

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 | | | | |