

EXERCISE	S	REPS	R "	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	REP	KG	BUF	NOTE
1-BP	5	10	90																
2-DUMB PRESS	4	6-10	60																
3-CHEST PRESS	3	R/P3 (3)	60												KG:				
4-DUMBBELL FLY	4	10-15	45																
5-FRONT RAISE	3	R/P3 (3)	60												KG:				
6-BACK RAISE	4	10-15	45																Panca 30 °
7-CRUNCH	3	Max	45																Usare supporto collo, schiacciare addominali
1-PULL UP	5	10	90																
2-TRX	4	6-10	60																
3-PULLEY	3	R/P3 (3)	60												KG:				
4-PULL BAR	4	10-15	45																
5-LEG EXT	3	R/P3 (3)	60												KG:				
6-CALF RAISE	4	10-15	45																
7-KICK BACK	4	10-15	45																
1-SHL DUMB PRESS	5	10	90																
2-SHRUG	4	6-10	60																Da seduto
3-LATERAL RAISE	3	R/P3 (3)	60												KG:				
4-CHIN PULL	4	10-15	45																
5-DUMB PRESS 30	3	R/P3 (3)	60												KG:				
6-PUSH UP	4	10-15	45																
7-LEG RAISE	3	Max	45																
1-NORDIC RAISE	5	10	60																Pad sotto le ginocchia, niente sotto al tubo
2-HIP THRUST	4	6-10	60																Da terra, mani appoggiate dietro, senza panca
3-LEG EXT	3	R/P3 (3)	60												KG:				
4-GHD	4	10-15	45																
5-PULL BAR	3	R/P3 (3)	60												KG:				
6-LAT MACHINE	4	10-15	45																
7-CABLE CURL	4	10-15	45																
1-CABLE CROSS	3	R/P3 (3)	60												KG:				
2-SHL DUMB PRESS	3	R/P3 (3)	60												KG:				
3-LAT MACHINE	3	R/P3 (3)	60												KG:				
4-LEG CURL	3	R/P3 (3)	45												KG:				
5-FRENCH PRESS	3	R/P3 (3)	60												KG:				
6-TWIST ABS	3	Max	45																Su panca piana con bastone dietro alla schiena