

EXERCISE	S	REPS	R "	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	NOTE
1-SISSY SQUAT	5	8-10-12-	60																Positiva estesa, fino in piedi con spinta finale glutei
2-LEG PRESS	3	8-10-12	60																
3-LEG EXT	3	R/P3 (3)	60												KG:				Full rom in negativa
		01/11/23													KG:				Full rom in negativa
		24/10/23		18	12	8	12	9	6	11	7	5			KG:	65	65	65	Full rom in negativa
		19/10/23		16	9	6	11	7	6	10	7	5			KG:	65	65	65	Full rom in negativa
		17/10/23		18	12	9	11	7	6	9	6	5			KG:	65	65	65	Full rom in negativa
		10/10/23		15	8	5	11	7	6	8	6	4			KG:	70	70	70	Full rom in negativa
		04/10/23		15	8	5	12	8	6	10	6	5			KG:	65	65	65	Full rom in negativa
4-BURPEES	4	10-15	45																in leg day, no rom completo, solo gambe, non scendere in push up
		24/10/23		11	0	0	11	0	0	10	0	0	11	0	0				in leg day, no rom completo, solo gambe, non scendere in push up
		04/10/23		10	0	0	8	0	0	8	0	0	10	0	0				in leg day, no rom completo, solo gambe, non scendere in push up
5-CABLE CROSS	3	R/P3 (3)	60												KG:				
		24/10/23		30	20	14	20	15	11	17	12	12			KG:	20	20	20	
		20/10/23		30	30	25	20	15	13	16	12	10			KG:	15	20	20	
6-DUMBELL FLY	4	10-15	45																
		16/10/23		30	8	0	20	8	0	18	8	0	18	8	0				
		10/10/23		30	6		18	8	0	15	8	0	18	8	0				
7-J ROPE	3	Max	60																