

|                                   | SERIES | REPS  |                                                    |
|-----------------------------------|--------|-------|----------------------------------------------------|
| <b>GOBLET SQUAT</b>               | 3      | 10    | <b>DÍA 1</b><br><b>(Pierna completa)</b>           |
| <b>SQUAT</b>                      | 3      | 10    |                                                    |
| <b>LEG PRESS</b>                  | 3      | 12    |                                                    |
| <b>WALKING LUNGES</b>             | 3      | 12    |                                                    |
| <b>CALF RAISES</b>                | 3      | 10    |                                                    |
| <b>LUNGES (PER SIDE)</b>          | 3      | 10    |                                                    |
|                                   |        |       |                                                    |
| <b>PECTORAL FLY</b>               | 3      | 12    | <b>DÍA 2</b><br><b>(Pecho y hombro)</b>            |
| <b>AROUND THE WORLD W/ WEIGHT</b> | 3      | 10    |                                                    |
| <b>PUSH UPS</b>                   | 3      | 18-25 |                                                    |
| <b>LATERAL RAISES W/WEIGHT</b>    | 3      | 10-12 |                                                    |
| <b>CHEST PRESS</b>                | 3      | 12    |                                                    |
| <b>FRONT TO LATERAL RAISES</b>    | 3      | 10-12 |                                                    |
|                                   |        |       |                                                    |
| <b>BULGARIAN SPLIT SQUAT</b>      | 3      | 12    | <b>DÍA 3</b><br><b>(Pierna completa)</b>           |
| <b>LEG CURL</b>                   | 3      | 12    |                                                    |
| <b>GOBLET SQUAT</b>               | 3      | 12    |                                                    |
| <b>GOBLET SQUAT</b>               | 3      | 12    |                                                    |
| <b>WALL SIT</b>                   | 3      | 45s   |                                                    |
| <b>LEG EXTENSION</b>              | 3      | 12    |                                                    |
|                                   |        |       |                                                    |
| <b>ONE ARMED BENT OVER ROW</b>    | 3      | 10    | <b>DÍA 4</b><br><b>(Espalda, bíceps y tríceps)</b> |
| <b>BICEP CURL</b>                 | 3      | 10    |                                                    |
| <b>OVERHEAD EXTENSION</b>         | 3      | 10    |                                                    |
| <b>GORILLA ROWS (PER SIDE)</b>    | 3      | 10    |                                                    |
| <b>21's</b>                       | 3      | 21    |                                                    |
| <b>TRICEP KICKBACK</b>            | 3      | 15    |                                                    |
|                                   |        |       |                                                    |
| <b>REAR DELT FLY</b>              | 3      | 10    | <b>DÍA 5</b><br><b>(Bíceps y pecho)</b>            |
| <b>BICEP CURL</b>                 | 3      | 12    |                                                    |
| <b>CHEST PRESS</b>                | 3      | 12    |                                                    |
| <b>WIDE CURL</b>                  | 3      | 12    |                                                    |
| <b>21s</b>                        | 3      | 21    |                                                    |
| <b>PECTORAL FLY</b>               | 3      | 12    |                                                    |
|                                   |        |       |                                                    |
| <b>HIGH KNEES</b>                 | 4      | 1 min | <b>DÍA 6</b><br><b>(Funcional)</b>                 |
| <b>STAR JUMPS</b>                 | 4      | 1 min |                                                    |
| <b>MOUNTAIN CLIMBERS</b>          | 4      | 1 min |                                                    |
| <b>BURPEES</b>                    | 4      | 1 min |                                                    |
|                                   |        |       |                                                    |
| <b>LEG RAISES</b>                 | 3      | 45 s  | <b>DÍA 1 y 4</b><br><b>(Abdominales)</b>           |
| <b>PLANK</b>                      | 3      | 45 s  |                                                    |
|                                   |        |       |                                                    |
| <b>ANA MEJIA NUTRITION</b>        |        |       |                                                    |