



CICLO RUSSO MODIFICATO #1

Settimana	Lun	Mer	Ven
1	Squat 8×6×70% Panca 6x2x80%	Stacco 8×5×70%	Panca 8×6×70% Squat 6x2x80%
2	Squat 7×6×72,5% Panca 6x2x80%	Stacco 7×6×72,5%	Panca 7×6×72,5% Squat 6x2x80%
3	Squat 6×6×75% Panca 6x2x80%	Stacco 6×6×75%	Panca 6×6×75% Squat 6x2x80%
4	Squat 5×6×77,5% Panca 6x2x80%	Stacco 5×6×77,5%	Panca 5×6×77,5% Squat 6x2x80%
5	Squat 5×5×80% Panca 6x2x80%	Stacco 5×5×80%	Panca 5×5×80% Squat 6x2x80%
6	Squat 6/8×3×80% Panca 6x2x80%	Stacco 6/8×3×80%	Panca 6/8×3×80% Squat 6x2x80%
7	Squat 5×5×85% Panca 6×2×80%	Stacco 5×5×85%	Panca 5×5×85% Squat 6×2×80%

8	Squat 4/6×1×90% Panca 5×5×70%	Stacco 4/6×1×90%	Panca 4/6×1×90% Squat 5×5×70%
9	Squat 2/3×1×95% Panca 6x2x80%	Stacco 2/3×1×95%	Panca 2/3×1×95% Squat 6x2x80%
10	TEST SQUAT	TEST STACCO	TEST PANCA