

	SERIES	REPS	
CHEST PRESS	4	15	DÍA 1 (Pecho, hombro, tríceps)
BENCH DIPS	4	15	
CHEST DIPS	3	12	
TRICEP OVERHEAD EXTENSION	3	12	
DECLINE BENCH PRESS	4	8	
MILITAR PRESS	4	10	
CABLE PULLDOWN	4	15	
BARBELL ROW	4	12	DÍA 2 (Biceps y espalda)
BARBELL CURL	4	12	
ONE ARMED BENT OVER ROW	4	12	
STATIC BICEP CURL	4	15	
BARBELL DEADLIFT	4	12	
21's	4	21	
HIP THRUST	4	12	DÍA 3 (Pierna completa enfoque glúteos)
STEP UP	4	12	
GOOD MORNING EXERCISE	4	15	
KAS HIP THRUSTER	4	15	
LYING LEG CURL	3	12	
ROMANIAN DEADLIFT	3	16	
CHEST PRESS	4	12	DÍA 4 (Pecho, hombro, tríceps)
BENCH DIPS	4	18	
TRICEP DIPS	4	12	
DELINE BENCH PRESS	4	8	
TRICEP KICKBACK	4	15	
FRONT TO LATERAL RAISES	4	12	
DUMBEKK CHEST PRESS	4	21	
ROPE EXTENSION	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	
PLANK	4	1 min	DÍA 1, 3 y 5 (Abdominales)
BICYCLE	4	1 min	
HEEL TOUCHES	4	1 min	
LATERAL PLANK	4	1 min	
ANA MEJIA NUTRITION			