

## Test 3.000 metri – Resistenza generale

Tempo

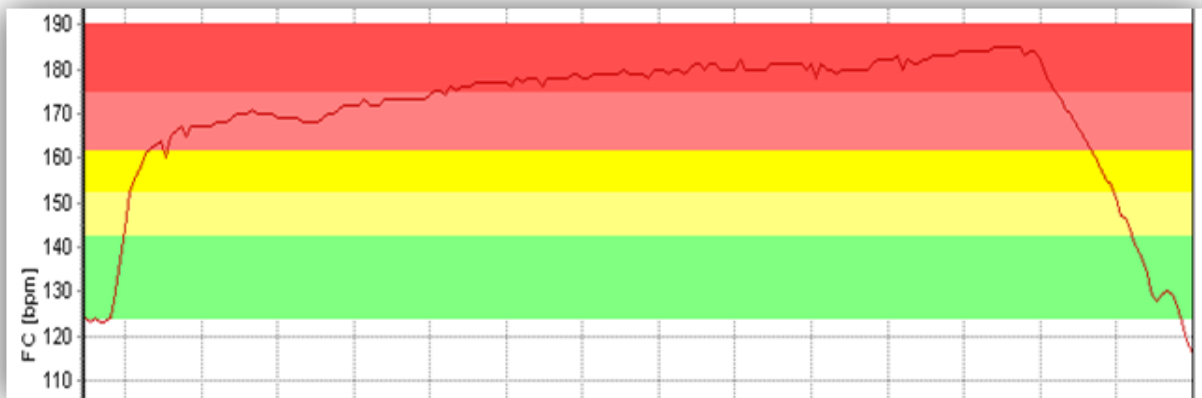
• 11'45"

Giudizio

• Buono

% su media squadra

• - 3,4 %

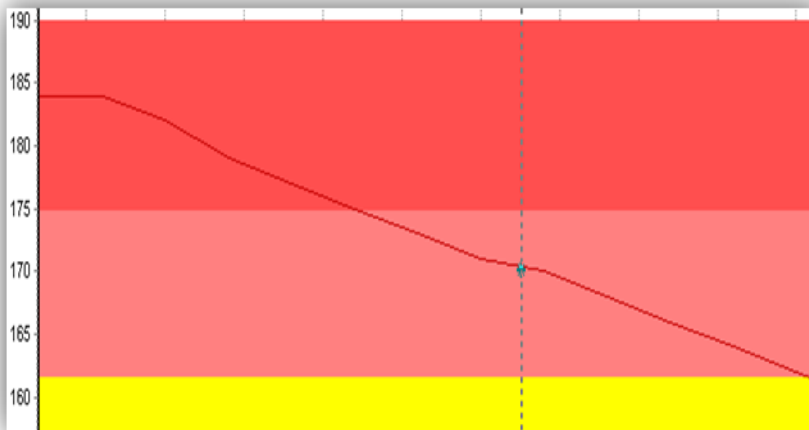


FC max	185 bpm
FC min	116 bpm
FC media	170 bpm
Misure	220
Ora	00.14.40,0
Energia	249.3 Kcal
Energia	1043.7 J
VO2:	51.5 L
St. Dev.:	16.2

*Tempo impiegato per raggiungere I 160 Bpm, e tempo impiegato per tornare a 160 bpm*



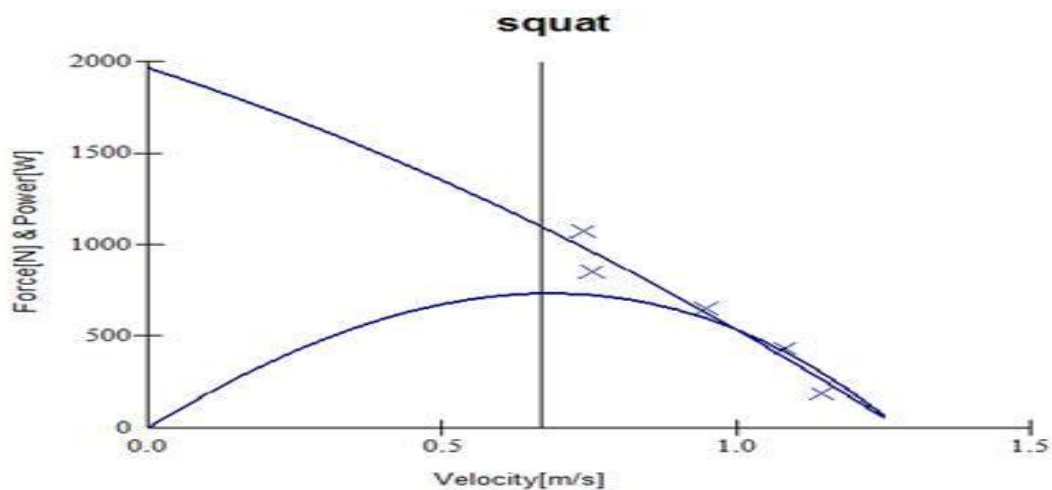
FC max	162 bpm
FC min	124 bpm
FC media	147 bpm
Misure	9
Ora	00.00.36,0
Energia	8.2 Kcal
Energia	34.3 J
VO2:	1.7 L
St. Dev.:	14.0



FC max	184 bpm
FC min	160 bpm
FC media	172 bpm
Misure	13
Ora	00.00.52,0
Energia	15.0 Kcal
Energia	62.7 J
VO2:	3.1 L
St. Dev.:	7.6

Erwerwerwer  
 Wer  
 Werwwerwerwerwerwerwe

# Squat al castello con carichi crescenti





Name	Date	Condition	Side	bw	1RM	Ext. Load	Tot Load	% of 1RM	Power	Force	Velocity
Andrea	23/08/20	Con	Both	74.2	180.1	98.6	98.6	54	734.1	1098.0	0.67

## Commento

- Obiettivo: Allenamento della forza veloce (forza esplosiva)
- I carichi da utilizzare si aggirano tra il 20-70 % del CM
- L'esecuzione del movimento deve essere piu'rapida possibile (Pmax realizzabile con quel carico)
- I valori di potenza devono essere superiori al 90% della Pmax (Il numero di ripetizioni dipende dal morfotipo)
- Prima di iniziare una nuova serie occorre aver recuperato al massimo

# Force-velocity analysis

MuscleLab

Name:  Andrea Id: 15  
Date:   
Exercise: squat Id: 3  
Test type: Con  
Side: Both Percent of bw included in total load:  
Body weight (bw): 74.20 kg 0.0 %  
Group (if any):

Estimated 1RM:	180.14 kg	Max. avg. power:	734.46 W
External load:	180.14 kg	With total load:	96.90 kg
Ratio:	2.428 1RM/bw	External load:	96.90 kg
		Ratio:	9.898 W/bw

Strength/Speed factor: 1,819.02

## Equation - Force vs. Velocity:

$$\text{Force} = -398.98V^2 - 1027.24V + 1963.12$$

Correlation coeff.: 0.9823

## Equation Load vs. Velocity:

$$\text{Load} = 4.01V^2 - 169.90V + 210.44$$

Correlation coeff.: 0.9835

## ***Biofeedback training program***

**Name:** Bernini, Andrea **Date:** 23/05/2005  
**Exercise:** squat  
**Side:** Both  
**Test type:** Con  
**Target:** Speed&strength  
**1RM:** 180.1 kg **1RM, External load:** 180.1 kg

% of 1RM	Total load	External load	Biofeedback power range	
69.3	124.8 kg	124.8 kg	612.9700	681.0800
68.4	123.2 kg	123.2 kg	618.2800	686.9800
67.5	121.5 kg	121.5 kg	623.2900	692.5000
66.5	119.9 kg	119.9 kg	627.9900	697.7200
65.6	118.2 kg	118.2 kg	632.3400	702.6000
64.7	116.5 kg	116.5 kg	636.4200	707.1400
63.8	114.9 kg	114.9 kg	640.2100	711.3400
62.9	113.2 kg	113.2 kg	643.6800	715.2000
61.9	111.6 kg	111.6 kg	646.8900	718.7200
61.0	109.9 kg	109.9 kg	649.7000	721.8900
60.1	108.3 kg	108.3 kg	652.2400	724.7100
59.2	106.6 kg	106.6 kg	654.4800	727.1800
58.3	105.0 kg	105.0 kg	656.3800	729.2900
57.4	103.3 kg	103.3 kg	657.9400	731.0900
56.5	101.7 kg	101.7 kg	659.2000	732.4900
55.5	100.0 kg	100.0 kg	660.1400	733.4900
54.6	98.4 kg	98.4 kg	660.7900	734.1800
53.7	96.8 kg	96.8 kg	661.0300	734.4700
52.8	95.1 kg	95.1 kg	660.9700	734.4200
51.9	93.5 kg	93.5 kg	660.6900	733.9900
51.0	91.8 kg	91.8 kg	659.8700	733.1800
50.1	90.2 kg	90.2 kg	658.8100	732.0100
49.2	88.5 kg	88.5 kg	657.4100	730.4900
48.2	86.9 kg	86.9 kg	655.6800	728.6200
47.3	85.3 kg	85.3 kg	653.6800	726.2000
46.4	83.6 kg	83.6 kg	651.1900	723.4900
45.5	82.0 kg	82.0 kg	648.3800	720.4000
44.6	80.4 kg	80.4 kg	645.2300	716.9200
43.7	78.7 kg	78.7 kg	641.7900	713.0900
42.8	77.1 kg	77.1 kg	637.9100	708.7800
41.9	75.4 kg	75.4 kg	633.7100	704.1200