

	SERIES	REPS	
GOBLET SQUAT	3	10	DÍA 1 (Pierna completa)
SQUAT	3	10	
LEG PRESS	3	10	
WALKING LUNGES	3	21	
CALF RAISES	3	18	
LUNGES (PER SIDE)	3	12	
BENT OVER ROW	3	12	DÍA 2 (Espalda, pecho y hombro)
FRONT RAISES W/WEIGHT	3	12	
CABLE PULL DOWN	3	12	
AROUND THE WORLD W/ WEIGHT	3	10	
KNEE PUSH UPS	3	15	
LATERAL RAISES W/WEIGHT	3	12-15	
CHEST PRESS	3	12	
FRONT TO LATERAL RAISES	3	15	
BULGARIAN SPLIT SQUAT	3	12	DÍA 3 (Pierna completa)
LEG CURL	3	12	
GOBLET SQUAT	3	12	
GOBLET SQUAT	3	12	
WALL SIT	3	45s	
LEG EXTENSION	3	12	
ONE ARMED BENT OVER ROW	3	10	DÍA 4 (Espalda, bíceps y tríceps)
BICEP CURL	3	10	
OVERHEAD EXTENSION	3	10	
GORILLA ROWS (PER SIDE)	3	10	
21's	3	21	
TRICEP KICKBACK	3	15	
GOOD MORNING EXERCISE	3	10	DÍA 5 (Pierna con enfoque en glúteos)
SUMO SQUAT	3	10	
LEG PRESS	3	10-12	
HIP THRUST	3	12	
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			