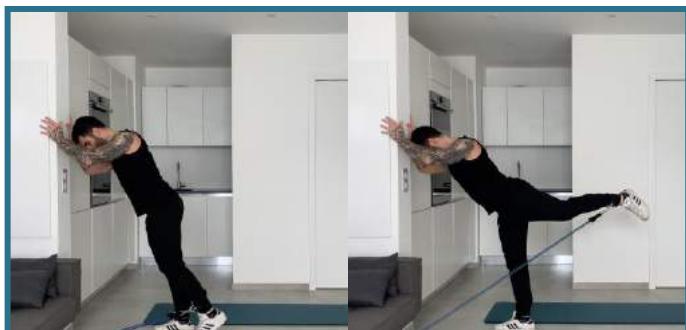
DEADLIFT (STIFF LEG)

# LEGS ESERCIZI

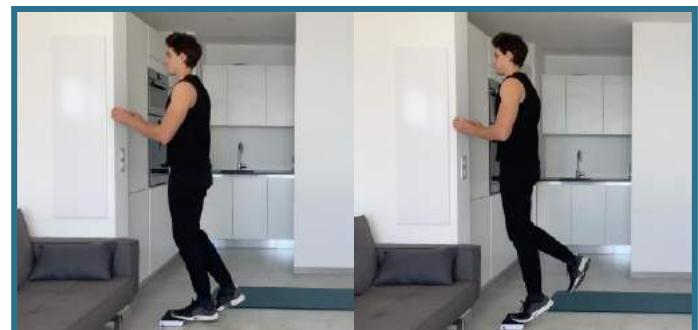
## GAMBE

La maggior parte degli esercizi può essere trovata sul nostro [canale YouTube](#).

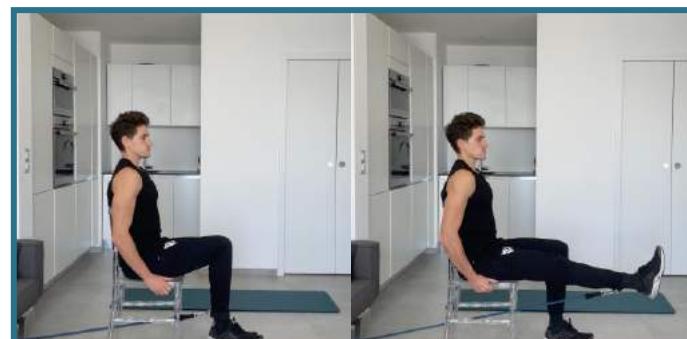
Clicca sull'immagine per accedere al video dell'allenamento.



DONKEY KICK



CALF RAISE



UNILATERAL LEG EXTENSION



# IL PROGRAMMO

## CICLO 1

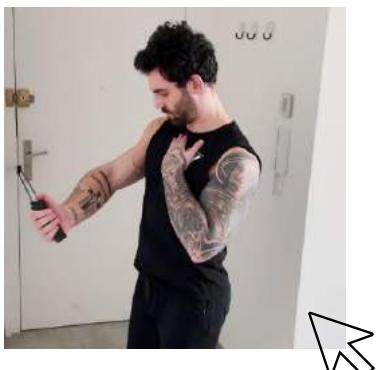
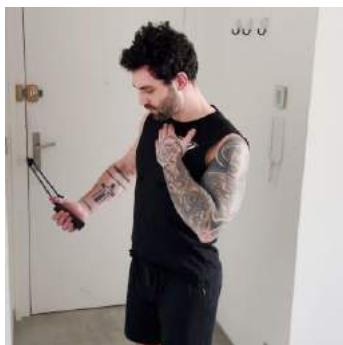




# PUSH SESSIONE 1

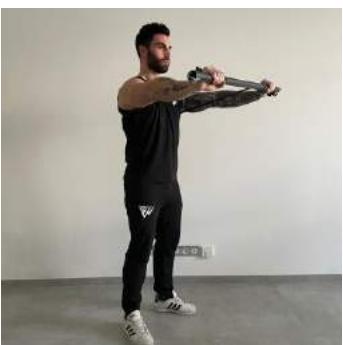
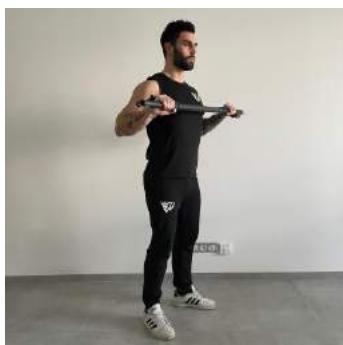
## CICLO 1

Clicca su una foto per vedere il video.



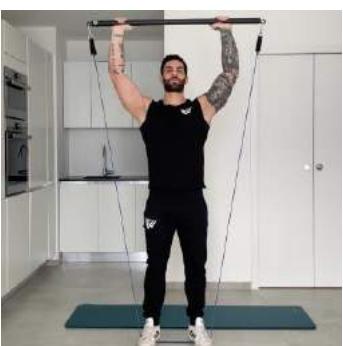
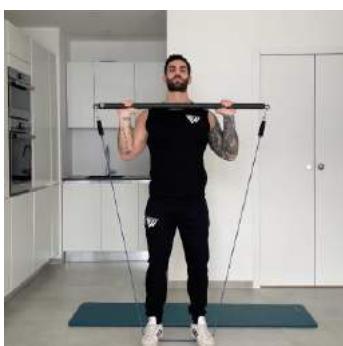
### ESERCIZI 1 UNILATERAL FLY

Set: 3  
Rep: 15, 15, 15  
Resistenza: 10, 10, 10 kg  
Pause: 45 sec



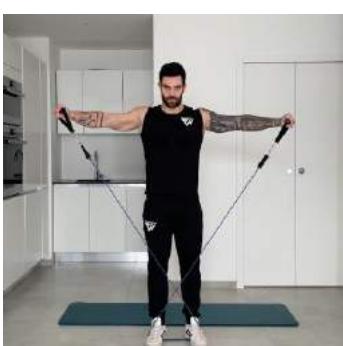
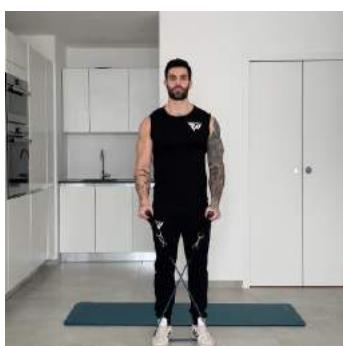
### ESERCIZI 2 CHEST PRESS

Set: 4  
Rep: 15, 10, 8, 6  
Resistenza: 60, 80, 80, 90 kg  
Pause: 1 min 30 sec



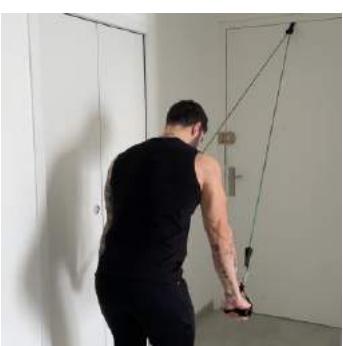
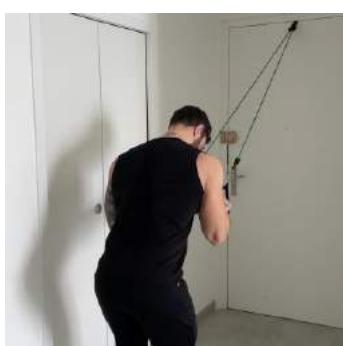
### ESERCIZI 3 OVERHEAD PRESS

Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 20, 20, 25, 30 kg  
Pause: 1 min 30 sec



### ESERCIZI 4 LATERAL RAISE

Set: 3  
Rep: 20, 20, 20  
Resistenza: 10, 10, 10 kg  
Pause: 45 sec



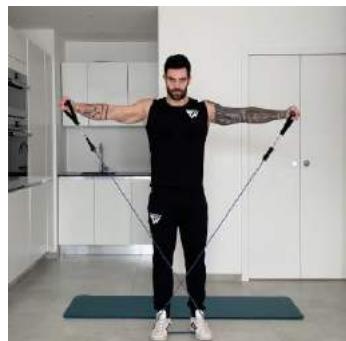
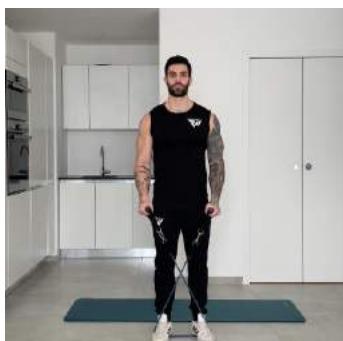
### ESERCIZI 5 TRICEPS EXTENSION

Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 20, 20, 30, 40 kg  
Pause: 1 min



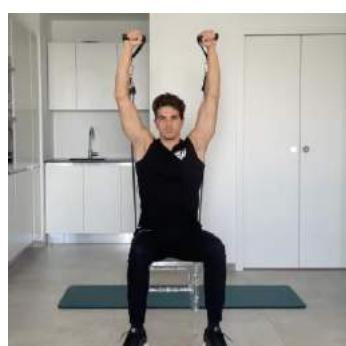
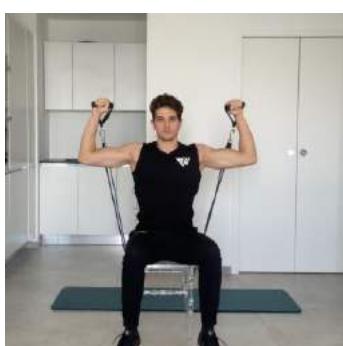
# PUSH SESSIONE 2

## CICLO 1



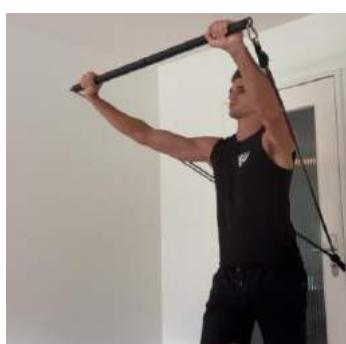
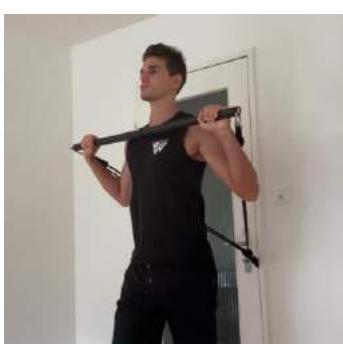
### ESERCIZI 1 LATERAL RAISE

Set: 3  
Rep: 20, 20, 20  
Resistenza: 10, 10, 10 kg  
Pause: 45 sec



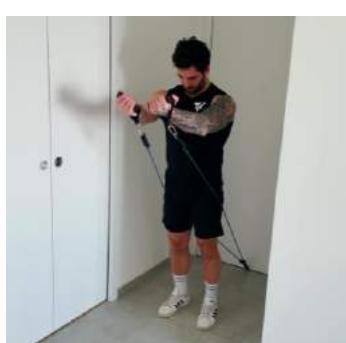
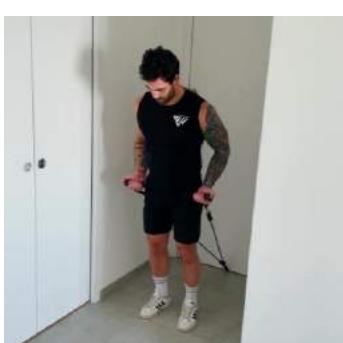
### ESERCIZI 2 SEATED SHOULDER PRESS

Set: 4  
Rep: 12, 12, 10, 8  
Resistenza: 30, 30, 40, 50 kg  
Pause: 1 min 30 sec



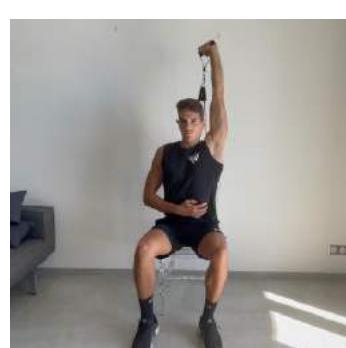
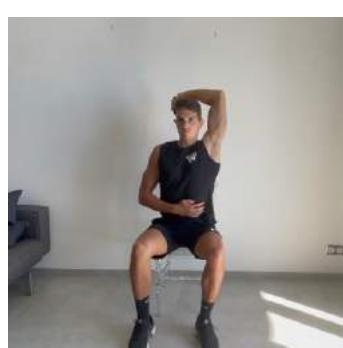
### ESERCIZI 3 INCLINED PRESS

Set: 4  
Rep: 15, 10, 8, 6  
Resistenza: 50, 60, 70, 80 kg  
Pause: 1 min 30 sec



### ESERCIZI 4 LOW CABLE FLY

Set: 3  
Rep: 15, 15, 15  
Resistenza: 15, 15, 15 kg  
Pause: 30 sec



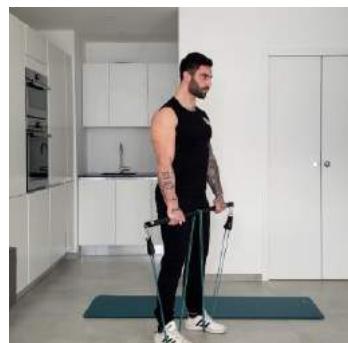
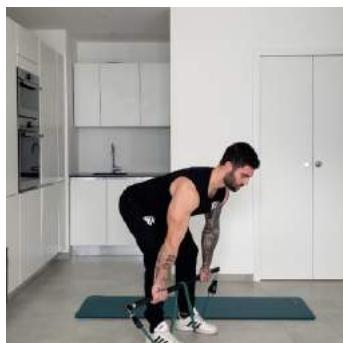
### ESERCIZI 5 TRICEPS DUMBBELL EXTENSION

Set: 4  
Rep: 15, 12, 8, 8  
Resistenza: 10, 15, 20, 20 kg  
Pause: 1 min



# PULL SESSIONE 1

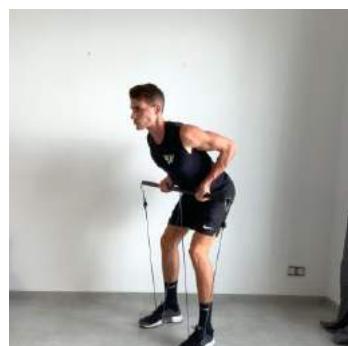
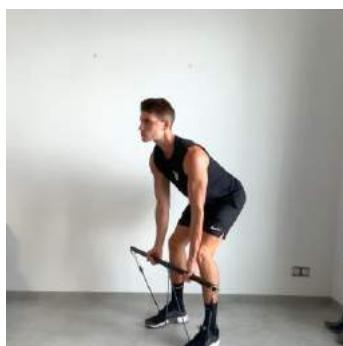
## CICLO 1



### ESERCIZI 1

#### DEADLIFT

Set: 3  
Rep: 10, 8, 6  
Resistenza: 40, 50, 70 kg  
Pause: 1 min 30 sec

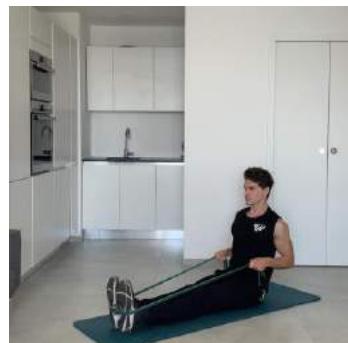


### ESERCIZI 2

#### BENT OVER ROW

(Supinated Grip)

Set: 4  
Rep: 15, 12, 10, 8  
Resistenza: 20, 25, 30, 35 kg  
Pause: 1 min 30 sec

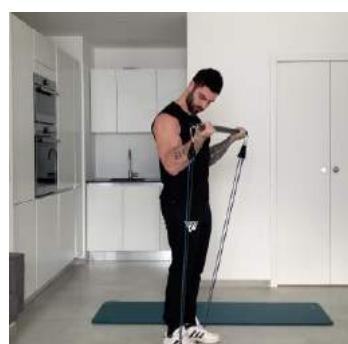
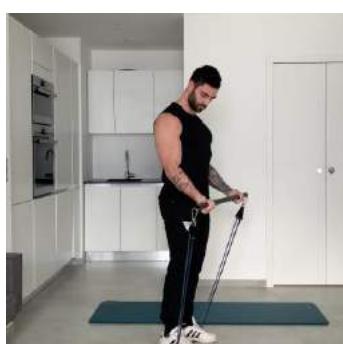


### ESERCIZI 3

#### CABLE ROW

(Elbows close to the body)

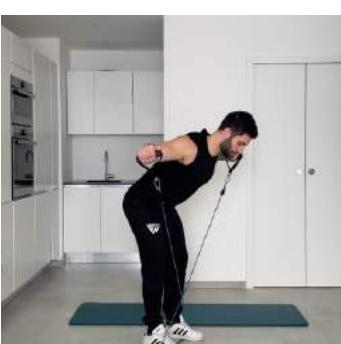
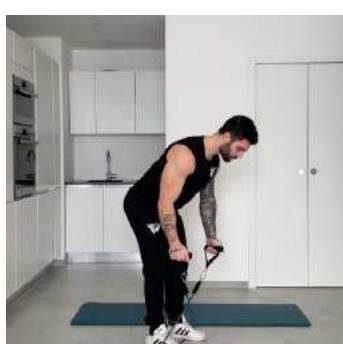
Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 60, 60, 70, 80 kg  
Pause: 1 min 30 sec



### ESERCIZI 4

#### BICEPS CURL

Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 30, 30, 40, 50 kg  
Pause: 1 min



### ESERCIZI 5

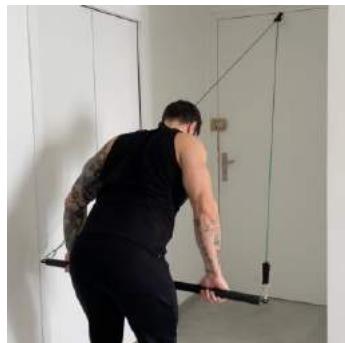
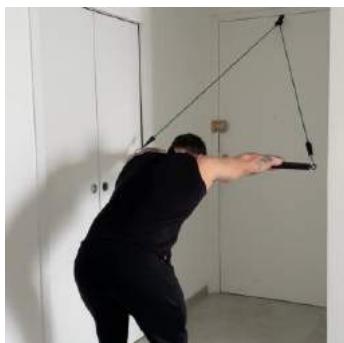
#### REAR DELT FLY

Set: 3  
Rep: 15, 15, 15  
Resistenza: 15, 15, 15 kg  
Pause: 45 sec



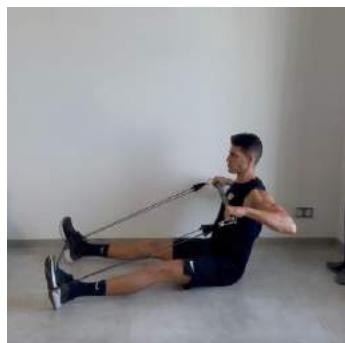
# PULL SESSIONE 2

## CICLO 1



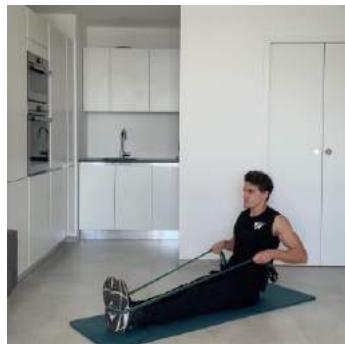
### ESERCIZI 1 HIGH PULLEY PULLOVER

Set: 3  
Rep: 20, 20, 20  
Resistenza: 20, 20, 20 kg  
Pause: 45 sec



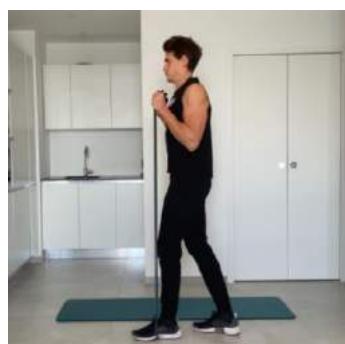
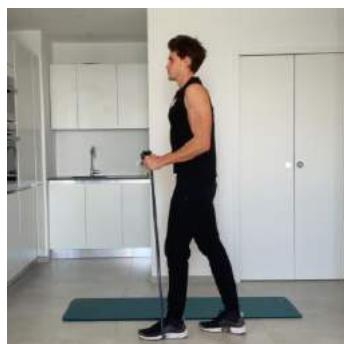
### ESERCIZI 2 CABLE ROW Wide grip (Bar + Elbows raised)

Set: 4  
Rep: 15, 12, 10, 8  
Resistenza: 40, 50, 55, 60 kg  
Pause: 1 min 30 sec



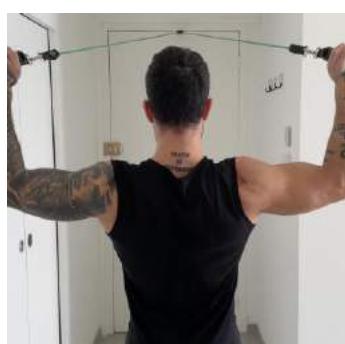
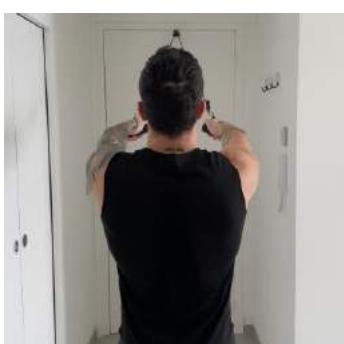
### ESERCIZI 3 CABLE ROW Tight grip (Elbows raised)

Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 60, 60, 70, 80 kg  
Pause: 1 min 30 sec



### ESERCIZI 4 HAMMER CURL

Set: 4  
Rep: 15, 15, 12, 8  
Resistenza: 25, 25, 30, 40 kg  
Pause: 1 min



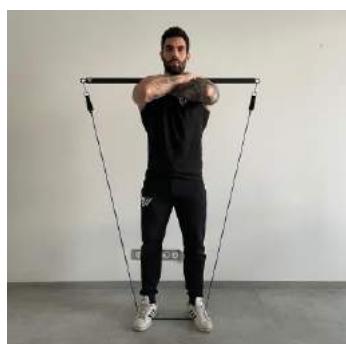
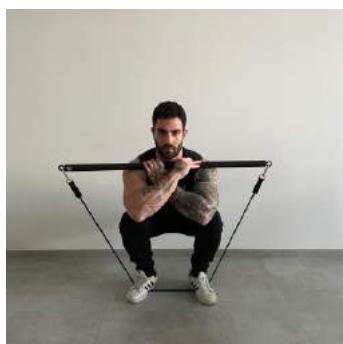
### ESERCIZI 5 FACE PULL

Set: 3  
Rep: 15, 15, 15  
Resistenza: 15, 15, 15 kg  
Pause: 45 sec



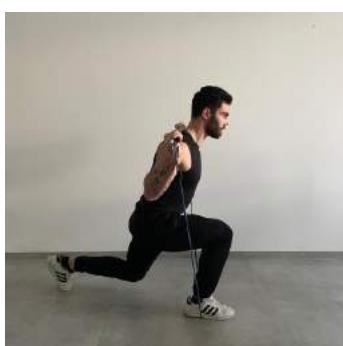
# LEGS SESSIONE 1

## CICLO 1



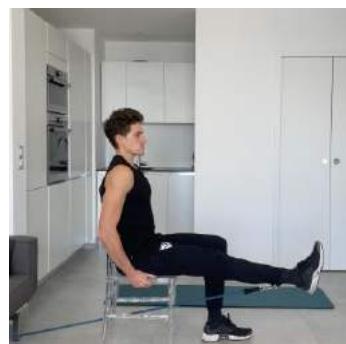
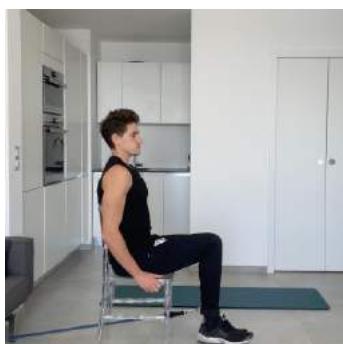
### ESERCIZI 1 FRONT SQUAT

Set: 4  
Rep: 20, 20, 15, 10  
Resistenza: 40, 40, 50, 70 kg  
Pause: 1 min 30 sec



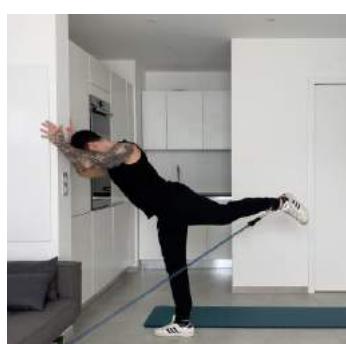
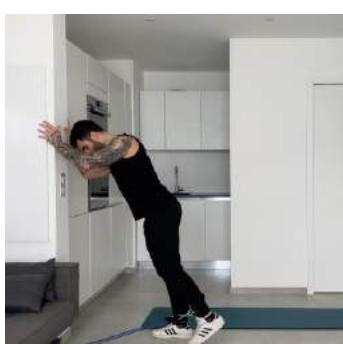
### ESERCIZI 2 LUNGES

Set: 3  
Rep: 15, 8, 6  
Resistenza: 40, 60, 80 kg  
Pause: 1 min 30 sec



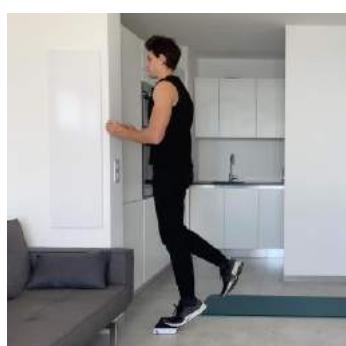
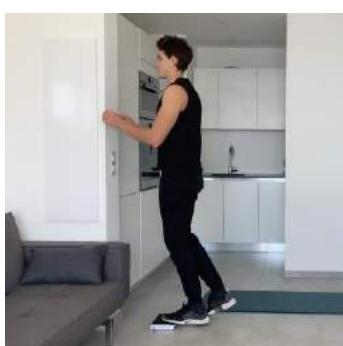
### ESERCIZI 3 UNILATERAL LEG EXTENSION

Set: 3  
Rep: 12, 12, 12  
Resistenza: 25, 25, 25 kg  
Pause: 1 min



### ESERCIZI 4 DONKEY KICK

Set: 3  
Rep: 15, 12, 8  
Resistenza: 10, 15, 20 kg  
Pause: 1 min



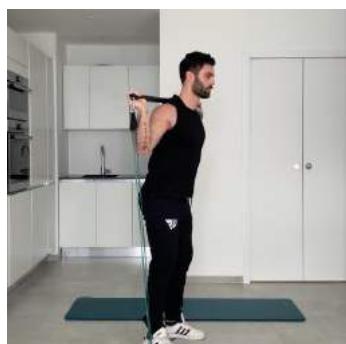
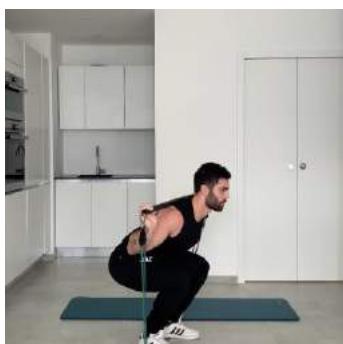
### ESERCIZI 5 UNILATERAL CALF RAISE

Set: 3  
Rep: 15, 15, 15  
Resistenza: Bodyweight  
Pause: 30 sec



# LEGS SESSIONE 2

## CICLO 1



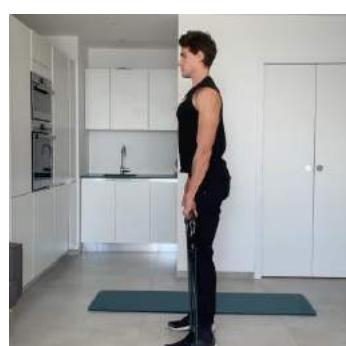
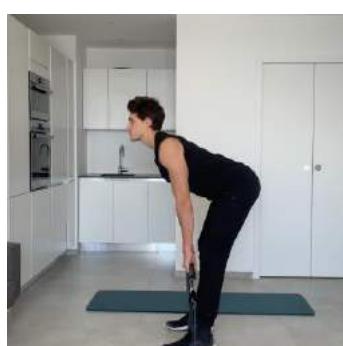
### ESERCIZI 1 SQUAT

Set: 4  
Rep: 20, 20, 15, 10  
Resistenza: 40, 40, 50, 70 kg  
Pause: 1 min 30 sec



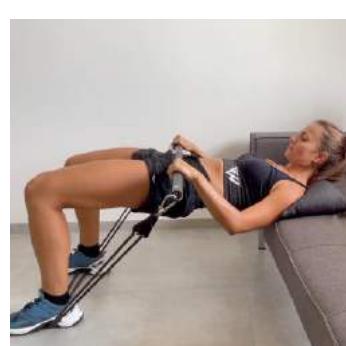
### ESERCIZI 2 BULGARIAN SQUAT

Set: 3  
Rep: 15, 8, 6  
Resistenza: 20, 40, 50 kg  
Pause: 1 min 30 sec



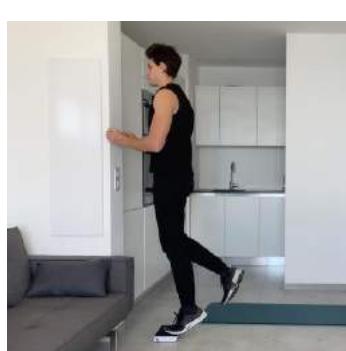
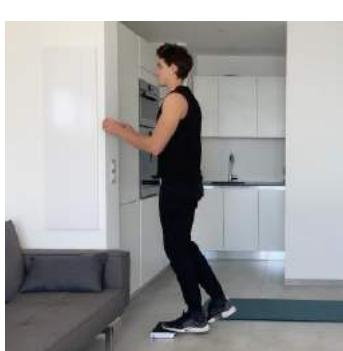
### ESERCIZI 3 DEADLIFT (STIFF LEG)

Set: 3  
Rep: 15, 10, 6  
Resistenza: 20, 30, 50 kg  
Pause: 1 min 30 sec



### ESERCIZI 4 HIP THRUST

Set: 4  
Rep: 15, 15, 12, 12  
Resistenza: 100, 100, 120, 120 kg  
Pause: 1 min



### ESERCIZI 5 CALF RAISE

Set: 1  
Rep: 100  
Resistenza: Bodyweight  
Pause: N/A



# CICLO 2

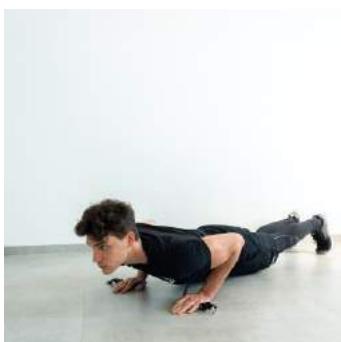




# PUSH SESSIONE 1

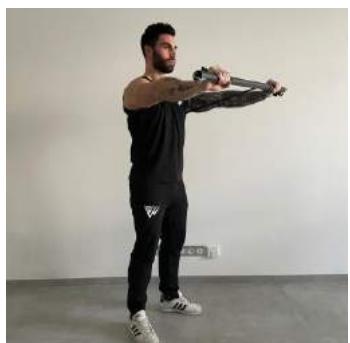
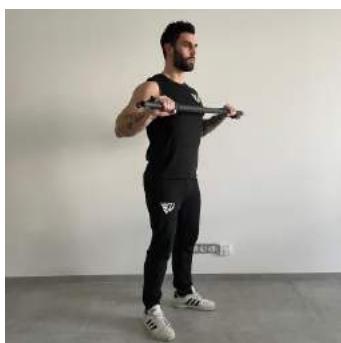
## CICLO 2

Clicca su una foto per vedere il video.



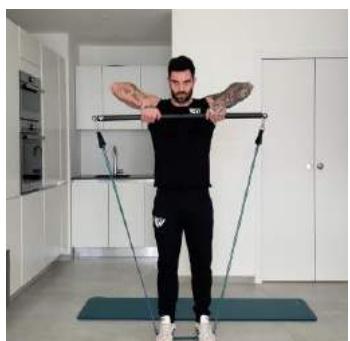
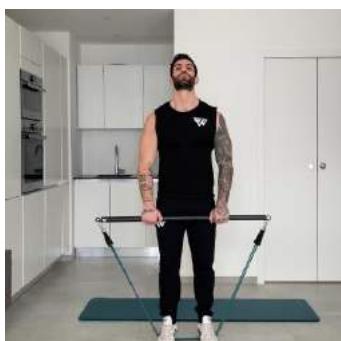
### ESERCIZI 1 WEIGHTED PUSH UPS

Set: 3  
Rep: 15, 15, 15  
Resistenza: 20, 20, 20 kg  
Pause: 1 min



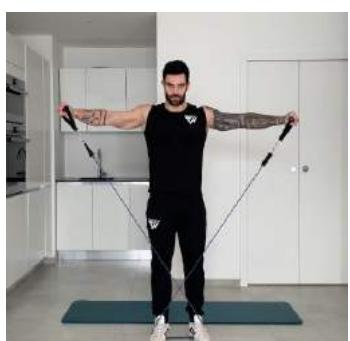
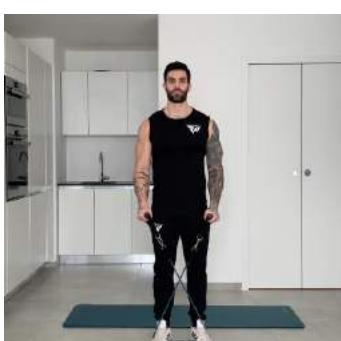
### ESERCIZI 2 CHEST PRESS

Set: 4  
Rep: 12, 10, 8, 6  
Resistenza: 70, 80, 90, 100 kg  
Pause: 2 min



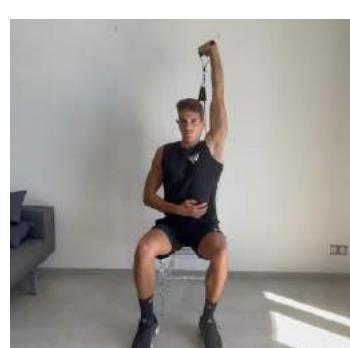
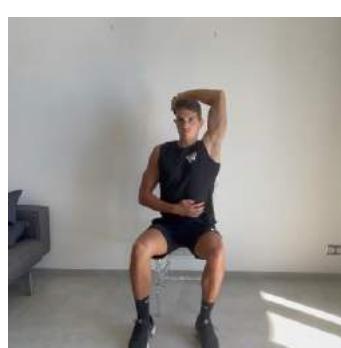
### ESERCIZI 3 UPRIGHT ROW

Set: 4  
Rep: 12, 10, 10, 8  
Resistenza: 40, 50, 50, 60 kg  
Pause: 2 min



### ESERCIZI 4 LATERAL RAISE

Set: 3  
Rep: 20, 20, 20  
Resistenza: 15, 15, 15 kg  
Pause: 45 sec



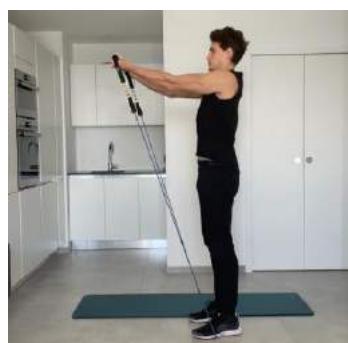
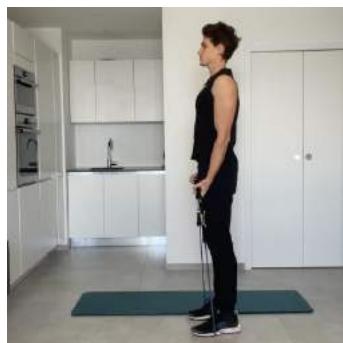
### ESERCIZI 5 TRICEPS DUMBBELL EXTENSION

Set: 4  
Rep: 12, 10, 8, 6  
Resistenza: 10, 15, 20, 25 kg  
Pause: 1 min



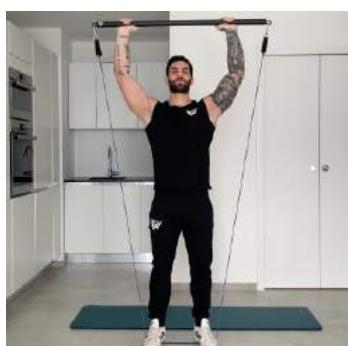
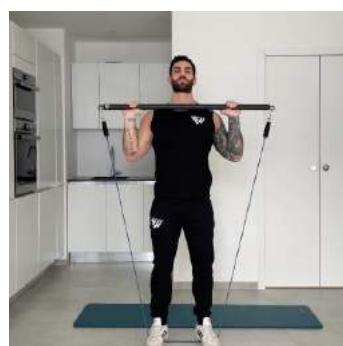
# PUSH SESSIONE 2

## CICLO 2



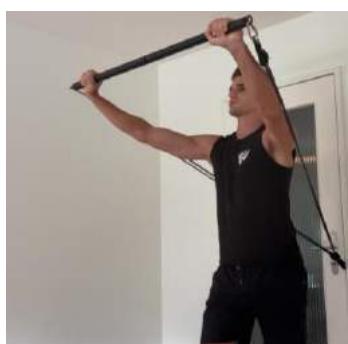
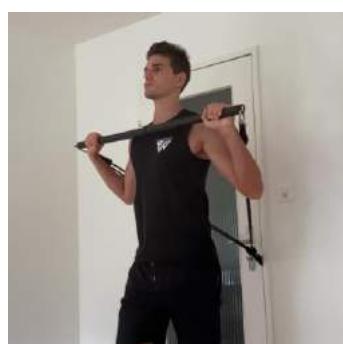
### ESERCIZI 1 FRONT RAISE

Set: 3  
Rep: 15, 15, 15  
Resistenza: 15, 15, 15 kg  
Pause: 45 sec



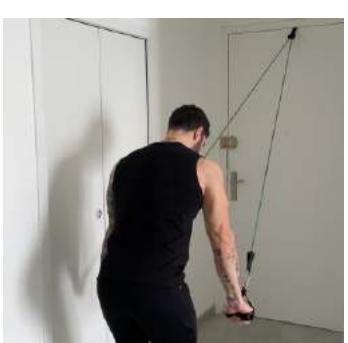
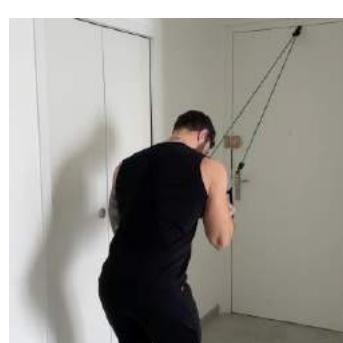
### ESERCIZI 2 OVERHEAD PRESS

Set: 4  
Rep: 8, 6, 6, 4  
Resistenza: 25, 30, 30, 40 kg  
Pause: 1 min 45 sec



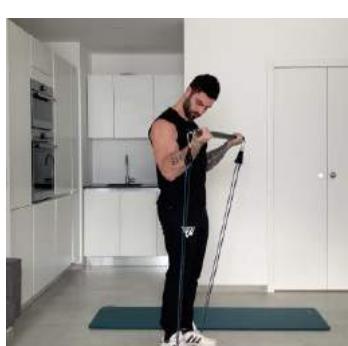
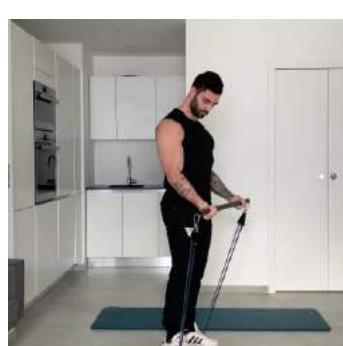
### ESERCIZI 3 INCLINED PRESS

Set: 4  
Rep: 12, 10, 8, 6  
Resistenza: 60, 70, 80, 90 kg  
Pause: 1 min 45 sec



### ESERCIZI 4 - SUPERSET TRICEPS EXTENSION

Set: 4  
Rep: 12, 12, 10, 10  
Resistenza: 30, 30, 35, 35 kg  
Pause: Aucun



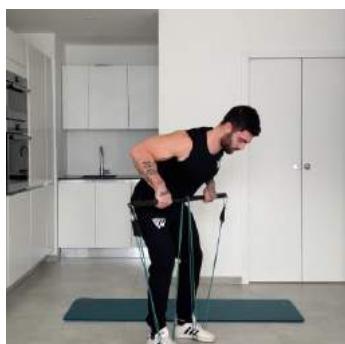
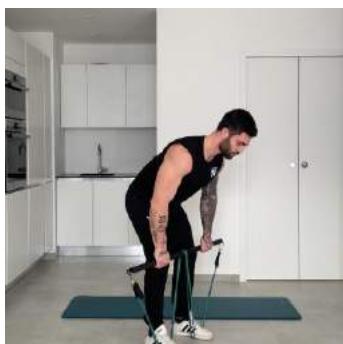
### ESERCIZI 4 - SUPERSET BICEPS CURL

Set: 4  
Rep: 12, 12, 10, 10  
Resistenza: 35, 35, 40, 40 kg  
Pause: 1 min



# PULL SESSIONE 1

## CICLO 2



### ESERCIZI 1

#### BENT OVER ROW

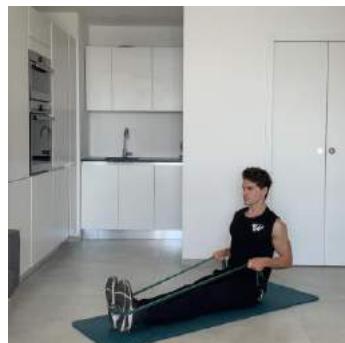
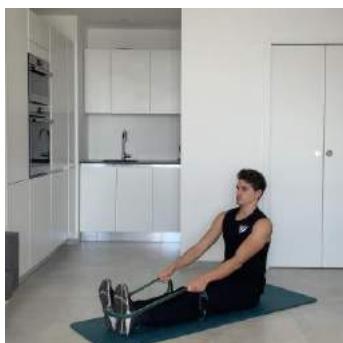
(Pronated Grip)

Set: 4

Rep: 12, 10, 8, 6

Resistenza: 30, 30, 40, 40 kg

Pause: 1 min 45 sec



### ESERCIZI 2

#### CABLE ROW Tight grip

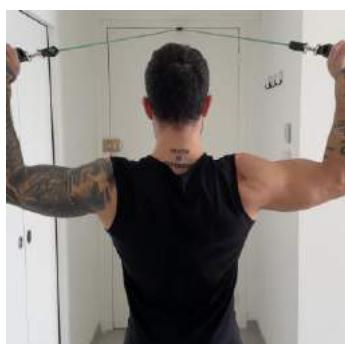
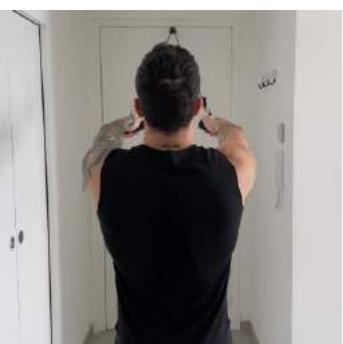
(Elbows close to the body)

Set: 4

Rep: 15, 12, 8, 8

Resistenza: 60, 80, 100, 100 kg

Pause: 1 min 45 sec



### ESERCIZI 3

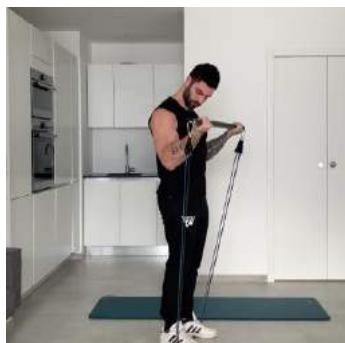
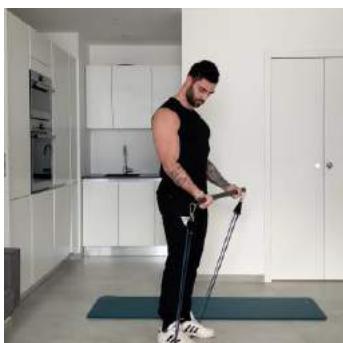
#### FACE PULL

Set: 3

Rep: 15, 15, 15

Resistenza: 20, 20, 20 kg

Pause: 1 min



### ESERCIZI 4

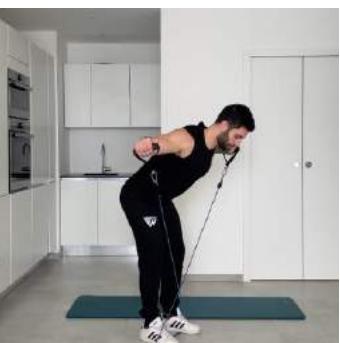
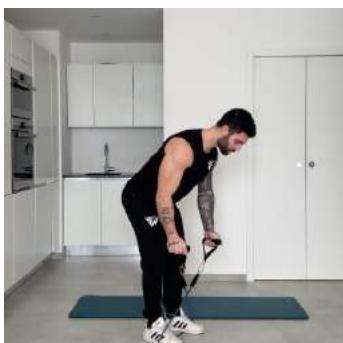
#### BICEPS CURL

Set: 4

Rep: 15, 12, 8, 6

Resistenza: 30, 35, 50, 60 kg

Pause: 1 min 15 sec



### ESERCIZI 5

#### REAR DELT FLY

Set: 3

Rep: 15, 15, 15

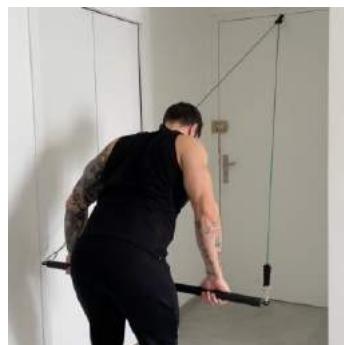
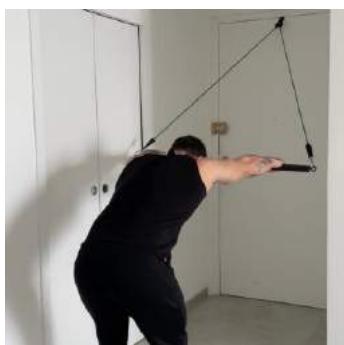
Resistenza: 20, 20, 20 kg

Pause: 1 min



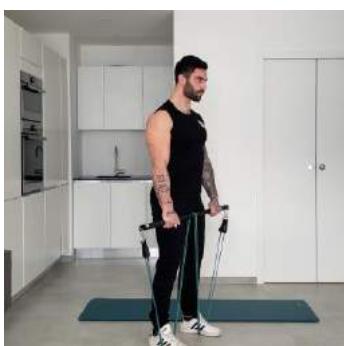
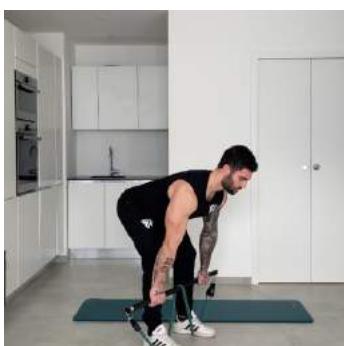
# PULL SESSIONE 2

## CICLO 2



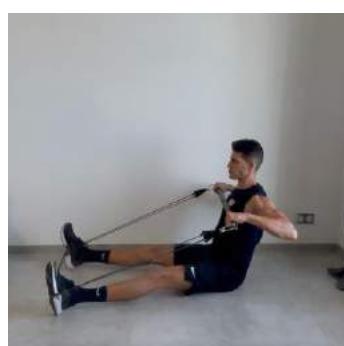
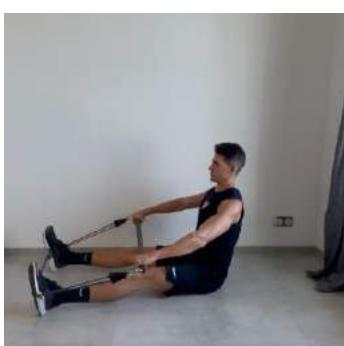
### ESERCIZI 1 HIGH PULLEY PULLOVER

Set: 3  
Rep: 20, 20, 20  
Resistenza: 30, 30, 30 kg  
Pause: 45 sec



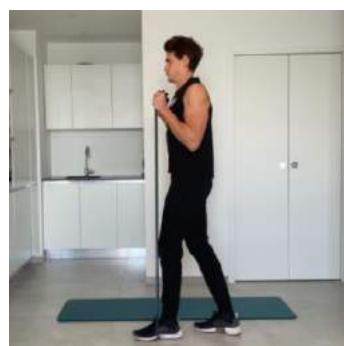
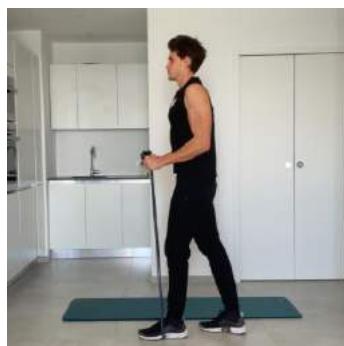
### ESERCIZI 2 DEADLIFT Wide grip

Set: 4  
Rep: 8, 8, 6, 6  
Resistenza: 50, 60, 80, 80 kg  
Pause: 1 min 45 sec



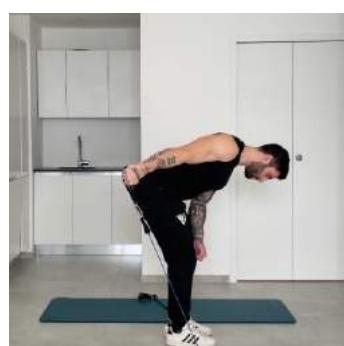
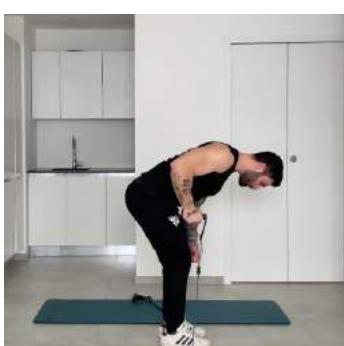
### ESERCIZI 3 CABLE ROW Wide grip (Bar + Elbows raised)

Set: 4  
Rep: 15, 12, 8, 8  
Resistenza: 45, 55, 70, 70 kg  
Pause: 1 min 45 sec



### ESERCIZI 4 - SUPERSET HAMMER CURL

Set: 3  
Rep: 15, 15, 15  
Resistenza: 40, 40, 40 kg  
Pause: Aucun



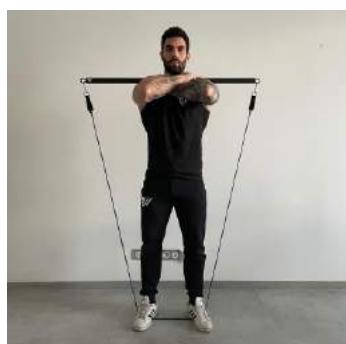
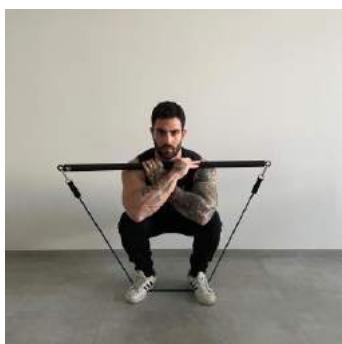
### ESERCIZI 4 - SUPERSET TRICEPS KICKBACK

Set: 3  
Rep: 15, 15, 15  
Resistenza: 20, 20, 20 kg  
Pause: 1 min 45 sec



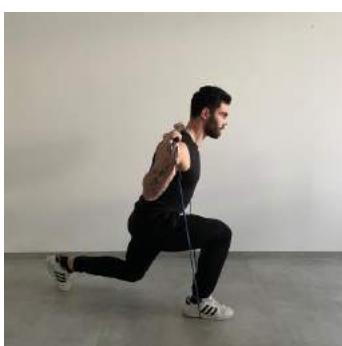
# LEGS SESSIONE 1

## CICLO 2



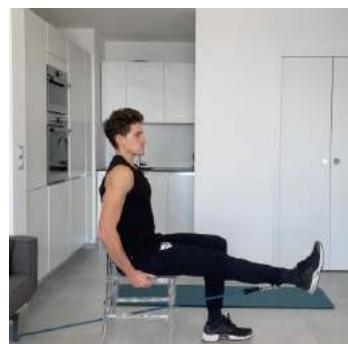
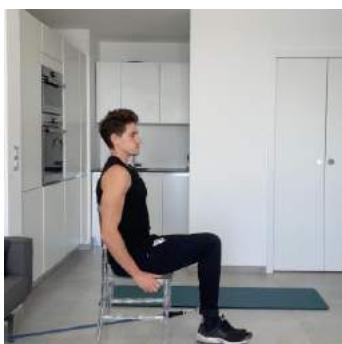
### ESERCIZI 1 FRONT SQUAT

Set: 4  
Rep: 20, 15, 12, 10  
Resistenza: 50, 60, 70, 80 kg  
Pause: 1 min 45 sec



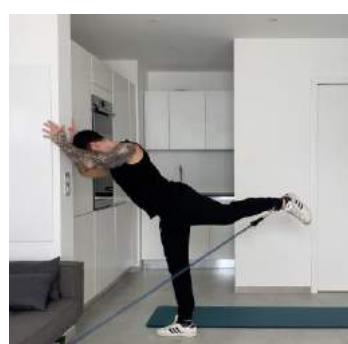
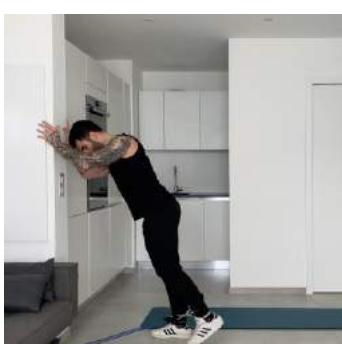
### ESERCIZI 2 LUNGES

Set: 3  
Rep: 15, 8, 6  
Resistenza: 45, 70, 85 kg  
Pause: 1 min 45 sec



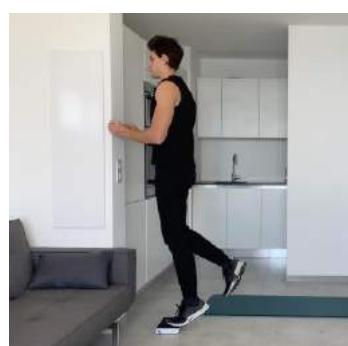
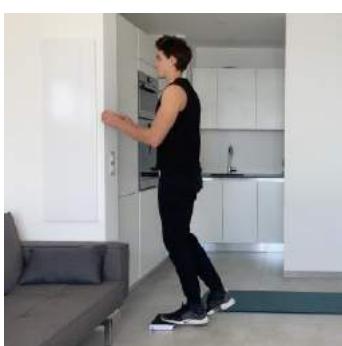
### ESERCIZI 3 UNILATERAL LEG EXTENSION

Set: 3  
Rep: 10, 10, 8  
Resistenza: 30, 30, 40 kg  
Pause: 1 min



### ESERCIZI 4 DONKEY KICK

Set: 3  
Rep: 12, 10, 8  
Resistenza: 15, 20, 25 kg  
Pause: 1 min



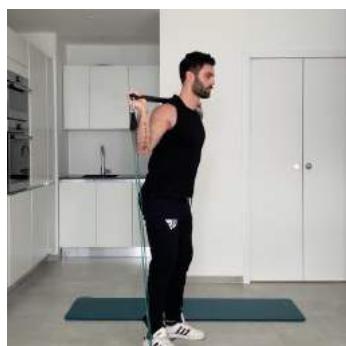
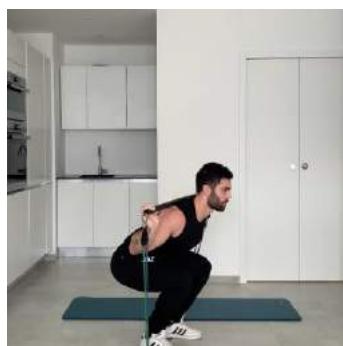
### ESERCIZI 5 UNILATERAL CALF RAISE

Set: 3  
Rep: 20, 20, 20  
Resistenza: Bodyweight  
Pause: 30 sec



# LEGS SESSIONE 2

## CICLO 2



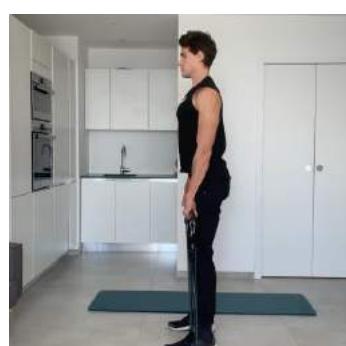
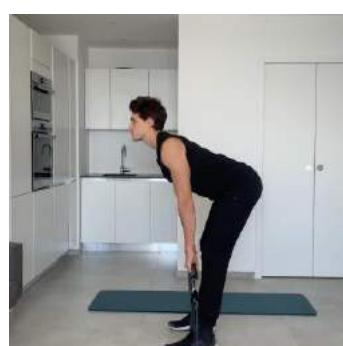
### ESERCIZI 1 SQUAT

Set: 4  
Rep: 20, 15, 12, 10  
Resistenza: 50, 60, 70, 80 kg  
Pause: 1 min 45 sec



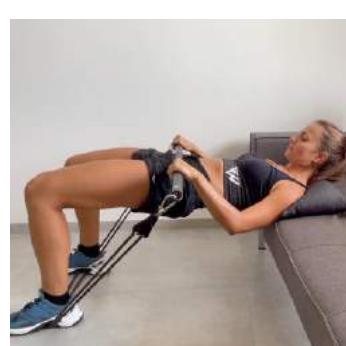
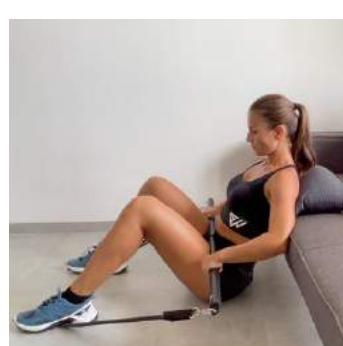
### ESERCIZI 2 BULGARIAN SQUAT

Set: 3  
Rep: 12, 8, 6  
Resistenza: 30, 45, 60 kg  
Pause: 1 min 45 sec



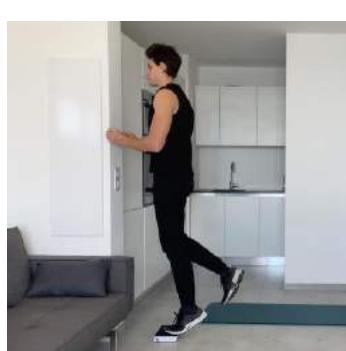
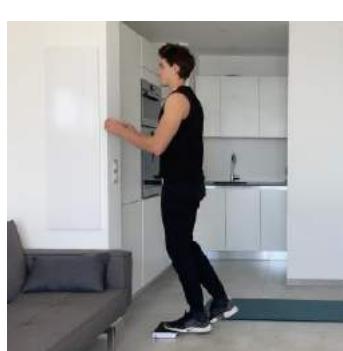
### ESERCIZI 3 DEADLIFT (STIFF LEG)

Set: 3  
Rep: 8, 6, 6  
Resistenza: 40, 60, 60 kg  
Pause: 1 min 45 sec



### ESERCIZI 4 HIP THRUST

Set: 3  
Rep: 15, 12, 8  
Resistenza: 100, 120, 140 kg  
Pause: 1 min 30 sec



### ESERCIZI 5 CALF RAISE

Set: 1  
Rep: 100  
Resistenza: Bodyweight  
Pause: N/A



# CICLO 3

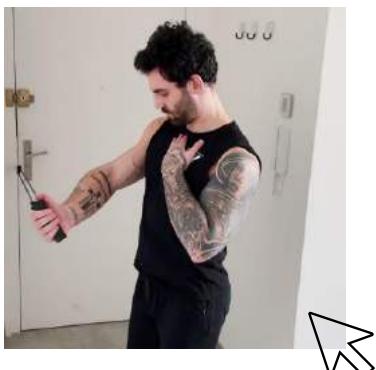
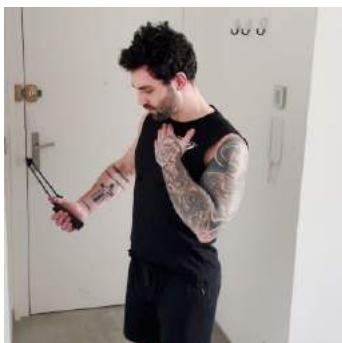




# PUSH SESSIONE 1

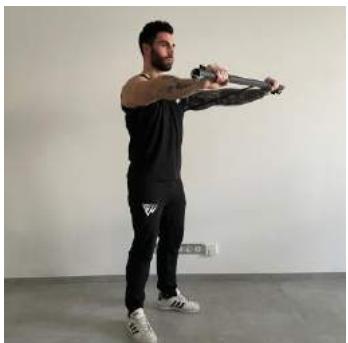
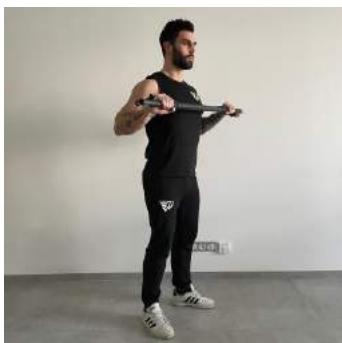
## CICLO 3

Clicca su una foto per vedere il video.



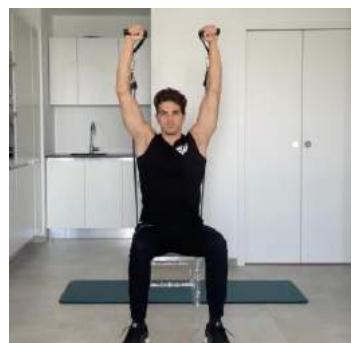
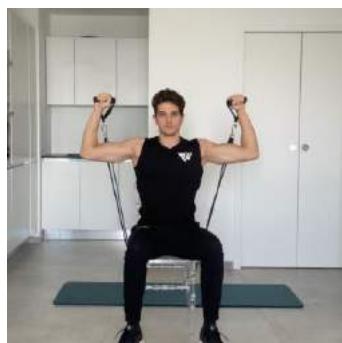
### ESERCIZI 1 UNILATERAL FLY

Set: 3  
Rep: 12, 12, 10  
Resistenza: 15, 15, 20 kg  
Pause: 45 sec



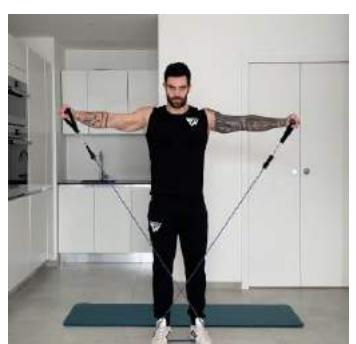
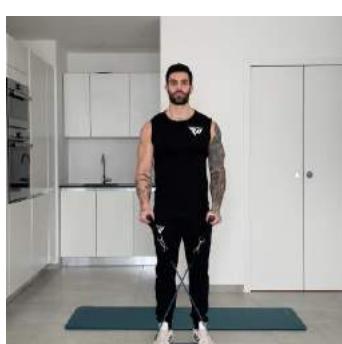
### ESERCIZI 2 CHEST PRESS

Set: 4  
Rep: 10, 8, 6, 6  
Resistenza: 80, 100, 120, 120 kg  
Pause: 2 min



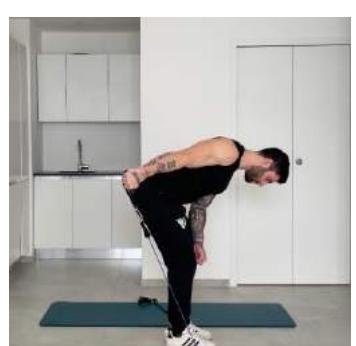
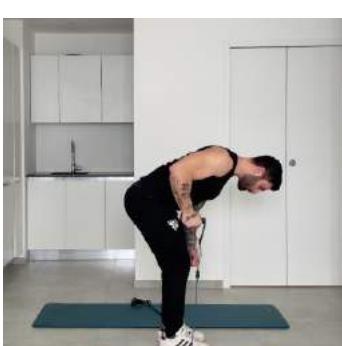
### ESERCIZI 3 SEATED SHOULDER PRESS

Set: 4  
Rep: 10, 10, 8, 6  
Resistenza: 40, 40, 60, 70 kg  
Pause: 2 min



### ESERCIZI 4 LATERAL RAISE

Set: 3  
Rep: 20, 20, 20  
Resistenza: 20, 20, 20 kg  
Pause: 30 sec



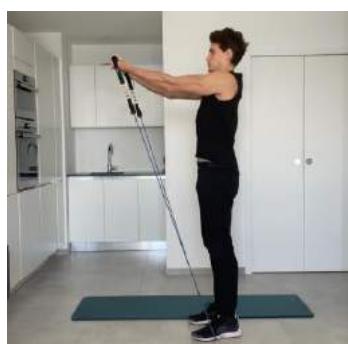
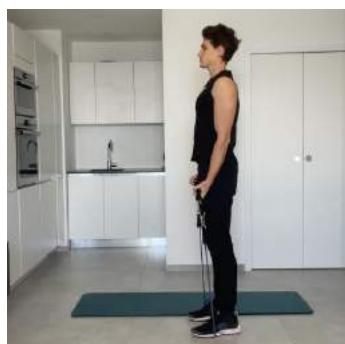
### ESERCIZI 5 TRICEPS KICKBACK

Set: 4  
Rep: 10, 8, 6, 6  
Resistenza: 20, 25, 30, 30 kg  
Pause: 1 min 30 sec



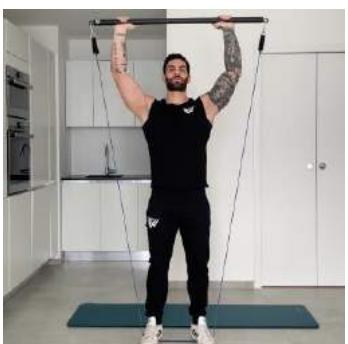
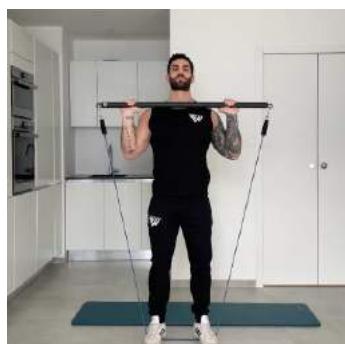
# PUSH SESSIONE 2

## CICLO 3



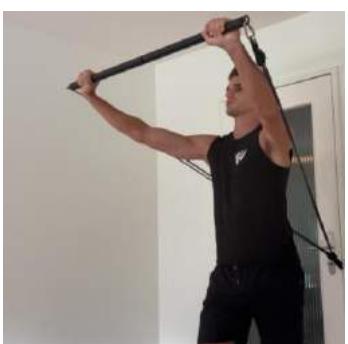
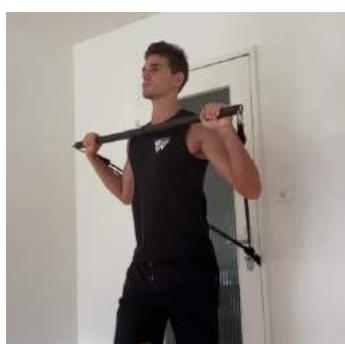
### ESERCIZI 1 FRONT RAISE

Set: 3  
Rep: 15, 15, 15  
Resistenza: 20, 20, 20 kg  
Pause: 30 sec



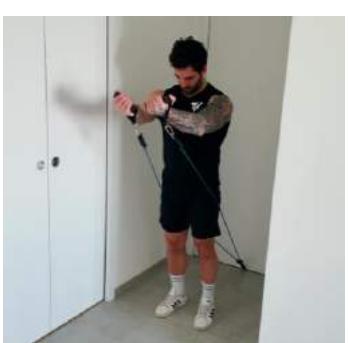
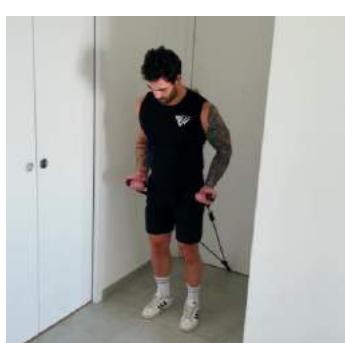
### ESERCIZI 2 OVERHEAD PRESS

Set: 3  
Rep: 8, 6, 4  
Resistenza: 20, 40, 50 kg  
Pause: 2 min



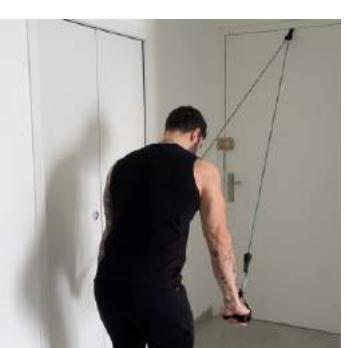
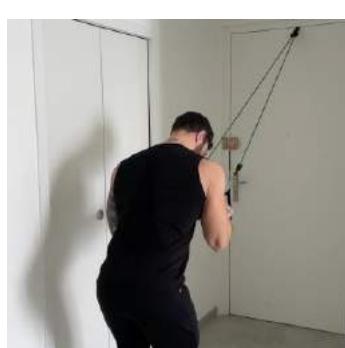
### ESERCIZI 3 INCLINED PRESS

Set: 4  
Rep: 10, 8, 8, 6  
Resistenza: 70, 80, 80, 100 kg  
Pause: 2 min



### ESERCIZI 4 LOW CABLE FLY

Set: 3  
Rep: 10, 10, 10  
Resistenza: 25, 25, 25 kg  
Pause: 30 sec



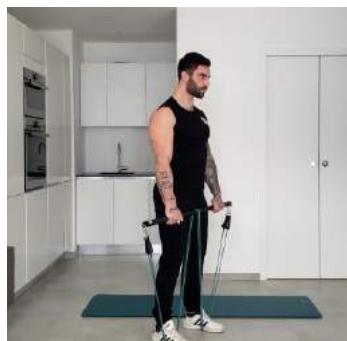
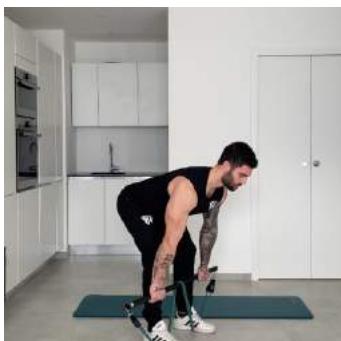
### ESERCIZI 5 TRICEPS EXTENSION

Set: 4  
Rep: 8, 8, 6, 6  
Resistenza: 40, 40, 50, 50 kg  
Pause: 1 min 30 sec



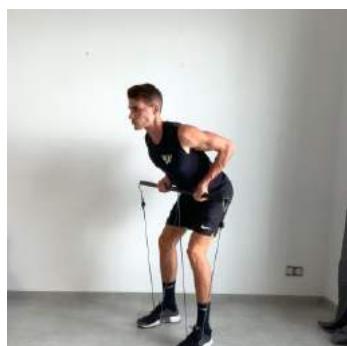
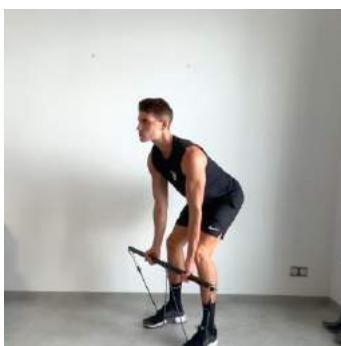
# PULL SESSIONE 1

## CICLO 3



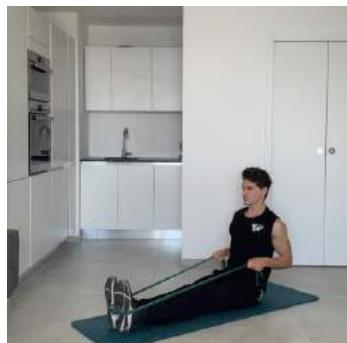
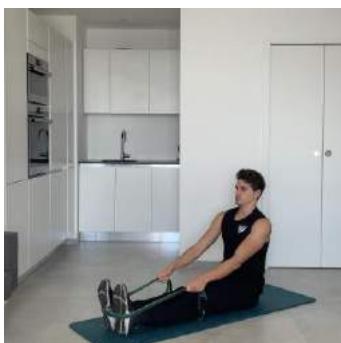
### ESERCIZI 1 DEADLIFT

Set: 3  
Rep: 8, 6, 4  
Resistenza: 60, 80, 100 kg  
Pause: 2 min



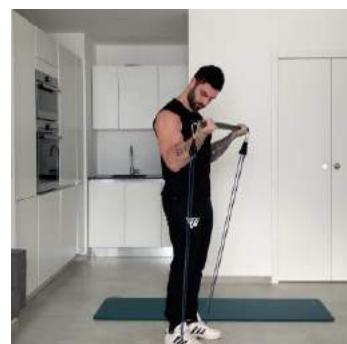
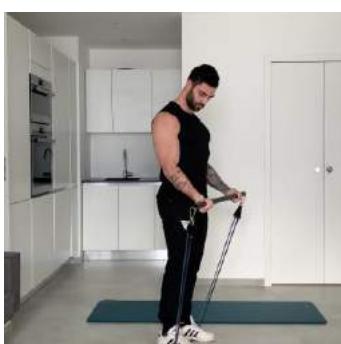
### ESERCIZI 2 BENT OVER ROW (Supinated Grip)

Set: 3  
Rep: 8, 6, 6  
Resistenza: 30, 40, 50 kg  
Pause: 2 min



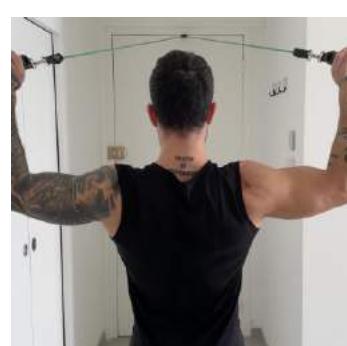
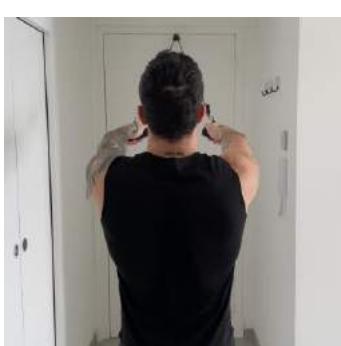
### ESERCIZI 3 CABLE ROW Tight grip (Elbows close to the body)

Set: 3  
Rep: 8, 6, 6  
Resistenza: 100, 110, 120 kg  
Pause: 2 min



### ESERCIZI 4 BICEPS CURL

Set: 3  
Rep: 8, 6, 6  
Resistenza: 50, 65, 70 kg  
Pause: 1 min 30 sec



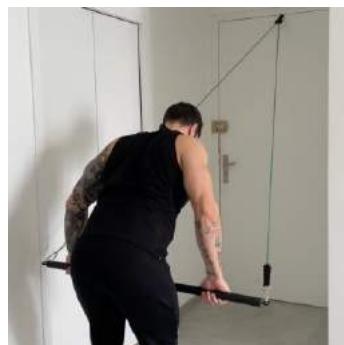
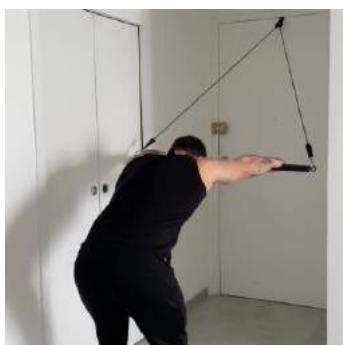
### ESERCIZI 5 FACE PULL

Set: 3  
Rep: 15, 15, 15  
Resistenza: 25, 25, 25 kg  
Pause: 30 sec



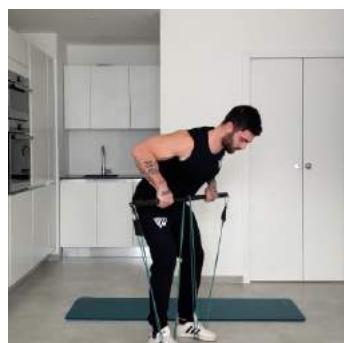
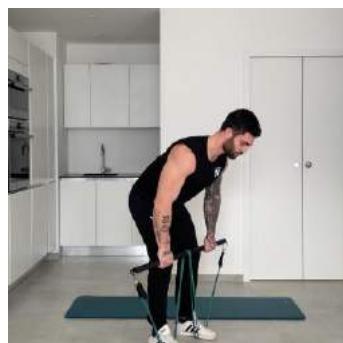
# PULL SESSIONE 2

## CICLO 3



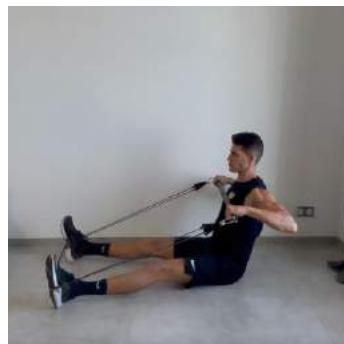
### ESERCIZI 1 HIGH PULLEY PULLOVER

Set: 3  
Rep: 20, 20, 20  
Resistenza: 30, 30, 30 kg  
Pause: 45 sec



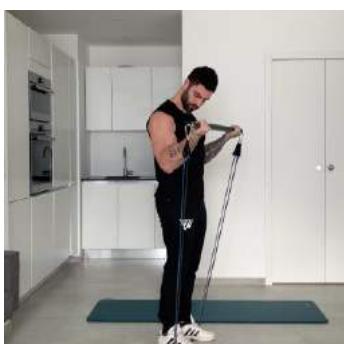
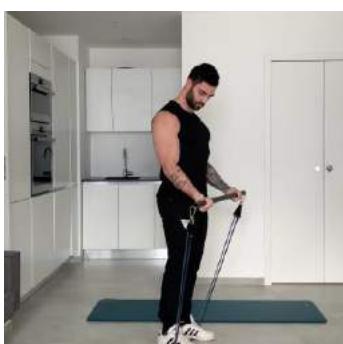
### ESERCIZI 2 BENT OVER ROW (Wide grip, Pronation)

Set: 4  
Rep: 8, 6, 4, 4  
Resistenza: 30, 50, 50, 60 kg  
Pause: 2 min



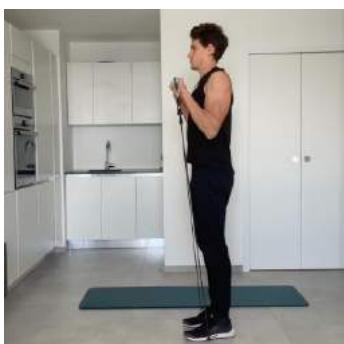
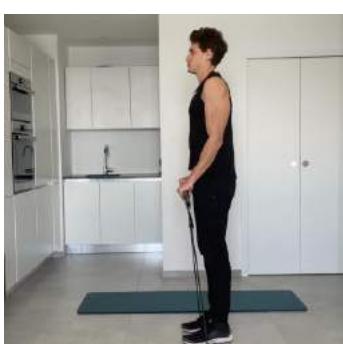
### ESERCIZI 3 CABLE ROW Wide grip (Elbows raised)

Set: 3  
Rep: 10, 8, 6  
Resistenza: 70, 90, 110 kg  
Pause: 2 min



### ESERCIZI 4 - BISET BICEPS CURL

Set: 3  
Rep: 15, 12, 12  
Resistenza: 40, 50, 50 kg  
Pause: Aucun



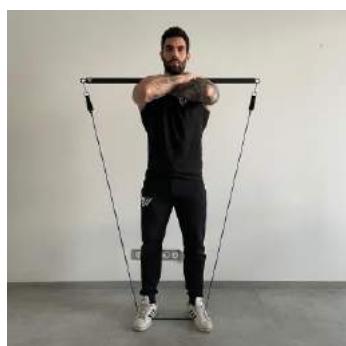
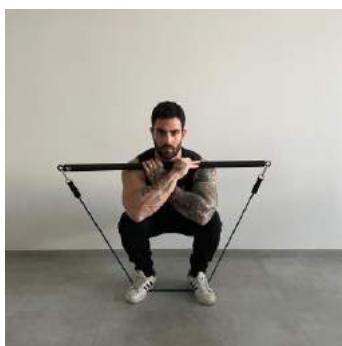
### ESERCIZI 4 - BISET REVERSE CURL

Set: 3  
Rep: 15, 15, 15  
Resistenza: 20, 30, 30 kg  
Pause: 1 min 30 sec



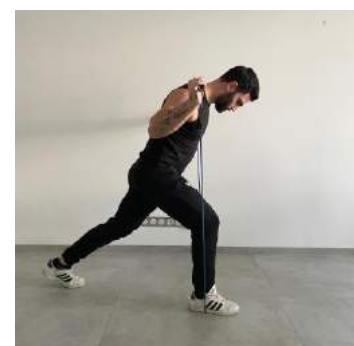
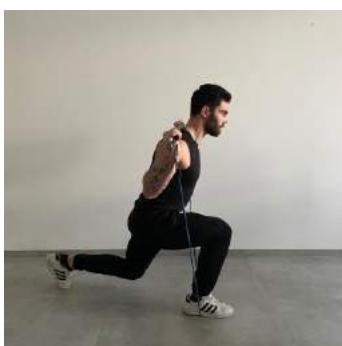
# LEGS SESSIONE 1

## CICLO 3



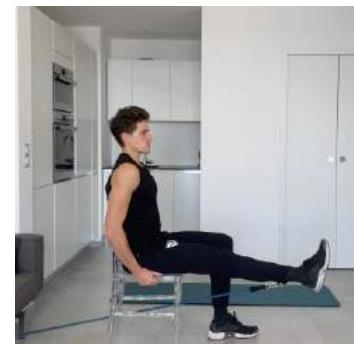
### ESERCIZI 1 FRONT SQUAT

Set: 4  
Rep: 20, 20, 10, 8  
Resistenza: 60, 60, 80, 90 kg  
Pause: 2 min



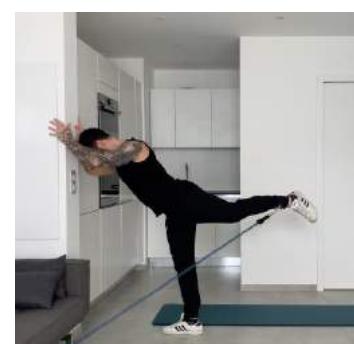
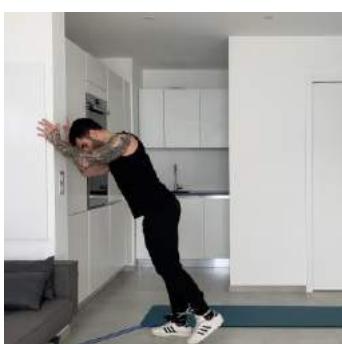
### ESERCIZI 2 LUNGES

Set: 3  
Rep: 8, 6, 4  
Resistenza: 60, 80, 100 kg  
Pause: 2 min



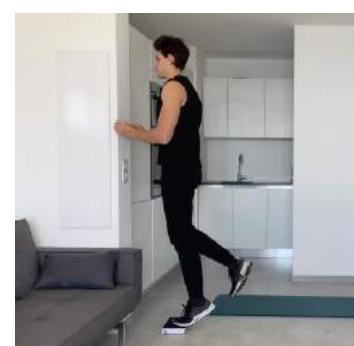
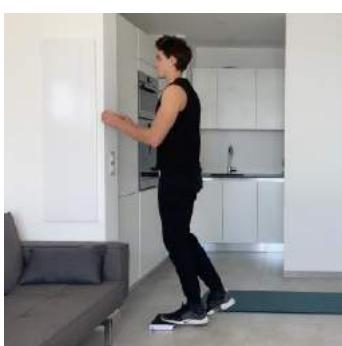
### ESERCIZI 3 UNILATERAL LEG EXTENSION

Set: 3  
Rep: 12, 6, 6  
Resistenza: 30, 50, 50 kg  
Pause: 1 min



### ESERCIZI 4 DONKEY KICK

Set: 3  
Rep: 10, 8, 6  
Resistenza: 20, 25, 30 kg  
Pause: 1 min



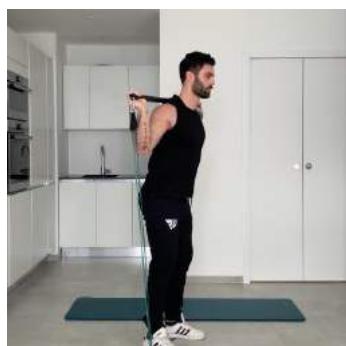
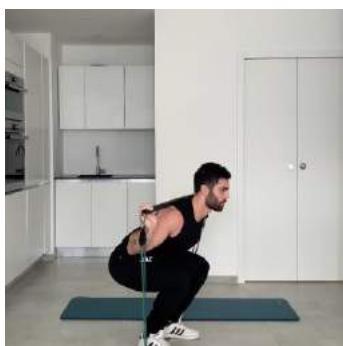
### ESERCIZI 5 UNILATERAL CALF RAISE

Set: 3  
Rep: 30, 30, 30  
Resistenza: Bodyweight  
Pause: 1 min



# LEGS SESSIONE 2

## CICLO 3



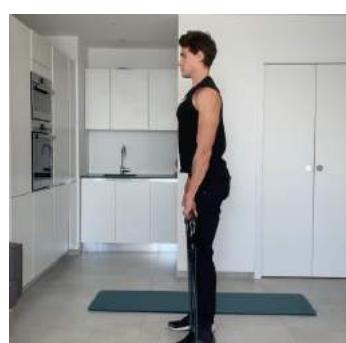
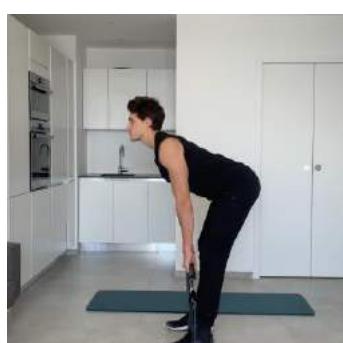
### ESERCIZI 1 SQUAT

Set: 4  
Rep: 20, 20, 10, 8  
Resistenza: 60, 60, 80, 90 kg  
Pause: 2 min



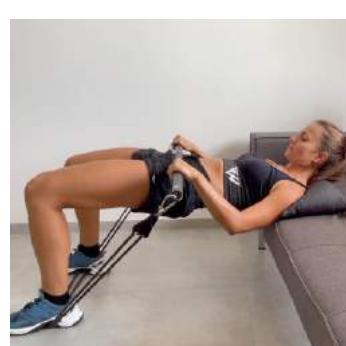
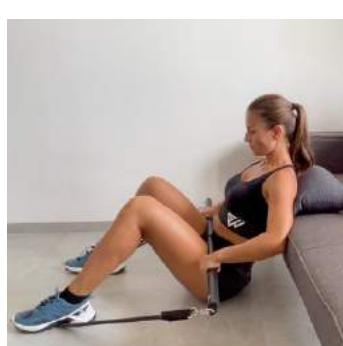
### ESERCIZI 2 BULGARIAN SQUAT

Set: 3  
Rep: 8, 6, 4  
Resistenza: 40, 60, 70 kg  
Pause: 2 min



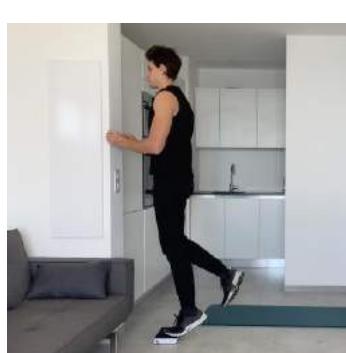
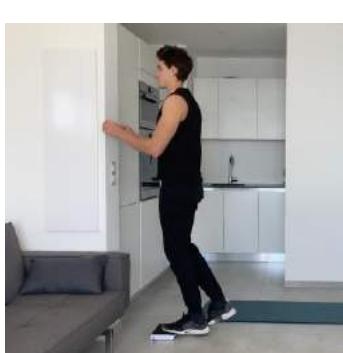
### ESERCIZI 3 DEADLIFT (STIFF LEG)

Set: 3  
Rep: 8, 6, 4  
Resistenza: 50, 70, 90 kg  
Pause: 2 min



### ESERCIZI 4 HIP THRUST

Set: 3  
Rep: 10, 10, 8, 8  
Resistenza: 120, 120, 160, 160 kg  
Pause: 1 min 30 sec



### ESERCIZI 5 UNILATERAL CALF RAISE

Set: 4  
Rep: 15, 12, 10, 8  
Resistenza: Bodyweight  
Pause: 1 min

# CONGRATULAZIONI !

Congratulazioni, hai completato il programma !

È il momento di fare un bilancio dei tuoi progressi: vedi la differenza fisica nelle foto e nelle misure che hai preso prima di iniziare il programma. Inoltre, dovresti sentirti più forte, più atletico e più in forma.

**Condividi i tuoi risultati e le tue esperienze con noi !** Ci piacerebbe sentire i tuoi progressi:

[info@smartworkout-pro.com](mailto:info@smartworkout-pro.com)

Ora, continua a perseverare e ad allenarti regolarmente, ma concediti una meritata pausa prima di ricominciare ad allenarti.

A presto, per nuovi programmi,  
Il team di SmartWorkout





<https://en.smartworkout-pro.com/it>

