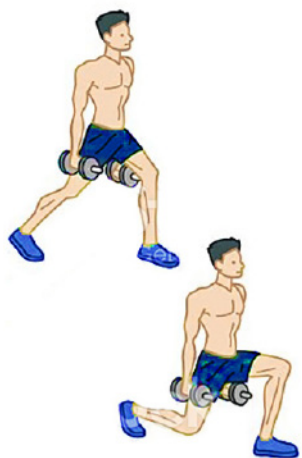


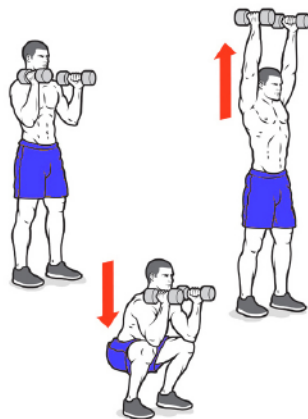
TRABAJO DE CARGAS (descansos de 40"-50")



SPLIT
2 x 10 x pierna



FONDOS
3 x 10



SENTADILLA + PRESS
3 x 10



REMO 1 MANO
2 x 10 x mano



SUBIDAS CAJÓN
2 x 10 por pierna



SALTO HORIZONTAL
5 x 6



REMO TRX o JALÓN
3 x 10



ROTACIONES POLEA O GOMA
2 x 10 x LADO



ABS FITBAL
3 x 10



ABDOMINALES
3 x 20



COMBA
5 x 40"/20"