

	SERIES	REPS	
DEADLIFT	3	12	DÍA 1
GOBLET SQUAT	3	12	
SENTADILLA GOBLET SQUAT	3	30s	
ELEVACIÓN DE RODILLAS ALTERNADA	3	12	
DEADLIFT	3	12	
KETTLEBELL SWINGS	3	12	
KNEE TRICEP PUSH UP	3	15	DÍA 2
BICEP CURL	3	15	
CONCENTRATION CURL	3	15	
TRICEP DIPS	3	15	
WIDE CURL	3	15	
SKULLCRUSHERS	3	15	
ONE ARMED BENT OVER ROW	3	12	DÍA 3
SUPERMANS	3	12	
SUPINATED BENT OVER ROW	3	12	
BENT OVER ROW	3	12	
ONE LEGGED DEADLIFT	3	12	
GOBLET SQUAT	3	12	
LEG EXTENSION	3	12	
CALF RAISES	3	12	
ARNOLD PRESS	3	15	DÍA 4
PIKE PUSH UPS	3	15	
OVERHEAD PRESS	3	15	
DEADLIFT	3	15	
SUPERMANS	3	15	
GOOD MORNING	3	15	
DUMBBELL REVERSE CURLS	3	10	
FRONT TO LATERAL RAISE	3	10	
SEATED PALM DOWN WRIST CURLS	3	10	
V UPS	5	1:30 mins	DÍAS 1, 3 Y 4
RUSSIAN TWIST	5	1 min	
PLANK DUMBBELL SLIDES	5	1:30 mins	
LEG RAISES	5	1 min	
PLANK KNEE TO ELBOW	5	1:30 mins	
PLANK	5	1 min	