

lat-libera	8-45k	6-50k	4-55k		lunedì
piana	8-50k	6-60k	4-70k?		
inclinata	8-20k	6-22,5k	4-25k		
fly	10-25k	8-30k	6-35k	4-40k	
tricip.					
parallele	8 rip	8 rip.	8 rip.		
cavo sing.	12-10k	10-15k	8-15k	6-15k	
cavi	12-20k	10-25k	8-30k		

pressa	10-110k	8-130k	6-150k	4-170?	mercoledì
ext	10-30k	8-35k	6-40k	4-45k	
curl	10-20k	8-25k	6-30k	4-30k	
polpacci	12-30k	10-30k	10-30k		

alzate late	12-6k	10-8k	8-9k	12-6k	venerdì
alzate fron	12-8k	10-9k	8-10k	12-8k	
lento dietr	10-30k	8-35k	6-40k	4-40k	
bic bilanc	10-20k	8-25k	6-30k		
bic.altern.	10-10k	8-12,5k	6-15k		
larry	10-20k	8-22,5k	6-25k		