

Ciclo 3

Nicolás Luarte

August 11, 2019

Contents

Ejercicio	Protocolo	Bloque
Sentadilla de competencia	x1@8, 20%, 4x5	A
Banca de competencia	x1@8, 20%, 4x6	A
Peso muerto de competencia	x1@8, 20%, 4x5	A
Pin squat (sin belt, highbar)	x1@8, x4@9, 5-10%, 2x4	A
Banca competencia (3 ct pause)	x1@8, x3@9, 10-15%, 4x3	A
Peso muerto (sin belt) (3 ct pause)	x1@8, x4@9, 10-15%, 2x4	A