



| VALORES PARA: | AMATEUR MASC. | AMATEUR FEM. |
|---------------------------------|---------------|--------------|
| % grasa | 11-13% | 12 A 14 % |
| % masa Muscular | 62 A 64% | 61 A 63% |
| Squat c/c.Ruso (hasta el fallo) | > 50 | >26 |
| Push Ups (hasta el fallo) | >52 | >18 |
| Pull Ups (hasta el fallo) | >10 | >2 |
| Sit Ups(60") | >44 | >38 |
| Take Off sup (60") | >21 | >15 |