

		SERIES	REPS	
FUNCIONAL	HIGH KNEES	3	45s	DÍA 1
	STAR JUMPS	3	45s	
	SHOULDER TAP PLANK	3	45s	
	BOX PUNCHES	3	45s	
	JUMP SQUAT	3	45s	
	MOUNTAIN CLIMBERS	3	45s	
	BURPEES	3	45s	
	JAB + CROSS + JAB	3	45s	
PIERNA Y BRAZO	TRI SQUAT	4	18	DÍA 2
	SUMO SQUAT	4	18	
	STATIC BICEP CURL	4	18	
	WIDE CURLS	4	18	
	CALF RAISES	4	16	
	OPEN CALF RAISES	4	16	
	GLUTE KICKBACKS	4	18	
	TRICEP KICKBACK // OVERHEAD PRESS	4	18	
ESPALDA, GLÚTEO Y HOMBRO	ONE BENT OVER ROW	4	16	DÍA 3
	HAMSTRING ROW	4	16	
	BENT OVER ROW	4	16	
	GLUTE SQUEEZE	4	16	
	AROUND THE WORLD	4	16	
	GLUTE KICKBACKS	4	16	
	PRESS MILITAR	4	16	
	5 SECOND FRONT RAISES	4	16	
PECHO Y BRAZO	KNEE PUSH UPS	4	14	DÍA 4
	CHEST PRESS	4	14	
	AROUND THE WORLD	4	14	
	ARNOLD PRESS	4	14	
	KNEE DIAMOND PUSH UPS	4	14	
	UPRIGHT ROW	4	14	
HIIT DE FUERZA ENFOCADO A PIERNA 30 MINS				DÍA 5
ABDOMINALES Y OBLICUOS	ABDOMINAL CRUNCHES	4	16	DÍA 2, 4 Y 5
	CRUNCH HOLDS	4	16	
	PLANK DUMBELL SLIDES	4	16	
	SCISSOR KICKS	4	16	
	RUSSIAN TWIST	4	16	
	LEG LIFTS	4	16	