

ロシアンスクワット

| | Day 1 | Day 2 | Day 3 |
|------|---------------------|--------------------|---------------------|
| 1 週目 | 80%IRM 6 rep 2 set | 80%IRM 6 rep 3 set | 80%IRM 6 rep 2 set |
| 2 週目 | 80%IRM 6 rep 4 set | 80%IRM 6 rep 2 set | 80%IRM 6 rep 5 set |
| 3 週目 | 80%IRM 6 rep 2 set | 80%IRM 6 rep 6 set | 80%IRM 6 rep 6 set |
| 4 週目 | 85%IRM 5 rep 5 set | 80%IRM 6 rep 2 set | 90%IRM 6 rep 6 set |
| 5 週目 | 80%IRM 6 rep 2 set | 95%IRM 3 rep 3 set | 80%IRM 6 rep 2 set |
| 6 週目 | 100%IRM 2 rep 2 set | 80%IRM 6 rep 2 set | 105%IRM 1 rep 1 set |