

	SERIES	REPS	
BICEP CURL	4	18	DÍA 1
STATIC BICEP CURL	4	18	
HAMMER CURL	4	18	
OVERHEAD EXTENSION	4	18	
PULLOVER	4	18	
TRICEP KICKBACK	4	15	
LUNGE TWIST	4	15	DÍA 3
BIRD DOGS	4	15	
PULSE SQUAT	4	15	
ADDUCTOR KNEE RAISES	4	15	
ONE LEGGED DEADLIFT	4	15	
HIP THRUST	4	15	
DUMBBELL SQUAT THRUSTERS	4	20	DÍA 4
DUMBBELL PULLOVER	4	12	
CHEST PRESS	4	12	
PECTORAL FLY	4	12	
BENT OVER ROW	4	15	
DUMBBELL FLYES	4	15	
FRONT BARBELL SQUAT	4	15	DÍA 4
BARBELL STEP UP	4	15	
ZUMO SQUAT	4	15	
SUMO BARBELL SQUAT	4	15	
REVERSE DUMBBELL LUNGES	4	15	
DUMBBELL SQUAT	4	15	
ABD CRUNCHES	4	15	DÍA 1, 3 Y 4
DIAMOND PUSH-UP	4	15	
SIDE PLANK (PER SIDE)	4	15	
GLUTE BRIDGE	4	15	
SIT UPS	3	15	
PLANK	3	1min y medio	
ANA MEJIA NUTRITION			