

	SERIES	REPS	
BULGARIAN SOLIT SQUAT	4	15	DÍA 1 (Pierna completa enfoque cuádriceps)
LEG EXTENSION	4	15	
GOBLET SQUAT	3	12	
LEG EXTENSION	3	12	
HACK SQUAT	4	10	
LUNGES (PER LEG)	4	10	
CALF RAISES	4	18	
FLAT BENCH PRESS	4	12	DÍA 2 (Hombro, pecho y bíceps)
BARBELL CURL	4	12	
CABLE STRAIGHT ARM PULLDOWN	4	10	
FRONT RAISES TO LATERAL RAISES	4	10	
SHOULDER PRESS	4	12	
ARNOLD PRESS	4	12	
SMITH MACHINE BENT OVER ROW	4	12	DÍA 3 (Espalda y tríceps)
OVERHEAD EXTENSION	4	12	
GORILLA ROWS	4	15	
TRICEP DIPS	4	15	
ASSISTED PULL UPS	3	12	
TRICEP KICKBACK	3	16	
CHEST PRESS	4	12	DÍA 4 (Pecho, bíceps, hombro y antebrazo)
AROUND THE WORLD EXERCISE	4	18	
BICEP CHIN UPS	3	12	
MILITAR PRESS	3	12	
WIDE CURL	4	12	
DECLINE BENCH PRESS	4	12	
21'S	4	21	
ARNOLD PRESS	4	12	
CABLE GLUTE KICKBACK	4	12	DÍA 5 (Pierna completa)
LEG PRESS	4	12	
SUMO SQUAT	4	12	
PULSE SQUAT	4	12	
HIP ABDUCTION MACHINE	4	12	
HIP ADDUCTION MACHINE		16	
CALF RAISES	4	12	
ABD CRUNCHES	4	1 min	DÍA 1, 3 y 5 (Abdominales)
BICYCLE	4	1 min	
HEEL TOUCHES	4	1 min	
PLANK	4	1 min	
ANA MEJIA NUTRITION			