

A stylized orange ant logo is positioned in the center of the image. The ant is facing left and is superimposed on a large, dark brown, stylized letter 'S'. The background features a diagonal orange-to-black gradient and a network of dark brown lines with circular nodes.

SSOR

LIFTING CLUB

SENTADILLA TRASERA



- CALCULA 10% MAS SOBRE TU RM (REPETICION MAXIMA).
- DESCANSOS DE 1 MINUTO ENTRE SERIE.

PORCENTAJE	SERIES / REPETICIONES
35%	5 REP
45%	5 REP
55%	5 REP
60%	4 REP
65%	3 REP
70%	3 REP
75%	3 REP
80%	2 SERIES/ 2 REP
75 %	MAYOR CANTIDAD DE REPETICIONES HASTA FALLAR

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