

	SERIES	REPS	
BICEP CURL	4	15	DÍA 1 (Tríceps, bíceps, antebrazo)
PULLOVER EXERCISE	4	15	
HAMMER CURL	4	15	
OVERHEAD EXTENSION	4	15	
ZOTTMAN CURL	4	15	
TRICEP KICKBACK	4	15	
ROMANIAN DEADLIFT	4	10-12	DÍA 2 (Cuádriceps, Glúteos y pantorrilla)
GOOD MORNING EXERCISE	4	10-12	
PULSE SQUAT	4	10-12	
GOBLET SQUAT	4	10-12	
ONE LEGGED DEADLIFT	4	10-12	
HIP THRUST	4	10-12	
CALF RAISES	4	15	
DUMBBELL UPWARD FLY	4	15	DÍA 3 (Pecho, pectoral y deltoides)
DUMBBELL PULLOVER	4	15	
CHEST PRESS	4	15	
PECTORAL FLY	4	15	
BENT OVER ROW	4	15	
DUMBBELL FLYES	4	15	
BULGARIAN SPLIT SQUAT	4	12	DÍA 4 (Pierna completa)
DUMBBELL STEP UP	4	12	
ZUMO SQUAT	4	12	
LEG CURL	4	12	
REVERSE DUMBBELL LUNGES	4	12	
DUMBBELL SQUAT	4	15	
CALF RAISES			
LAT PULLDOWN	4	15	DÍA 5 (Espalda, hombro y deltoides)
CABLE LATERAL RAISE	4	15	
CABLE STRAIGHT ARM PULLDOWN	4	15	
REAR DELT MACHINE	4	15	
DUMBBELL ROW	4	15	
SCOTT PRESS	4	15	
LEG PRESS	4	12	DÍA 6 (Cuádriceps, aductores, abductores y pantorrilla)
DUMBBELL LUNGES	4	12	
HIP ABDUCTION MACHINE	4	12	
HIP ADDUCTION MACHINE	4	12	
GOBLET SQUAT	4	12	
LEG EXTENSION	4	12	
CALF RAISES	4	15	

ABD CRUNCHES	4	1 min	DÍA 1, 3 y 5 (Abdominales)
CROSS CRUNCH	4	1 min	
SIDE PLANK (PER SIDE)	4	1 min	
SEATED BENCH LEG PULL-IN	4	1 min	
ALTERNATE LEG RAISES	3	1 min	
PLANK	3	1 min	
ANA MEJIA NUTRITION			