

|                              |                                   | SERIES | REPS |              |
|------------------------------|-----------------------------------|--------|------|--------------|
| BRAZO Y HOMBRO               | HIGH ALTERNATING BICEP CURLS      | 3      | 45s  | DÍA 1        |
|                              | ALTERNATING SHOULDER PRESS        | 3      | 45s  |              |
|                              | HAMMER CURLS                      | 3      | 45s  |              |
|                              | PIKE PUSH UPS                     | 3      | 45s  |              |
|                              | WIDE CURLS                        | 3      | 45s  |              |
|                              | TRICEP PUSH UPS                   | 3      | 45s  |              |
|                              | MILITAR PRESS                     | 3      | 45s  |              |
|                              | ALTERNATING FRONT RAISE HOLD      | 3      | 45s  |              |
|                              |                                   |        |      |              |
| PIERNA Y BRAZO               | TRI SQUAT                         | 4      | 18   | DÍA 2        |
|                              | SUMO SQUAT                        | 4      | 18   |              |
|                              | STATIC BICEP CURL                 | 4      | 18   |              |
|                              | WIDE CURLS                        | 4      | 18   |              |
|                              | CALF RAISES                       | 4      | 16   |              |
|                              | OPEN CALF RAISES                  | 4      | 16   |              |
|                              | GLUTE KICKBACKS                   | 4      | 18   |              |
|                              | TRICEP KICKBACK // OVERHEAD PRESS | 4      | 18   |              |
|                              |                                   |        |      |              |
| ESPALDA, GLÚTEO Y HOMBRO     | ONE BENT OVER ROW                 | 4      | 16   | DÍA 3        |
|                              | HAMSTRING ROW                     | 4      | 16   |              |
|                              | BENT OVER ROW                     | 4      | 16   |              |
|                              | GLUTE SQUEEZE                     | 4      | 16   |              |
|                              | AROUND THE WORLD                  | 4      | 16   |              |
|                              | GLUTE KICKBACKS                   | 4      | 16   |              |
|                              | PRESS MILITAR                     | 4      | 16   |              |
|                              | 5 SECOND FRONT RAISES             | 4      | 16   |              |
|                              |                                   |        |      |              |
| BRAZO, PECHO Y HOMBRO        | UPRIGHT ROWS                      | 4      | 14   | DÍA 4        |
|                              | 21'S BICEP CURLS                  | 4      | 21   |              |
|                              | AROUND THE WORLD                  | 4      | 14   |              |
|                              | ARNOLD PRESS                      | 4      | 14   |              |
|                              | KNEE DIAMOND PUSH UPS             | 4      | 14   |              |
|                              | UPRIGHT ROW                       | 4      | 14   |              |
|                              |                                   |        |      |              |
| PIERNA, PANTORRILLA Y GLÚTEO | OPEN CALF RAISES                  | 4      | 15   | DÍA 5        |
|                              | CLOSE CALF RAISES                 | 4      | 15   |              |
|                              | CALF RAISES                       | 4      | 15   |              |
|                              | SMITH SQUAT                       | 4      | 15   |              |
|                              | DUMBBELL GOBLET SQUAT             | 4      | 15   |              |
|                              | LUNGES                            | 4      | 15   |              |
|                              | SPLIT STANCE DEADLIFTS            | 4      | 15   |              |
|                              |                                   |        |      |              |
| ABDOMINALES Y OBLICUOS       | PLANK KNEE TO ELBOS               | 4      | 16   | DÍA 1, 3 Y 5 |
|                              | TABLE TOP CRUNCHES                | 4      | 16   |              |
|                              | DOLPHIN PLANKS                    | 4      | 16   |              |
|                              | LEG RAISES                        | 4      | 16   |              |
|                              | SIDE PLNAK KNEE TO ELBOW          | 4      | 16   |              |
|                              | PLANK KNEE TO ELBOW KICKBACK      | 4      | 16   |              |