

EXERCISE	S	REPS	R "	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	NOTE
1-NORDIC RAISE	4	6-10	60	10	0		10	0		10	0		10	0		10	0		Pad sotto le ginocchia, niente sotto al tubo
2-LEG PRESS	4	6-10	60	20	140BBNR		20	140BBN		12	150BBNR		12	150BBNR					
3-CALF RAISE	3	R/P3 (3)	60	28	16	9	14	10	7	15	9	6			KG:	70	70	70	
4-SISSY SQUAT	4	10-15	45	15	20(kb)		14	20(kb)		15	20(kb)		15	20(kb)					Positiva estesa, fino in piedi con spinta finale glutei
5-FRONT RAISE	3	R/P3 (3)	60	22	16	10	16	9	7	14	8	6			KG:	20	20	20	
6-CHIN PULL	4	10-15	45	20	20(kb)	0	15	20(kb)	0	15	20(kb)	0	12	20(kb)	0				
7-CRUNCH	3	Max	45	210	0	0	200	0	0	100	0	0							Usare supporto collo, schiacciare addominali
1-BP 45	5	10		10	52		10	52		10	52	3	10	52	2-3	10	52	1-2	
2-DIP	4	6-10	60	10	0	2	10	0	1	7	0	0	7	0	0				
3-DUMB PRESS 30	3	R/P3 (3)	60	20	8	6	13	6	4	9	6	4			KG:	16	16	16	
4-PUSH UP	4	10-15	45	10	5	0	9	5	0	7	5	0	6	5	0				
5-PULLEY	3	R/P3 (3)	60	30	25	15	20	16	10	20	31	10			KG:	40	40	40	
6-PULL BAR	4	10-15	45	20	44	0	14	44	0	11	44	0	11	44	0				Panca 45°
7-PUSH DOWN	4	10-15	45	23	14	0	15	14	0	12	14	0	11	14	0				
1-SHL DUMB PRESS	5	10	90																
2-CLEAN BARBELL	4	6-10	60																
3-LATERAL RAISE	3	R/P3 (3)	60												KG:				
4-BACK RAISE	4	10-15	45																Panca 30 °
5-LEG EXT	3	R/P3 (3)	60												KG:				Full rom in negativa
6-GHD	4	10-15	45																
7-ABS CYCLE	3	Max	45																
1-PULL UP	5	10													KG:				
2-DUMBBELL ROWER	4	6-10	60												KG:				
3-PULLEY	3	R/P3 (3)	60												KG:				
4-LAT MACHINE	4	10-15	45												KG:				
5-DUMB PRESS	3	R/P3 (3)	60												KG:				
6-CABLE CROSS	4	10-15	45												KG:				
7-DUMB CURL	4	10-15	45												KG:				
1-LEG CURL	3	R/P3 (3)	60												KG:				
2-FACE PULL	3	R/P3 (3)	60												KG:				Dentro rack, con corda tricipiti
3-CHEST PRESS	3	R/P3 (3)	60												KG:				
4-PULLDOWN	3	R/P3 (3)	60												KG:				
5-PULLEY CURL	3	R/P3 (3)	45												KG:				
6-SIT UP	3	Max	45																