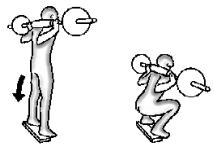
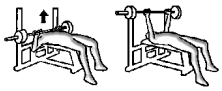
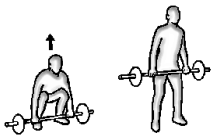
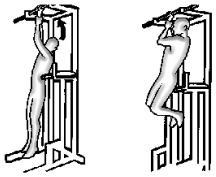
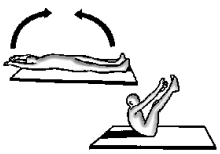
SCHEDA FORZA 4 SETTIMANE

Scheda valida dal: 01/11/2020 sino al: 01/12/2020

		Serie	Rip.	Peso	Pausa
GAMBE					
	**Squat libero** settimana 2: 5x5 80% 1RM settimana 3: 6x4 85% 1RM settimana 4: 7x3 90% 1RM settimana 5: scarico settimana 6: TEST MASSIMALI	4	6	75% 1RM	2'
PETTORALI					
	**Panca piana con bilancere**	4	6		2'
LOMBARI					
	**Stacco stile powerlifter**	4	6		2'
SPALLE					
	**push press con bilanciere**	4	6		2'
DORSALI					
	**Trazioni alla sbarra presa inversa**	4	6		2'
ADDOMINALI					
	**plank sui gomiti**	3	1 min.		1'
ADDOMINALI					
	**Sollevamento busto e ginocchia al petto gambe tese**	4	10		30