

TRAINING NAME

AĆĘÓŁŃŻŻąćęółńżż

Lorem ipsum AĆĘÓŁŃŻŻąćęółńżż sit amet
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molestiae quas vel sint commodi repudiandae

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KKKAAKAKAKakkakakakka

XYZ: MASS

Level: AĆĘÓŁŃŻŻąćęółńżż

Days per week: 8

Duration: 88 lat

Whatever: tak.

Day 1: Legs AĆĘÓŁŃŻŻąćęółńżż AĆĘÓŁŃŻŻąćęółńżż

AĆĘÓŁŃŻŻąćęółńżż	Sets	Reps	Load	a	b
<u>excercise 1</u>	1	1	80		
<u>AĆĘÓŁŃŻŻąćęółńżż</u>	2	2-3		aaa	
excercise 3 sadfasfasfasfasfsafsd sadfasd dafadsf asdfasdf saa asfasfa	3	max			
<u>excercise 4</u>	4	8-8-6-4	40-50-60-70		AĆĘÓŁŃŻŻąćęółńżż
<u>cwiczenie piate</u>	3				

Day 2: Back

exercise	sets	reps	load	rest
excercise 1	1	6	80	
excercise 2	4	6,5,6,7		30s
excercise 3	5			90s
excercise 4		8	40-50-60-70	60s
	2	12	25	2min

Deatils *dynamic moves

Day 3: ABS and arms

exercise	sets	reps	rest
<u>exercise 1</u>	1	6^	60s
<u>exercise 2</u>	3	6	30s
Deatils ^dynamic moves			

Day 4: Chest and Calves

ćwiczenie	sets	reps	rest	info
ąęćżzóń	3	12 -10 - 8	120s	fast
excercise 2	2	max	120s	slow
excercise 3	3	max	120s	dynamic
commenst, details				