

squat: weight: 100, repeat: 1press: weight: 100, repeat: 1lift: weight: 100, repeat: 1

--- Микро цикл ---

Тренировка 1

squat: 27.5/9 40/8 52.5/7 65/6 75/5 80/4 85/3 87.5/3*3

press: 27.5/9 40/8 52.5/7 65/6 75/5 80/4 85/3 87.5/3*3

Тренировка 2

lift: 27.5/9 40/8 52.5/7 65/6 67.5/5 72.5/5 75/5

press: 27.5/9 40/8 52.5/7 65/6 67.5/5 72.5/5 75/5

Тренировка 3

squat: 27.5/9 40/8 52.5/7 65/6 75/5 85/4 87.5/4 92.5/3 95/2*2

press: 27.5/9 40/8 52.5/7 65/6 75/5 85/4 87.5/4 92.5/3 95/2*2

Тренировка 4

lift: 27.5/9 40/8 52.5/7 65/6 75/5 80/4 85/3 87.5/3*3

press: 27.5/9 40/8 52.5/7 65/6 75/5 80/4 85/3 87.5/3*3

Тренировка 5

squat: 27.5/9 40/8 52.5/7 65/6 67.5/5 72.5/5 75/2*4

press: 27.5/9 40/8 52.5/7 65/6 67.5/5 72.5/5 75/2*4

Тренировка 6

lift: 27.5/9 40/8 52.5/7 65/6 75/5 85/4 87.5/4 92.5/3 95/2*2

press: 27.5/9 40/8 52.5/7 65/6 75/5 85/4 87.5/4 92.5/3 95/2*2