

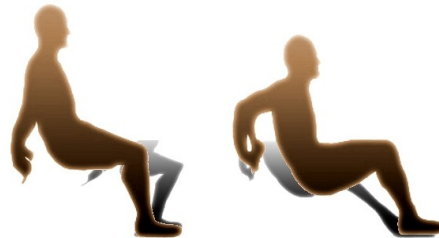
initial tests



AGE	< 40 YEARS	40 - 55 YEARS	> 55 YEARS
RANK *	number of pushups performed		
1	0 - 5	0 - 5	0 - 5
2	6 - 14	6 - 12	6 - 10
3	15 - 29	13 - 24	11 - 19
4	30 - 49	25 - 44	20 - 34
5	50 - 99	45 - 74	35 - 64
6	100 - 150	75 - 124	65 - 99
7	150 & above	125 & above	100 & above



AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of sit-ups performed		
EXCELLENT	over 76	over 71	over 62
VERY GOOD	59 - 76	52 - 71	47 - 61
GOOD	50 - 58	46 - 51	37 - 46
AVERAGE	40 - 49	38 - 45	25 - 36
POOR	0 - 39	0 - 37	0 - 24









AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of dips performed		
5	over 57	over 53	over 45
4	44 - 57	39 - 53	35 - 45
3	37 - 43	34 - 38	28 - 34
2	29 - 36	25 - 33	21 - 27
1	0 - 28	0 - 24	0 - 20



AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of squats performed		
EXCELLENT	over 49	over 41	over 31
VERY GOOD	44 - 49	36 - 41	26 - 31
GOOD	36 - 43	28 - 35	20 - 25
AVERAGE	26 - 35	19 - 27	15 - 19
POOR	0 - 25	0 - 18	0 - 14

RUTINAS DE ENTRENAMIENTO @pedroaguera

WEEK 1.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
						
SET 2.						
						
SET 3.						
						
SET 4.						
						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:					resting time 	














WEEK 2.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
						
SET 2.						
						
SET 3.						
						
SET 4.						
						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:					resting time 	














RUTINAS DE ENTRENAMIENTO @pedroaguera

WEEK 3.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of SET.	[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]	
SET 1.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 2.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 3.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 4.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:	[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]		[Icon: resting time]	














WEEK 4.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of SET.	[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]	
SET 1.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 2.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 3.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 4.	[Yellow bar]		[Yellow bar]		[Yellow bar]	
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:	[Icons: Push-up, Squat, Lunges]		[Icons: Push-up, Squat, Lunges]		[Icon: resting time]	











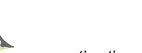

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WEEK 5.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
 SET 2.						
SET 3.						
 SET 4.						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:					<i>resting time</i> 	

WEEK 6.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
 SET 2.						
SET 3.						
 SET 4.						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:					<i>resting time</i> 	

RUTINAS DE ENTRENAMIENTO @pedroaguera

WEEK 7.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
SET 2.						
SET 3.						
SET 4.						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:						
				resting time 		

WEEK .	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Number of SET.						
SET 1.						
SET 2.						
SET 3.						
SET 4.						
SET 5.	max. at least	max. at least	max. at least	max. at least	max. at least	max. at least
Test RANK:						
				resting time		