

EXEMPLARY MONTHLY TRAINING PLAN - 1

Trainings in the preparatory period

1 SETTIMANA

1 giorno (lunedì)

1. Bench press – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 5 x 3 @ 75% (34)
 2. Squat – 5 @ 50%, 2 x 5 @ 60%, 5 x 5 @ 70% (40)
 3. Bench press – 5 @ 50%, 5 @ 60%, 4 x 4 @ 70% (26)
 4. Flies – 5 x 10
 5. Good morning standing – 5 x 5
- Totale: 100 alzate

3 giorno (mercoledì)

1. Deadlift – 3 @ 50%, 3 @ 60%, 2 x 3 @ 70%, 4 x 3 @ 75% (24)
 2. Incline press – 6 x 4
 3. Dips with weight – 5 x 5
 4. Deadlift from boxes – 4 @ 55%, 4 @ 65%, 2 x 4 @ 75%, 4 x 3 @ 85% (28)
 5. Lunges - (5+5) x 5
 6. Sit up – 3 x 10
- Totale: 52 alzate

5 giorno (venerdì)

1. Bench press – 5 @ 50%, 5 @ 60%, 4 @ 70%, 2 x 3 @ 75%, 2 x 2 @ 80%, 2 x 3 @ 75%, 4 @ 70%, 6 @ 60%, 8 @ 50% (48)
 2. Flies – 5 x 10
 3. Squat – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 5 x 3 @ 75% (30)
 4. French press – 5 x 10
 5. Good morning seated – 5 x 5
- Totale: 78 alzate

Totale nella settimana: 230 alzate

2 SETTIMANA

1 giorno (lunedì)

1. Squat – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 5 x 2 @ 80% (25)
 2. Bench press – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 6 x 3 @ 80% (33)
 3. Flies – 5 x 10
 4. Push up with weight (hands width shoulder) – 5 x 10
 5. Front squat – 2 x 3 @ 45%, 2 x 3 @ 55%, 4 x 2 @ 60% (20)
 6. Good morning standing – 5 x 5
- Totale: 78 alzate

3 giorno (mercoledì)

1. Deadlift – 3 @ 50%, 3 @ 60%, 2 x 3 @ 70%, 4 x 3 @ 75% (20)
2. Bench press – 6 @ 50%, 2 x 6 @ 60%, 4 x 6 @ 65% (42)

3. Flat flies – 5 x 10
4. Deadlift from boxes – 4 @ 50%, 4 @ 60%, 2 x 4 @ 70%, 4 x 4 @ 80%. (28)
5. Lunges - 5+5x5.

5 giorno (venerdì)

1. Squat – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 5 x 2 @ 80%. (25)
 2. Bench press – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 2 x 2 @ 80%, 3 @ 75%, 5 @ 65%, 7 @ 55% (34)
 3. Flies – 5 x 10
 4. Squat – 5 @ 50%, 5 @ 60%, 4 x 4 @ 70% (26)
 5. Iperestensioni – 5 x 8
- Totale: 85 alzate

Totale nella settimana 253 alzate

3 SETTIMANA

1 giorno (lunedì)

1. Squat – 5 @ 55%, 4 @ 65%, 2 x 3 @ 75%, 4 x 2 @ 85% (23)
 2. Bench press – 5 @ 50%, 1 x 4 @ 60%, 2 x 3 @ 70%, 6 x 3 @ 80%. (33)
 3. Flies – 5 x 10
 4. Push up with weight – 5 x 10
 5. Squat – 3 @ 50%, 3 @ 60%, 3 @ 70%, 4 x 3 @ 80% (21)
 6. Good morning (alzato) – 5 x 5
- Totale: 77 alzate

3 giorno (mercoledì)

1. Deadlift on boxes – 2 x 3 @ 50%, 2 x 3 @ 60%, 4 x 2 @ 65% (20)
 2. Bench press – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 2 x 3 @ 80%, 2 x 2 @ 85%, 2 x 3 @ 80% (31)
 3. Flies – 5 x 10
 4. Deadlift from boxes – 4 @ 60%, 2 x 4 @ 70%, 2 x 3 @ 80%, 3 x 2 @ 90% (24)
 5. Lunges – 5+5 x 5
 6. Abs – 4 x 10
- Totale: 75 alzate

5 giorno (venerdì)

1. Squat – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 6 x 3 @ 80% (33)
 2. Bench press – 5 @ 50%, 4 @ 60%, 2 x 3 @ 70%, 7 x 3 @ 80% (36)
 3. Flies – 5 x 10
 4. Incline press – 5 x 4
 5. Good morning (seated) – 5 x 5
- Totale: 69 alzate

Totale nella settimana: 221 alzate

4 SETTIMANA

1 giorno (lunedì)

1. Squat – 1 x 5 @ 50%, 1 x 4 @ 60%, 2 x 3 @ 70%, 5 x 3 @ 80% (30)
 2. Bench press – 1 x 5 @ 55%, 1 x 5 @ 65%, 5 x 4 @ 75% (30)
 3. Flies – 5 x 10
 4. Dips without weight – 5 x 8
 5. Squat frontale – 2 x 5 @ 40%, 2 x 4 @ 50%, 3 x 3 @ 60% (27)
 6. Iperestensioni 5 x 10
- Totale: 87 alzate

3 giorno (mercoledì)

1. Bench press – 1 x 5 @ 50%, 1 x 4 @ 60%, 2 x 3 @ 70%, 2 x 3 @ 80%, 3 x 2 @ 85% (27)
 2. Deadlift till knees 1 x 3 @ 50%, 1 x 3 @ 60%, 2 x 3 @ 70%, 2 x 3 @ 80%, 3 x 2 @ 85%, 2 x 3 @ 80% (30)
 3. Bench press – 1 x 5 @ 50%, 1 x 5 @ 60%, 4 x 5 @ 70%. (30)
 4. Flies – 5 x 10
 5. Lunges – (5+5) x 5
- Totale: 87 alzate

5 giorno (venerdì)

1. Squat – 1 x 5 @ 50%, 1 x 4 @ 60%, 2 x 3 @ 70%, 6 x 3 @ 80% (33)
 2. Bench press – 1 x 6 @ 50%, 1 x 5 @ 60%, 2 x 4 @ 70%, 2 x 3 @ 80%, 2 x 2 @ 85%, 2 x 3 @ 80%, 1 x 4 @ 70%, 1 x 6 @ 60%, 1 x 8 @ 50% (53)
 3. Flies – 5 x 10
 4. Dips senza peso – 5 x 8
 5. Good morning (seated) – 5 x 5
 6. Abs – 3 x 10.
- Totale: 86 alzate

Totale nella settimana: 260 alzate

Totale nel mese: 964 alzate