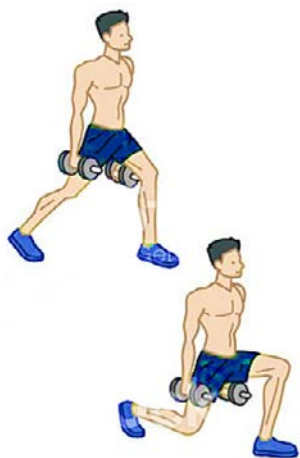
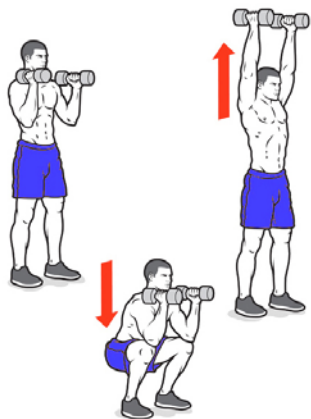


TRABAJO DE CARGAS (descansos de 40"-50")



SPLIT
2 x 10 x pierna



**SENTADILLA +
PRESS**
3 x 10



REMO 1 MANO
2 x 10 x mano



COMBA
5 x 40"/20"



SUBIDAS CAJÓN
2 x 10 por pierna



SALTO HORIZONTAL
6 x 6



PASOS LATERALES GOMA
2 X 10 X LADO



ROTACIONES POLEA O GOMA
3 x 10 x LADO



ABS FITBALL
3 x 10



PELVIC CURL
3 x 10



LUMBARES FITBALL
3 X 10