

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
		02/10/23		10	0		10	0	2	10	0	2	10	0	2				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	
		27/10/23		28	11	8	16	10	7	14	7	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	
		27/10/23		20	15	8	16	9	7	14	8	6			KG:	20	20	20	
		16/10/23		20	13	8	16	12	10	15	10	6			KG:	16	16	16	
6-CHIN PULL	4	10-15	45	20	20(kb)	0	15	20(kb)	0	15	20(kb)	0	12	20(kb)	0				
		18/10/23		20	20(kb)	0	16	20(kb)	0	16	20(kb)	0	16	20(kb)	0				
7-CRUNCH	3	Max	45	210	0	0	200	0	0	100	0	0							Usare supporto collo, schiacciare addominali
		25/10/23		222	0	0	100	0	0	70	0	0							Usare supporto collo, schiacciare addominali
		16/10/23		70			60			55									Usare supporto collo, schiacciare addominali
		06/10/23		200	0	0	200												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	
		24/10/23		10	52		10	52		10	52		10	52		10	52		
		03/10/23		10	54		10	54		10	54		10	54	0	8	54	0	
2-DIP	4	6-10	60	10	0	2	10	0	1	7	0	0	7	0	0				
		24/10/23		10	0	0	10	0	0	10	0	0	9	0	0				
3-DUMB PRESS 30	3	R/P3 (3)	60	20	8	6	13	6	4	9	6	4			KG:	16	16	16	
		18/10/23		20	10	6	13	6	5	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				
		18/10/23		10	5	0	10	5	0	8	5	0	10	5	0				
5-PULLEY	3	R/P3 (3)	60	30	25	15	20	16	10	20	31	10			KG:	40	40	40	
		23/10/23		28	18	14	20	19	9	20	13	9			KG:	40	40	40	
		17/10/23		25	18	16	20	16	9	20	16	9			KG:	40	40	40	
		11/10/23		30	15	8	18	11	7	18	11	7			KG:	40	40	40	
		09/10/23		20	16	15	16	12	8	16	10	8			KG:	40	40	40	
		06/10/23		25	15	8	15	10	6	15	8	6			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°
		17/10/23		20	44	0	15	44	0	15	44	0	13	44	0				Panca 45°
		11/10/23		16	44	0	12	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				
		12/10/23		20	14	0	12	14	0	12	14	0	12	12	12				
1-SHL DUMB PRESS	5	10	90																
		25/10/23		10	22	2	10	22	1	10	22	1	8	22	0	7	22	0	

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		18/10/23		8	22	3	10	22	1	10	22	0	7	22	0	7	22	0	
2-CLEAN BARBELL	4	6-10	60																
3-LATERAL RAISE	3	R/P3 (3)	60												KG:				
		18/10/23		17	8	5	13	8	6	11	8	5			KG:	8	6	6	
		06/10/23		20	12	10	16	11	8	16	8	6			KG:	6	6	6	
4-BACK RAISE	4	10-15	45																Panca 30 °
		16/10/23		20	8	0	15	8	0	14	8	0	14	8	0				Panca 30 °
		09/10/23		20	6	0	20	6	0	16	6	0	20	6	0				Panca 30 °
		04/10/23		17	6	0	14	6	0	13	6	0	13	6	0				Panca 30 °
5-LEG EXT	3	R/P3 (3)	60												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
6-GHD	4	10-15	45																
		26/10/23		20	10		20	10		20	10	0	20	10	2				
		19/10/23		20	5	0	20	5	0	20	5	0	20	5	0				
7-ABS CYCLE	3	Max	45																
		13/10/23		70	0	0	50	0	0	30	0	0							
		02/10/23		60	0	0	40	0	0	20	0	0							
1-PULL UP	5	10													KG:				
		17/10/23		10	0	0	10	0	0	8	0	0	5	0	0	4	0	0	
		11/10/23		10	0	0	10	0	0	8	0	0	6	0	0	5	0	0	
		05/10/23		10	0	0	8	0	0	5	0	0	5	0	0	5	5	5	
2-DUMBBELL ROWER	4	6-10	60												KG:				
		05/10/23		10	26	2	10	26	2	10	26	1	10	0	0				
3-PULLEY	3	R/P3 (3)	60												KG:				
		23/10/23		28	18	14	20	19	9	20	13	9			KG:	40	40	40	
		17/10/23		25	18	16	20	16	9	20	16	9			KG:	40	40	40	
		11/10/23		30	15	8	18	11	7	18	11	7			KG:	40	40	40	
		09/10/23		20	16	15	16	12	8	16	10	8			KG:	40	40	40	
		06/10/23		25	15	8	15	10	6	15	8	6			KG:	40	40	40	
4-LAT MACHINE	4	10-15	45												KG:				
		19/10/23		16	36	0	15	36	0	16	36	0	17	36	0				
5-DUMB PRESS	3	R/P3 (3)	60												KG:				
		16/10/23		8	28	1	6	28	0	6	28	0	4	28	0				

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		12/10/23		20	10	5	12	6	4	10	6	4			KG:	16	16	16	
6-CABLE CROSS	4	10-15	45												KG:				
		05/10/23		25	20	0	18	20	0	15	20	0	13	20	0				
7-DUMB CURL	4	10-15	45												KG:				
1-LEG CURL	3	R/P3 (3)	60												KG:				
		06/10/23		30	12	6	16	8	5	16	8	5			KG:	15	17	17	
2-FACE PULL	3	R/P3 (3)	60												KG:				Dentro rack, con corda tricipiti
		25/10/23		40	20	15	20	15	12	22	20	15			KG:	24	24	24	Dentro rack, con corda tricipiti
		11/10/23		25	15	11	25	12	12	20	12	8			KG:	18	20	20	Dentro rack, con corda tricipiti
		09/10/23		22	15	14	22	16	13	20	14	10			KG:	20	20	20	Dentro rack, con corda tricipiti
		04/10/23		30	15	15	17	12	10	17	12	10			KG:	14	18	18	Dentro rack, con corda tricipiti
		02/10/23		20	16	12	16	14	12	16	12	10			KG:	20	14	14	Dentro rack, con corda tricipiti
3-CHEST PRESS	3	R/P3 (3)	60												KG:				
		26/10/23		35	16	12	20	13	10	17	10	8			KG:	100	100	100	
		16/10/23		25	15	10	18	9	8	14	9	5			KG:	100	100	100	
		10/10/23		25	13	10	20	12	8	16	11	8			KG:	100	100	100	
4-PULLDOWN	3	R/P3 (3)	60												KG:				
5-PULLEY CURL	3	R/P3 (3)	45												KG:				
6-SIT UP	3	Max	45																