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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Номер тренировки | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Количество подходов и повторений | 4х12 | 3х15 | 5х18 | 4х22 | 3х26 | 4х30 | 5х32 | 6х35 | 5х38 | 4х42 | 3х45 | 5х44 | 4х46 | 4х48 | 5х50 |