

ALLENAMENTO 2° - Multi frequenza per FORZA 2

1° m i c r o	Martedì		Giovedì		Sabato	
	Panca ME 3'00"	5x3 @85%	Squat ME 3'00"	5x3 @85%	Squat DE\RE 20-30"	6x3 @60%
	① - Kg ② - " ③ - " ④ - " ⑤ - "		① - Kg ② - " ③ - " ④ - " ⑤ - "		① - Kg ② - " ③ - " ④ - " ⑤ - " ⑥ - "	
	Trazioni alla sbarra 30-40"	20x1 Effettuate? _____	Stacco ME 3'00"	5x3 @85%	Panca DE\RE 20-30"	5x5 @55%
				① - Kg ② - " ③ - " ④ - " ⑤ - "	① - Kg ② - " ③ - " ④ - " ⑤ - "	
2° m i c r o	Parallele 1'30-2'00"	2 x max (15~20) ① Repts ② Repts	Box Jumps 30-40"	5 x 3 	LAT inversa 20-30"	2 x max (15~20) ① Repts ② Repts
	Pulley o Rematore 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Leg curl 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Abs Swiss ball 1'30-2'00"	3 x max (6~10) ① Kg ② Kg ③ Kg
	Abs Swiss ball	Dinamico 2*20reps	Calf		Avambracci	
	Martedì		Giovedì		Sabato	
	Panca ME 3'00"	4x2 @90%	Squat ME 3'00"	4x2 @90%	Stacco DE\RE 20-30"	6x3 @60%
3° m i c r o	① - Kg ② - " ③ - " ④ - "		① - Kg ② - " ③ - " ④ - "			
	Trazioni alla sbarra 30-40"	20x1 Effettuate? _____	Stacco ME 3'00"	4x2 @90%	Panca DE\RE 20-30"	5x5 @60%
				① - Kg ② - " ③ - " ④ - "	① - Kg ② - " ③ - " ④ - " ⑤ - "	
	Lento avanti	3 x 8 Kg =	Box Jumps 30-40"	6 x 2 	LAT inversa 20-30"	2 x max (15~20) ① Repts ② Repts
	Pulley o Rematore 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Leg curl 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Abs Swiss ball 1'30-2'00"	3 x max (6~10) ① Repts ② Repts ③ Repts
3° m i c r o	Avambracci		Calf		Avambracci	
	Martedì		Giovedì		Sabato	
	Panca ME 3'00"	Singole fino a 1RM	Squat ME 3'00"	Singole fino a 1RM	Squat DE\RE 20-30"	6x3 @65%
	① - Kg ② - " ③ - " ④ - " ⑤ - " ⑥ - " ⑦ - " ⑧ - "		① - Kg ② - " ③ - " ④ - " ⑤ - " ⑥ - " ⑦ - " ⑧ - "		① - Kg ② - " ③ - " ④ - " ⑤ - " ⑥ - "	
	Trazioni alla sbarra 30-40"	20 in 1x1 Effettuate? _____	Stacco ME 3'00"	Singole fino a 1RM	Panca DE\RE 20-30"	5x5 @65%
3° m i c r o				① - Kg ② - " ③ - " ④ - " ⑤ - " ⑥ - " ⑦ - " ⑧ - "	① - Kg ② - " ③ - " ④ - " ⑤ - "	
	Parallele o Lento AV 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Box Jumps 30-40"	8 x 1 	LAT inversa 20-30"	2 x max (15~20) ① Repts ② Repts
	Pulley o Rematore 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Leg curl 1'30-2'00"	3 x max (15~20) ① Repts ② Repts ③ Repts	Abs Swiss ball 1'30-2'00"	3 x max (6~10) ① Repts ② Repts ③ Repts
	Abs Swiss ball	Dinamico 2*20reps	Calf		Avambracci	