

Reali	1RM KG	70%	72.50%	75%	77.50%	80%	85%	90%	95%
PANCA	90	63	65.25	67.5	69.75	72	76.5	81	85.5
SQUAT	160	112	116	120	124	128	136	144	152
STACCO	150	105	108.75	112.5	116.25	120	127.5	135	142.5
Arrotondati	1RM KG	70%	72.50%	75%	77.50%	80%	85%	90%	95%
PANCA	90	62.5	65	67.5	70	72.5	77.5	80	85
SQUAT	160	112.5	115	120	125	127.5	135	145	152.5
STACCO	150	105	110	112.5	117.5	120	127.5	135	142.5

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

SETTIMANA 7		
Lun	Squat 5×5×85%	Panca 6×2×80%
Mer	Stacco 5×5×85%	
Ven	Panca 5×5×85%	Squat 6×2×80%
SETTIMANA 8		
Lun	Squat 4/6×1×90%	Panca 5×5×70%
Mer	Stacco 4/6×1×90%	
Ven	Panca 4/6×1×90%	Squat 5×5×70%
SETTIMANA 9		
Lun	Squat 2/3×1×95%	Panca 6x2x80%
Mer	Stacco 2/3×1×95%	
Ven	Panca 2/3×1×95%	Squat 6x2x80%
SETTIMANA 10		
Lun	TEST SQUAT	
Mer	TEST STACCO	
Ven	TEST PANCA	