

PLANIFICACIÓ MENSUAL FITPUMP COMBO

PLANNING	TIPUS D' ENTRENAMENT	ESTRUCTURA		GRÀFICA																
SETMANA 1	F Força	1-Escalfament força 2-Squat 3-Pectoral. 4-Dorsal. 5-Tríceps	6-Bíceps 7-Lunges 8-Deltoides 9-Abdominals 10- Estiraments	<table border="1"> <caption>Data for Week 1 Graph</caption> <tr><th>Time</th><td>0</td><td>10</td><td>20</td><td>35</td><td>40</td><td>45</td><td>50</td></tr> <tr><th>fcm</th><td>0</td><td>60</td><td>60</td><td>60</td><td>60</td><td>60</td><td>0</td></tr> </table>	Time	0	10	20	35	40	45	50	fcm	0	60	60	60	60	60	0
Time	0	10	20	35	40	45	50													
fcm	0	60	60	60	60	60	0													
SETMANA 2	IC Intervàl-lica cardiovascular	1- Cardio Box 1 2- Lunges + Squats 3- Cardio Box 2 4- Pectoral 5- Dorsal 6- Deltoides 7- Cardio Box 3 8- Abdominals 9- Estiraments		<table border="1"> <caption>Data for Week 2 Graph</caption> <tr><th>Time</th><td>0</td><td>10</td><td>15</td><td>20</td><td>35</td><td>40</td><td>50</td></tr> <tr><th>fcm</th><td>0</td><td>80</td><td>60</td><td>80</td><td>60</td><td>80</td><td>0</td></tr> </table>	Time	0	10	15	20	35	40	50	fcm	0	80	60	80	60	80	0
Time	0	10	15	20	35	40	50													
fcm	0	80	60	80	60	80	0													
SETMANA 3	IF Intervàl-lica de força	1- Escalfament força 2- Squats 3- Cardio Box 1 4- Tríceps + Flexions 5- Bíceps + Dorsal 6- Deltoides + Flexions 7- Cardio Box 2 8- Abdominals 9- Estiraments		<table border="1"> <caption>Data for Week 3 Graph</caption> <tr><th>Time</th><td>0</td><td>10</td><td>20</td><td>35</td><td>40</td><td>45</td><td>50</td></tr> <tr><th>fcm</th><td>0</td><td>60</td><td>80</td><td>60</td><td>80</td><td>60</td><td>0</td></tr> </table>	Time	0	10	20	35	40	45	50	fcm	0	60	80	60	80	60	0
Time	0	10	20	35	40	45	50													
fcm	0	60	80	60	80	60	0													
SETMANA 4	CC Continu cardio	1- Cardio Box 1 2- Cardio Box 2 3- Cardio Box 3 4- Pectoral 5- Dorsal 6- Lunges - Squat 7- Abdominals 8- Estiraments		<table border="1"> <caption>Data for Week 4 Graph</caption> <tr><th>Time</th><td>0</td><td>10</td><td>15</td><td>20</td><td>35</td><td>40</td><td>50</td></tr> <tr><th>fcm</th><td>0</td><td>80</td><td>80</td><td>80</td><td>60</td><td>60</td><td>0</td></tr> </table>	Time	0	10	15	20	35	40	50	fcm	0	80	80	80	60	60	0
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fcm	0	80	80	80	60	60	0													

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