

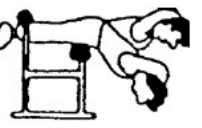



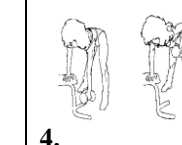

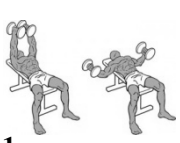
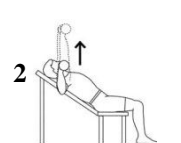
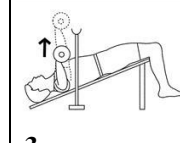
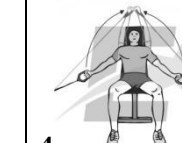
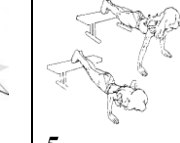
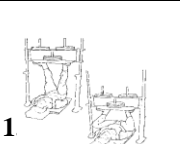
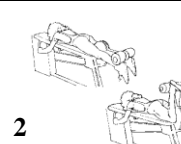
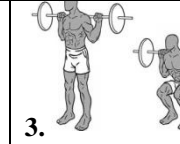
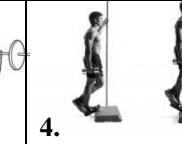
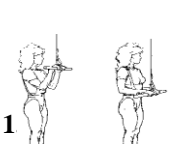
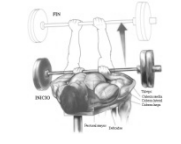
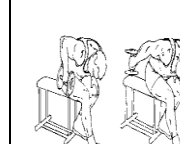
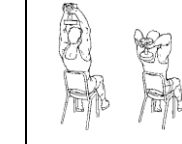
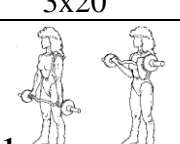
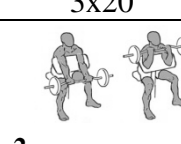
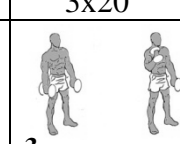
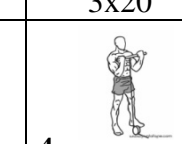
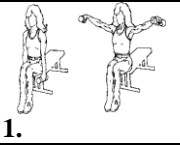
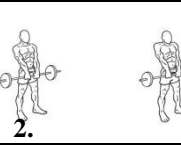
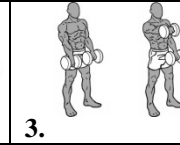
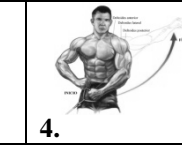


|   |           |           |           |           |           |           |                                 |        |           |        |         |  |     |
|---|-----------|-----------|-----------|-----------|-----------|-----------|---------------------------------|--------|-----------|--------|---------|--|-----|
| <b>AERÓBICO:</b>                            |           |           |           |           |           |           | <b>TABLA FUERZA RESISTENCIA</b> |        |           |        |         |  |     |
| 5' mínimo 10' máximo Máquina a elegir       |           |           |           |           |           |           | ABDOMINALES: 1<br>LUMBARES: 2   |        |           |        |         | Observaciones:<br>Todos los grupos musculares 3x20 15" recuperación<br>1ejercicio a elegir de cada grupo |     |
| L:<br>t':                                   | M:<br>t': | X:<br>t': | J:<br>t': | V:<br>t': | S:<br>t': | D:<br>t': | LUNES                           | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO   | DOM |
| <b>TRABAJO DE LA PARTE MEDIAL DE CUERPO</b> |           |           |           |           |           |           |                                 |        |           |        |         |  |     |

|                 |   |   |       |       |       |       |
|-----------------|---|---|-------|-------|-------|-------|
| <b>ABDOMEN</b>  |  |  |       |       |       |       |
|                 | Abd-1   | Abd-2   | Abd-3 | Abd-4 | Abd-5 | Abd-6 |
|                 | 1x50  | 1x50  |       |       |       |       |
| <b>LUMBARES</b> |  |   |       |       |       |       |
|                 | 2x20  |   |       |       |       |       |

|                 |   |   |   |  |   |    |    |    |
|-----------------|---|---|---|--|---|----|----|----|
| <b>DORSAL</b>   |     |     |     |     |   |    |    |    |
|                 | 1.<br>Remo gironda  | 2.<br>Jalón al pecho  | 3.<br>Jalón Brazos rectos   | 4.<br>Remo a una mano con mancuerna  | 5.<br>Dominadas   | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   | 3xal fallo  |    |    |    |
| <b>PECTORAL</b> |    |    |    |    |  |    |    |    |
|                 | 1.<br>Aperturas   | 2.<br>Press inclinado   | 3.<br>Press declinado   | 4.<br>Pecho en polea   | 5.<br>Flexiones   | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   | 3x10  |    |    |    |
| <b>MUSLO</b>    |    |    |    |    |   |    |    |    |
|                 | 1<br>Prensa pierna  | 2<br>Máquina isquio   | 3<br>sentadillas  | 4<br>gemelos   | 5<br>saltos   | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   | 3x10  |    |    |    |
| <b>TRÍCEPS</b>  |    |    |    |    |   |    |    |    |
|                 | 1<br>Polea alta   | 2.<br>Press francés   | 3.<br>Patada de triceps   | 4.<br>Press triceps  | 5.  | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   |   |    |    |    |
| <b>BÍCEPS</b>   |  |  |  |  |   |    |    |    |
|                 | 1.<br>Curl barra  | 2.<br>Banco scott   | 3.<br>Curl manc. martillo   | 4.<br>Polea alta   | 5.  | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   |   |    |    |    |
| <b>HOMBRO</b>   |  |  |  |  |   |    |    |    |
|                 | 1.<br>Elevaciones laterales   | 2.<br>encogimientos   | 3.<br>Elev. frontales   | 4.<br>Lateral polea  | 5.  | 6. | 7. | 8. |
|                 | 3x20  | 3x20  | 3x20  | 3x20   |   |    |    |    |

