



Namn

PT: Wilmer Lindblad  
Träningschema V1-V6

Pass	Benböj	Bänkprens	Frivändningar	<del>Armer</del> Chinas	Axlar
V.1	6X5 70%	6X5 70%	6X5 70%	6X5 70%	6X5 70%
V.2	6X5 70%	6X5 70%	6X5 70%	6X5 70%	6X5 70%
V.3	6X3 75%	6X3 75%	6X3 75%	6X3 75%	6X3 75%
V.4	6X3 80%	6X3 80%	6X3 80%	6X3 80%	6X3 80%
V.5	6X2 80%	6X2 80%	6X2 80%	6X2 80%	6X2 80%
V.6	6X2 85%	6X2 85%	6X2 85%	6X2 85%	6X2 85%