

	SERIES	REPS	
DUMBBELL LANDMINE PRESS	4	12	DÍA 1
LATERAL RAISE TO FRONT RAISE	4	12	
AROUND THE WORLD	4	12	
TRICEP KICKBACKS	4	12	
TRICEP EXTENSION	4	12	
TRICEP DIPS	4	12	
GLUTE SQUEEZE	5	10	DÍA 2
SPIDERMANS	5	10	
GOBLET SQUAT	5	10	
GLUTE SQUEEZE	5	10	
SOAIDERMANS	5	10	
GOBLET SQUAT	5	10	
BICEP CURL	4	12	DÍA 3
POLIQUIN COMBO	4	12	
SEATED LATERAL RAISES WITH PAUSE	4	12	
CHEST PRESS	4	12	
PUSH UPS	4	12	
ONE ARMED BENT OVER ROW	4	12	
GLUTE KICKBACKS	5	8	DÍA 4
RAINBOWS	5	8	
ABDUCTOR WITH DUMBBELL	5	8	
GLUTE KICKBACKS	5	8	
RAINBOWS	5	8	
ABDUCTOR WITH DUMBBELL	5	8	
FRONT RAISE TOATERAL RAISE	5	10	DÍA 5
HAMMER CURL	5	10	
STATIC BICEP CURL	5	10	
TRICEP DIPS	5	10	
OVERHEAD EXTENSION	5	10	
PRESS ARNOLD	5	10	
REVERSE CRUNCH	4	16	DÍA 1, 3 Y 5
V-SIT BYCICLE	4	16	
SINGLE LEG WEIGHTED CRUNCH	4	16	
PLANK	4	16	
RUSSIAN TWIST	4	16	
PLANK TWIST	4	16	