

giorno della settimana: LUNEDÌ
e settimana in cui svolgere
l'allenamento: PRIMA e TERZA

Monday

11 & 3

esercizi da fare

LEGS & CARDIO

Tipo di allenamento: Intensivo
GAMBE

Jump squats

Squats

Walking lunges

Knee ups

X jumps

Burpees

Weighted step ups

Medicine ball squat & press

CIRCUIT ONE

circuito n.1

15
reps

Jump squats



15
reps

Squats



24
reps

Walking lunges (12 per leg)



24
reps

Knee ups (12 per leg)



CIRCUIT TWO

circuito n.2

16
reps

X Jumps (3 per leg)



10
reps

Burpees



24
reps

Weighted step ups (12 per leg)



15
reps

Medicine ball squat & press



ripetizioni per ciascun esercizio

7 minuti per ogni circuito e si ripete il tutto 2 volte

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Kayla Itsines

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,2009 **The Online Copywriter's Handbook** Robert W. Bly,2003-02-20 The Web has developed its own set of rules and attitudes for writing hard hitting marketing copy Robert Bly s The Online Copywriter s Handbook is the first practical and authoritative guide to what exactly those rules are and how they differ from writing for print audiences From novices just taking their first copywriting steps to veterans looking to add impact and results to their online efforts it covers everything from general fundamentals of writing effective copy to specific Web copywriting tips and traps *The Bikini Body*

Motivation & Habits Guide Kayla Itsines,2017-12-19 The 1 Fitness Influencer in the world and social media star Kayla Itsines new guide on how to form good eating habits in just 28 days *Kim Lyons' Your Body, Your Life* Kim Lyons,Lara McGlashan,2008-02 On NBC s hit TV show The Biggest Loser trainer Kim Lyons encouraged cajoled and inspired her team members to change their lives And they did not only losing an incredible amount of weight in the process but gaining a world of knowledge about fitness nutrition and enjoying an all around healthy lifestyle Now Kim is leading the way again ready to work that same magic on everyone Her totally life changing new guide bursting with color illustrations presents Kim s tested program for optimizing your health in just 12 short weeks You ll feel almost as if she s right there working with you Kim who received her personal training certification from the National Academy of Sports Medicine puts her time tested fat burning circuit training system and solid comprehensive nutrition plan right at your fingertips She understands the psychological and practical barriers facing those starting a new program and offers simple strategies to help anyone adopt and maintain a healthier lifestyle Every aspect of fitness and nutrition is explained such as the role of genetics metabolism and body type in achieving success the importance of meal planning and journaling and how to exercise to maximize your time and increase your calorie burn To illustrate her key points many of Lyons clients tell their uplifting personal stories and Lyons herself answers a wide range of burning questions At the end of each chapter a Homework section sets out several goals to achieve be they mental physical or emotional that reinforce key points learned in that chapter *Elle* ,1997-04 *The Bikini Body Motivation and Habits Guide* Kayla Itsines,2017-12-14 Use the power of motivation and good habits to become fitter healthier and stronger for life **Optical Information Systems Update/library & Information Center Applications** ,1994

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Itsines,2017 The content in this book is written with the assistance of two Accredited Practising Dietitians from NPA Pty Ltd Nutrition Professionals Australia These guidelines are not formulated to suit any nutrient deficiencies allergies or any other food related health problems If you are an individual with such problems please seek the help of an Accredited Practising Dietitian or similar health professional The materials and content contained in Kayla Itsines Healthy Eating and Lifestyle Plan are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice diagnosis or treatment Although in depth information and specific weight amounts are given users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of generic guidelines aimed at a broad spectrum audience market specified in introduction All specific medical questions

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