

	SERIES	REPS	
ROMANIAN DEADLIFT	3	10	DÍA 1 (Pierna completa)
GLOBET SQUAT	3	12	
HIP ABDUCTION	3	10	
HIP THRUST	3	10	
CALF RAISES	3	18	
WALINK LUNGES	3	10	
REAR DELT FLY MACHINE	3	15	DÍA 2 (Espalda, pecho y hombro)
CHEST PRESS MACHINE	3	10	
BENT OVER ROW	3	10	
ARNOLD PRESS	3	12	
CHEST PRESS	3	12	
FRONT TO LATERAL RAISES	3	15	
SQUAT	3	12	DÍA 3 (Pierna completa)
LEG EXTENSION	3	12	
LEG CURL	3	12	
HIP THRUST	3	12	
GLUTE KICKBACK (PER LEG)	3	15	
LEG PRESS	3	12	
ONE ARMED BENT OVER ROW	3	10	DÍA 4 (Espalda, bíceps y tríceps)
BICEP CURL	3	10	
ROPE EXTENSION	3	10	
ROW MACHINE	3	10	
21's	3	21	
TRICEP OVERHEAD EXTENSION	3	15	
HYPEREXTENSION	3	18	DÍA 5 (Pierna completa y espalda baja)
LEG PRESS	3	12	
GOOD MORNING EXERCISE	3	12	
BULGARIAN SPLIT SQUAT	3	12	
CABLE PULL THROUGH	3	15	
WALL SIT (w/ weight)	3	45 s	
LEG RAISES	3	45 s	DÍA 1, 3 y 5 (Abdominales)
BICYCLE	3	45 s	
PLANK	3	45 s	
ANA MEJIA NUTRITION			