

	SERIES	REPS	
	3	10	DÍA 1
HACK SQUAT	3	10	
SMITH SQUAT	3	30s	
HANG CLEAN	3	10	
DEADLIFT	3	10	
LEG EXTENSION	3	10	
SEATED ARM PRESS	3	15	DÍA 2
BICEP CURL	3	15	
21's	3	15	
TRICEP DIPS	3	15	
WIDE CURL	3	15	
TRICEP ROPE EXTENSION	3	15	
ONE ARMED BENT OVER ROW	4	12	DÍA 3
LAT PULL DOWN	4	12	
SUPINATED BENT OVER ROW	4	12	
BENT OVER ROW	4	12	
ASSISTED PULL UP MACHINE	4	12	
TRICEP ROPE EXTENSION	4	12	
ASSITED ROMAN CHAIR DIP	4	12	
SKULLCRUSHERS	4	12	
ARNOLD PRESS	4	15	DÍA 4
PIKE PUSH UPS	4	15	
MILITAR PRESS	4	15	
DEADLIFT	4	15	
CHEST PRESS	4	15	
BICEP 21's	4	21	
LEG EXTENSION	4	12	DÍA 5
ONE LEGGED DEADLIFT (PER LEG)	4	12	
CABLE KICKBACK	4	12	
CABLE DONKEY KICKS	4	12	
ABDUCTION MACHINE	5	10	
ADDUCTION MACHINE	5	10	
SIDE PLANK	5	1min	DÍA 1, 3 Y 5
BICYCLE CRUNCH	5	1:30mins	
ABD CRUNCH	5	1min	
PLANK	5	1:30mins	