

Bench Press Day									
	Zakres	Kg	Reps	Kg	Reps	Kg	Reps	Kg	Reps
Ćwiczenie		W1		W2		W3		W4	
Close Grip Bench Press	Rampa	3 RM		5 RM		1 RM		3 RM	
Hammer Neutral Grip Chest Press	3x12								
Deadlift power rows	5x5								
Lat pulldown V-Grip	3x12								
Seated Facepulls	4x12								
Lying rear delts flys	5x12								
Floor Skull crushers	4x8								
Triceps pushdown	3x15								
30 minut schodów									

Bench Press Day									
	Zakres	Kg	Reps	Kg	Reps	Kg	Reps	Kg	Reps
Ćwiczenie		W1		W2		W3		W4	
RDL Snatch Grip	Rampa	12 RM		5 RM		8 RM		3 RM	
Hamstring curls	3x12								
Stadning Calf Raises	3x20								
Pearcher Curls + Skull crushers	4x10-12								
	4x10-12								
Db incline biceps curls + Lying db triceps extensions	3x12-15								
	3x12-15								
Pec Deck	4x12-15								
30 minut schodów									

Bench Press Day									
	Zakres	Kg	Reps	Kg	Reps	Kg	Reps	Kg	Reps
Ćwiczenie		W1		W2		W3		W4	
Deadlift Power Rows	5x5								
Incline chest supported rope rows	4x12								
Chin ups	Multi sets to 2 reps fail								
Leg extenions	5x15								
Hammer chest press (maszyna)	5x12								
Cable rear delts flys	5x15								
30 minut schodów									

Bench Press Day									
	Zakres	Kg	Reps	Kg	Reps	Kg	Reps	Kg	Reps
Ćwiczenie		W1		W2		W3		W4	
Front Squat with pause	Rampa	3x90							
Db Chest Press	10x10								
Pulley rows V-Grip	10x10								
Rear delts (maszyna)	4x12								
30 minut schodów									

Bench		50%	45,0
MAX	102,5	55%	50,0
TM	92,3	60%	55,0
		65%	60,0
		70%	65,0
		75%	70,0
		80%	75,0
		85%	77,5
		90%	82,5
		95%	87,5
		100%	92,5
		105%	97,5
		110%	102,5
		115%	105,0
		120%	110,0
		125%	115,0

Deadlift		50%	137,5
MAX	305,0	55%	150,0
TM	274,5	60%	165,0
		65%	177,5
		70%	192,5
		75%	205,0
		80%	220,0
		85%	232,5
		90%	247,5
		95%	260,0
		100%	275,0
		105%	287,5
		110%	302,5
		115%	315,0
		120%	330,0
		125%	342,5

OHP		50%	25,0
Max	55,0	55%	27,5
TM	49,5	60%	30,0
		65%	32,5
		70%	35,0
		75%	37,5
		80%	40,0
		85%	42,5
		90%	45,0
		95%	47,5
		100%	50,0
		105%	52,5
		110%	55,0
		115%	57,5
		120%	60,0
		125%	62,5

Squat		50%	60,0
Max	135,0	55%	67,5
TM	121,5	60%	72,5
		65%	80,0
		70%	85,0
		75%	90,0
		80%	97,5
		85%	102,5
		90%	110,0
		95%	115,0
		100%	122,5
		105%	127,5
		110%	132,5
		115%	140,0
		120%	145,0
		125%	152,5

70	65	75	60
80	75	85	70
90	85	95	80