

	SERIES	REPS	
BICEP CURL	3	10	DÍA 1 (Bíceps y tríceps)
TRICEP KICKBACK	3	12	
HAMMER CURL	3	10	
OVERHEAD EXTENSION	3	10	
21's	3	21	
SKULLCRUSHERS	3	10	
REAR DELT FLY W/ DUMBELLS	3	15	DÍA 2 (Espalda, pecho y hombro)
CHEST PRESS W/ DUMBELLS	3	10	
BENT OVER ROW	3	10	
FRONT RAISES (PER ARM)	3	12	
CHEST PRESS	3	12	
FRONT TO LATERAL RAISES	3	15	
BULGARIAN SPLIT SQUAT	3	12	DÍA 3 (Pierna completa)
LEG EXTENSION MACHINE	3	12-15	
GOBLET SQUAT	3	12	
HIP ABDUCTION MACHINE	3	12	
WALL SIT	3	45s	
LEG CURL MACHINE	3	12-15	
ONE ARMED BENT OVER ROW	3	10	DÍA 4 (Espalda, bíceps y tríceps)
BICEP CURL	3	10	
OVERHEAD EXTENSION	3	10	
BENT OVER ROW	3	10	
21's	3	21	
TRICEP OVERHEAD EXTENSION	3	15	
GOOD MORNING EXERCISE	3	10	DÍA 5 (Pierna con enfoque en glúteos)
SUMO SQUAT	3	10	
GLUTE KICKBACK W CABLE /PER SIDE	3	12	
HIP THRUST	3	12-15	
WALL SIT	3	45 s	
HIP ABDUCTION MACHINE	3	12	
LEG RAISES	3	45 s	DÍA 1, 3 y 5 (Abdominales)
PLANK	3	45 s	
ANA MEJIA NUTRITION			