



CICLO RUSSO MODIFICATO #2

Settimana	Lun	Mer	Ven
1	Squat 6×3×80% Panca 6x2x80%	Stacco 6×3×80%	Panca 6×3×80% Squat 6x2x80%
2	Squat 6×4×80% Panca 6x2x80%	Stacco 6×4×80%	Panca 6×4×80% Squat 6x2x80%
3	Squat 6×5×80% Panca 6x2x80%	Stacco 6×5×80%	Panca 6×5×80% Squat 6x2x80%
4	Squat 6×6×80% Panca 6x2x80%	Stacco 6×6×80%	Panca 6×6×80% Squat 6x2x80%
5	Squat 4×4×85% Panca 6x2x80%	Stacco 4×4×85%	Panca 4×4×85% Squat 6x2x80%
6	Squat 3×3×90% Panca 6x2x80%	Stacco 3×3×90%	Panca 3×3×90% Squat 6x2x80%
7	Squat 2×2×95% Panca 6x2x80%	Stacco 2×2×95%	Panca 2×2×95% Squat 6x2x80%
8	Squat Panca 1 x 85-90% Stacco	Squat Panca 1 x 60-70% Stacco	Squat Panca TEST!! Stacco