

Bench Specialization

ADAMA

BENCH SPECIALIZATION

RAW

cat.

Settimana -5

1 panca	5x 45,0	4x 55,0	2x3x 62,5
	5x3x 67,5		
squat	6x 40,0	6x 50,0	4x6x 60,0
panca	5x 45,0	5x 55,0	4x4x 62,5
croci	5x8x		
addome	3x10x		
2 panca	5x 45,0	5x 55,0	2x4x 62,5
	2x3x 67,5	2x2x 72,5	2x3x 67,5
	4x 62,5	5x 55,0	6x 45,0
leg extension	5x10x		
pin press	6x3x		
parallele	5x6x		
iperestensioni	4x8x		
3 panca	5x 45,0	4x 55,0	2x3x 62,5
	5x2x 72,5		
squat	5x 50,0	4x 60,0	4x3x 70,0
panca stretta	4x 45,0	4x 55,0	5x3x 57,5
croci	5x8x		
trazioni o lat machine	5x8x		
addome	5x10x		
4 panca inclinata	4x6x		
lento manubri	2x6x		
parallele	4x6x		
pushdown tricipiti	5x10x		
good morning seduto	6x5x		

Settimana -4

1 panca	5x 45,0	4x 55,0	2x3x 62,5
	5x2x 72,5		
leg press	5x6x		
panca	5x 50,0	4x 57,5	5x3x 67,5
croci	5x8x		
trazioni o lat machine	5x10x		
addome	5x10x		
2 panca	6x 45,0	5x 55,0	2x4x 62,5
	2x3x 67,5	2x2x 72,5	2x1x 77,5
	2x2x 72,5	2x3x 67,5	5x 57,5
	7x 50,0		
squat	5x 50,0	4x 60,0	5x4x 65,0
pin press	5x3x		
pushdown tricipiti	5x10x		

Bench Specialization

iperestensioni	4x8x					
3 panca	5x	45,0	4x	55,0	2x3x	62,5
	5x3x	72,5				
leg extension	5x8x					
panca presa larga	2x8x	32,5	4x6x	40,0		
trazioni o lat machine	5x10x					
parallele	5x6x					
addome	4x10x					
4 panca	6x	45,0	6x	55,0	4x6x	57,5
pin press	5x2x					
curl bilanciere	4x8x					
iperestensioni	4x8x					
 Settimana -3						
1 panca	5x	45,0	4x	57,5	2x3x	67,5
	4x2x	77,5				
leg extensioni	5x10x					
panca	5x	45,0	4x	55,0	3x	62,5
	4x3x	72,5				
pectoral machine	5x10x					
pushdown tricipiti	5x10x					
addome	4x10x					
2 panca	6x	45,0	5x	55,0	4x	62,5
	2x3x	67,5	2x2x	72,5	2x2x	77,5
	2x2x	72,5	3x	67,5	4x	62,5
	6x	55,0	8x	45,0		
affondi	5x5x					
pin press	5x3x					
trazioni o lat machine	5x8x					
iperestensioni	4x6x					
3 panca	5x	45,0	4x	55,0	2x3x	62,5
	8x3x	72,5				
chest press	5x8x					
leg press	5x5x					
piegamenti con peso	5x8x					
addome	4x8x					
4 panca inclinata	4x6x					
pin press	6x2x					
parallele	4x6x					
trazioni o lat machine	5x8x					
 Settimana -2						
1 panca	5x	45,0	4x	55,0	2x3x	62,5
	5x3x	72,5				
squat	5x	50,0	5x	60,0	4x4x	70,0
panca	5x	45,0	5x	55,0	4x5x	62,5

Bench Specialization

croci	5x10x					
trazioni o lat machine	5x10x					
iperestensioni	5x8x					
2 panca	5x	45,0	5x	55,0	2x5x	62,5
	2x4x	67,5	2x3x	72,5	2x2x	77,5
	2x3x	72,5	4x	67,5	6x	62,5
	8x	55,0	10x	45,0		
pin press	5x2x					
pectoral machine	5x8x					
pushdown tricipiti	5x8x					
addome	4x12x					
3 panca	5x	45,0	4x	55,0	2x3x	62,5
	5x3x	72,5				
leg extension	5x8x					
panca	5x	45,0	5x	55,0	4x5x	62,5
trazioni o lat machine	5x8x					
good morning seduto	5x5x					
4 panca	6x	45,0	6x	55,0	5x6x	57,5
croci	5x10x					
parallele	4x5x					
pushdown tricipiti	5x8x					
addome	4x5x					
Settimana -1						
1 panca	5x	45,0	4x	55,0	3x3x	62,5
croci leggere	5x10x					
2 panca	5x	45,0	4x	55,0	2x3x	62,5
	2x	72,5	1x	80,0	singole fino al massimale	