

		SERIES	REPS	
PIERNA Y GLÚTEO	COSSACK SQUATS	4	45s	DÍA 1
	GLUTE RAISES	4	45s	
	SIDE LUNGE TO REVERSE LUNGE	4	45s	
	LUNGE WITH KICKBACK PULSE	4	45s	
	WEIGHTED LYING ABDUCTION	4	45s	
	FORWARD LUNGES	4	45s	
PECHO, HOMBRO Y ESPALDA	OVERHEAD PRESS	3	30s	DÍA 2
	CHEST PRESS	3	30s	
	CHEST FLIES	3	30s	
	FRONT TO LATERAL RAISES	3	30s	
	ONE ARMED BENT OVER ROW	3	30s	
	SUPINATED BENT OVER ROW	3	30s	
PIERNA Y GLÚTEO	DUMBBELL HIP THRUST	4	45s	DÍA 3
	REVERSE LUNGES	4	45s	
	DEADLIFT	4	45s	
	SQUAT TO JUMP	4	45s	
	SPEED SQUATS	4	45s	
	PISTOL SQUATS	4	45s	
BRAZO, ESPALDA Y PECHO	BICEP CURL VARIATION	3	30s	DÍA 4
	KNEE PUSH UPS	3	30s	
	BICEP CURL TO TRICEP KICKBACKS	3	30s	
	GLUTE KICKBACKS	3	30s	
	ONE ARMED BENT OVER ROW TO TRICEP KICKBACK	3	30s	
	CHEST PRESS	3	30s	
PIERNA, GLÚTEO Y PECHO	LUNGE PULSES	4	45s	DÍA 5
	GOBLETS SQUATS	4	45s	
	SINGLE LEG KNEELING SQUAT	4	45s	
	ONE LEGGED HIP THRUST	4	45s	
	KNEELING KICKBACKS	4	45s	
	FIRE HYDRANTS	4	45s	
ABDOMINALES Y OBLICUOS	ABDOMINAL CRUNCHES	4	16	DÍA 1, 3 Y 5
	CRUNCH HOLDS	4	16	
	PLANK DUMBBELL SLIDES	4	16	
	SCISSOR KICKS	4	16	
	RUSSIAN TWIST	4	16	
	LEG LIFTS	4	16	