

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



**SENTADILLA SUMO**  
3 X 8



**FONDOS O PRESS**  
4 X 8



**SPLIT MULTISALTO**  
4 X 10



**SENT. MULTISALTO**  
4 X 8



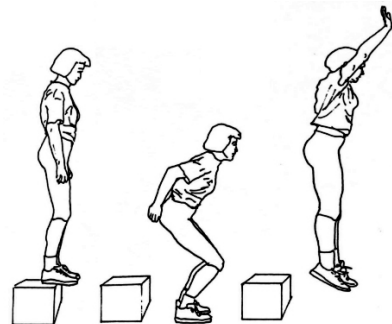
**SALTOS A CAJAN**  
5 X 5



**LUMBARES FITBALL**  
3 X 8



**ABS FITBALL**  
3 X 7



**CAIDA + SALTO**  
5 X 5



**PELVIC CURL**  
3 X 7



**RODILLAS AL PECHO**  
3 X 6



**COMBA**  
8 X 30"/15"