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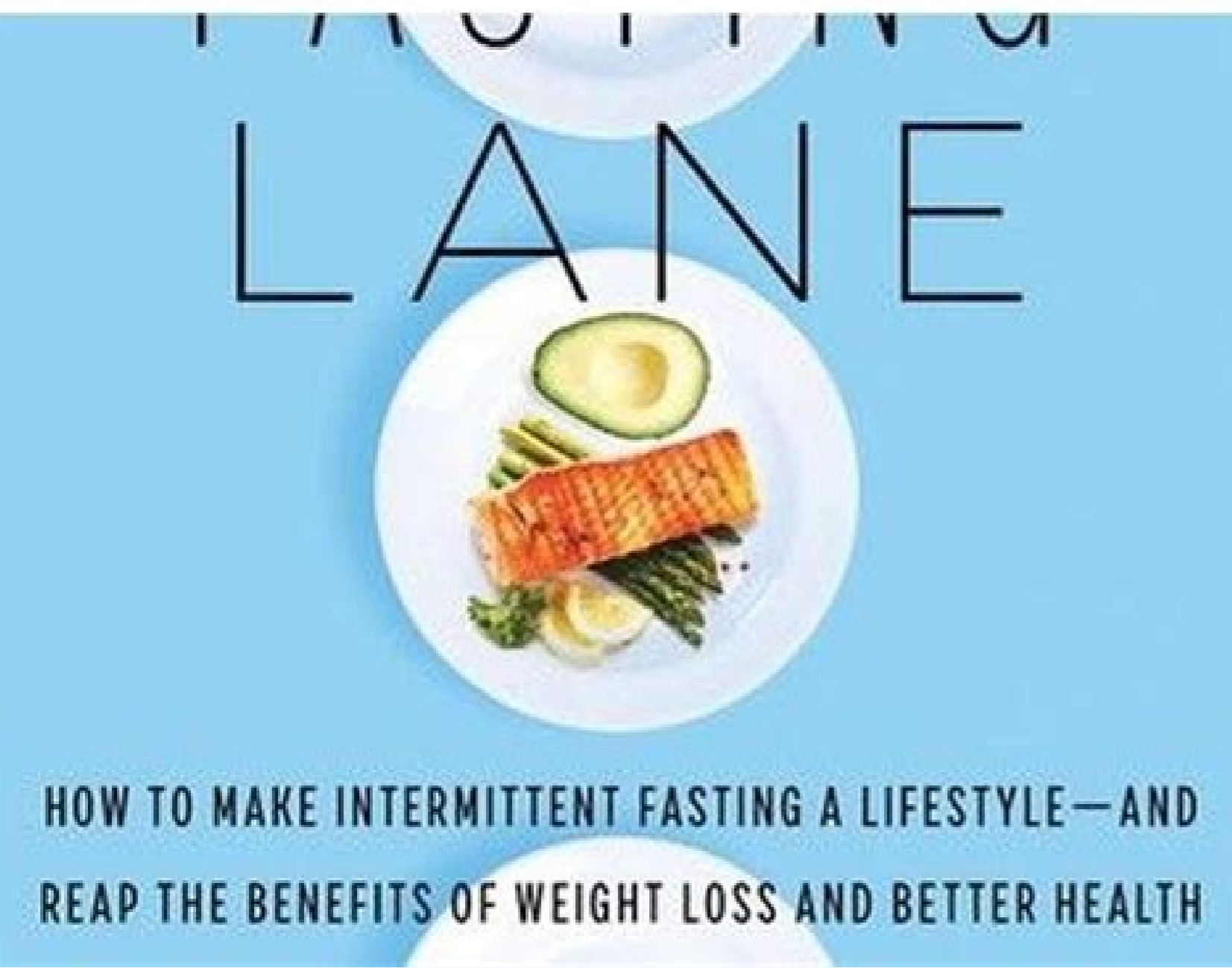
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# Renaissance Ukulele

## Adrien Le Roy

17 Stücke für Ukulele solo  
17 Pieces for Ukulele solo

Musik für Renaissance Gitarre  
arrangiert für Ukulele in Standard-  
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Music for Renaissance Guitar  
arranged for Ukulele in Standard  
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Extensive Performance and  
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Elisabeth  
Pfeiffer

• Week 1	• Monday: Machine Crunches 100lbs 3 sets of 10 reps	• Wednesday: Machine Crunches 80lbs 4 sets of 15 reps	• Friday: Hanging Knee Raises, 30 total reps over however many sets that takes
• Week 2	• Monday: Machine Crunches 110lbs 4 sets of 10 reps	• Wednesday: Machine Crunches 90lbs 5 sets of 15 reps	• Friday: Hanging Knee Raises, 35 total reps over however many sets that takes
• Week 3	• Monday: Machine Crunches 120lbs 5 sets of 10 reps	• Wednesday: Machine Crunches 100lbs 6 sets of 15 reps	• Friday: Hanging Knee Raises, 40 total reps over however many sets that takes
• Week 4	• Monday: Machine Crunches 130lbs 6 sets of 10 reps	• Wednesday: Machine Crunches 110lbs 7 sets of 15 reps	• Friday: Hanging Knee Raises, 45 total reps over however many sets that takes
• Week 5	• Monday: Machine Crunches 100lbs 2 sets of 5 reps	• Wednesday: Machine Crunches 80lbs 2 sets of 8 reps	• Friday: Hanging Knee Raises, 15 total reps over however many sets that takes

## Periodization

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of Training

Sixth Edition

Tudor O. Bompá, PhD  
Carlo A. Buzzichelli

 HUMAN KINETICS





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