

TRABAJO DE CARGAS (descansos de 40"-50")



SENTADILLA SUMO
3 X 12



FONDOS O PRESS
4 X 12



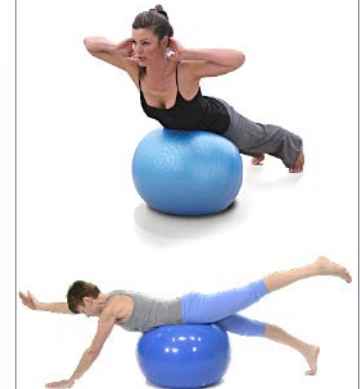
SPLIT MULTISALTO
4 X 12



SENT. MULTISALTO
4 X 8



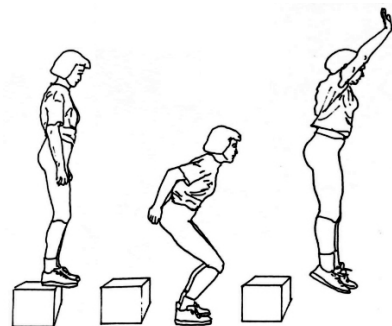
SALTOS A CAJAN
5 X 8



LUMBARES FITBALL
3 X 10



ABS FITBALL
3 X 10



CAIDA + SALTO
5 X 6



PELVIC CURL
3 x 10



RODILLAS AL PECHO
3 x 8



COMBA
8 X 40"/20"