

Protocolo Peak

Nicolás Luarte

August 28, 2019

Contents

| Ejercicio | Protocolo | Bloque |
|----------------------------|---------------------|--------|
| Press banca de competencia | x1@9, 15%, 2x4 | A |
| Frontales caja mas baja | x1@7, 10%, 2x4 | A |
| Peso muerto competencia | x1@8, 20%, 4x2 | A |
| Press banca de competencia | x1@9, 15%, 3x3 | B |
| Frontales caja mas baja | x1@7, 10%, 2x4 | B |
| Peso muerto competencia | x1@8, 20%, 4x2 | B |
| Press banca de competencia | x1@9, 15%, 3x3, 1x4 | C |
| Frontales caja mas baja | x1@7, 10%, 2x4 | C |
| Peso muerto competencia | x1@8, 20%, 4x2 | C |
| Press banca de competencia | x1@9, 15%, 1x4 | D |
| Frontales caja mas baja | x1@7, 10%, 1x4 | D |
| Peso muerto competencia | x1@8, 20%, 1x2 | D |