

		Settimana 1	Settimana 2	Settimana 3	Settimana 4
<b>panca</b>	6x6	58%	60%	62%	64%
<b>stacco</b>	5x5	58%	60%	62%	64%
trazioni					
rematore					
GM					
<b>squat</b>	5x5	58%	60%	62%	64%
<b>panca</b>	6x6	58%	60%	62%	64%
<b>stacco</b>	5x5	58%	60%	62%	64%
curl					
abs					
<b>squat</b>	5x5	58%	60%	62%	64%
<b>panca</b>	6x6	58%	60%	62%	64%
JM press					
trazioni					
rematore					
<b>stacco</b>	5x5	58%	60%	62%	64%
<b>squat</b>	5x5	58%	60%	62%	64%
behind neck					
inclinata					
dips					
abs					