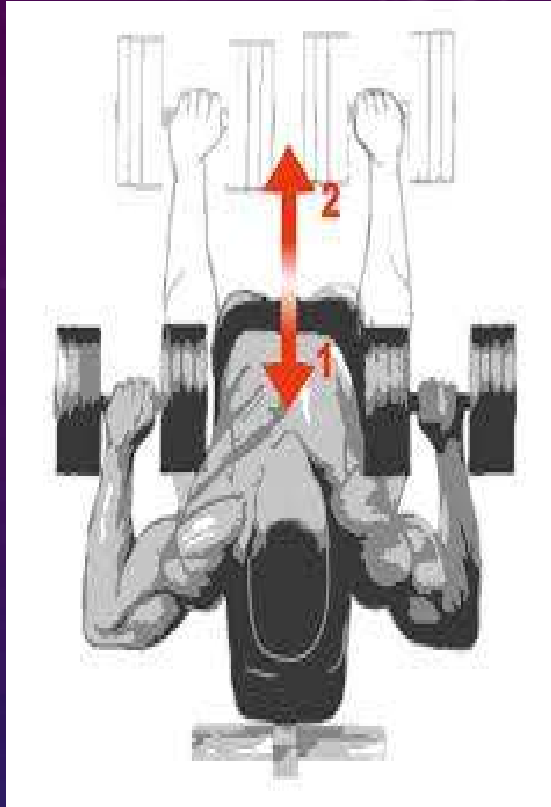


The background features a dark blue gradient with faint, light blue technical diagrams. On the left side, there is a large circular scale with numerical markings from 150 to 260 in increments of 10. Several dashed lines with arrows indicate circular paths and directions. The overall aesthetic is clean and technical.

CALENTAMIENTO GENERAL

10 A 15 MINS.
DE CARDIO AL 60%

PRESS BANCA /CURL BICEPS



SERIE 1 - 25 REP. - 15 LBS

25 REP. - 10 LBS

S/Descanso

SERIE 2 - 25 REP. - 15 LBS

25 REP. - 10 LBS

S/Descanso

SERIE 3 - 10 REP. - 30 LBS

10 REP. - 20 LBS

S/Descanso

SERIE 4 - 10 REP. - 30 LBS

10 REP. - 20 LBS

S/Descanso

SERIE 5 - 10 REP. - 30 LBS

10 REP. - 20 LBS

S/Descanso

Descanso 2.00 MINUTOS

PESO MUERTO /PRESS HOMBRO



SERIE 1 - 25 REP. - 20 LBS
25 REP. - 10 LBS

S/Descanso

SERIE 2 - 25 REP. - 20 LBS
25 REP. - 10 LBS

S/Descanso

SERIE 3 - 10 REP. - 35 LBS
10 REP. - 20 LBS

S/Descanso

SERIE 4 - 10 REP. - 35 LBS
10 REP. - 20 LBS

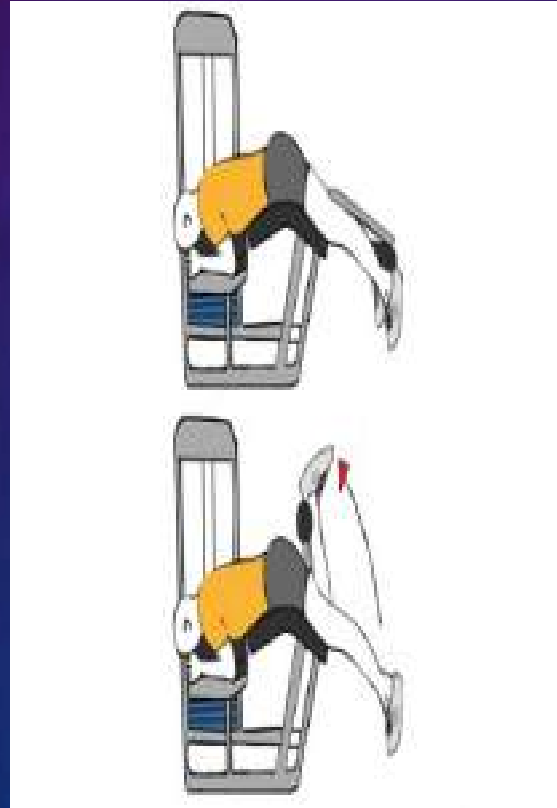
S/Descanso

SERIE 5 - 10 REP. - 35 LBS
10 REP. - 20 LBS

S/Descanso

Descanso 2.00 MINUTOS

LEG EXTENSION /
CURL PIERNA



SERIE 1 - 25 REP. - 40 LBS
25 REP. - 40 LBS

S/Descanso

SERIE 2 - 25 REP. - 40 LBS
25 REP. - 40 LBS

S/Descanso

SERIE 3 - 10 REP. - 85 LBS
10 REP. - 85 LBS

S/Descanso

SERIE 4 - 10 REP. - 85 LBS
10 REP. - 85 LBS

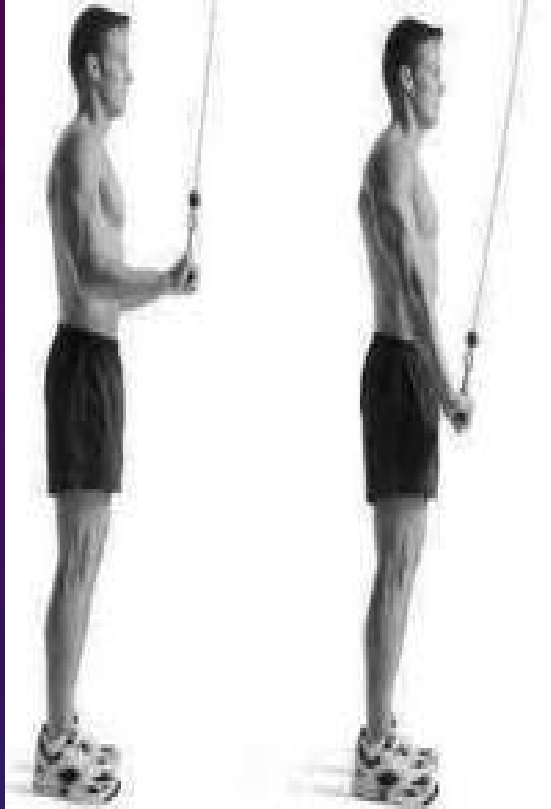
S/Descanso

SERIE 5 - 10 REP. - 85 LBS
10 REP. - 85 LBS

S/Descanso

Descanso 2.00 MINUTOS

TRICEPS (JALÓN POLEA) /
TRICEPS CON REMO



SERIE 1 - 25 REP. - 25 LBS
25 REP. - 25 LBS

S/Descanso

SERIE 2 - 25 REP. - 25 LBS
25 REP. - 25 LBS

S/Descanso

SERIE 3 - 10 REP. - 42.5 LBS
10 REP. - 42.5 LBS

S/Descanso

SERIE 4 - 10 REP. - 42.5 LBS
10 REP. - 42.5 LBS

S/Descanso

SERIE 5 - 10 REP. - 42.5 LBS
10 REP. - 42.5 LBS

S/Descanso

Descanso 2.00 MINUTOS

The background features a dark blue gradient with faint, light-colored technical diagrams. On the left side, there is a large circular speedometer scale with markings from 140 to 260. Other diagrams include concentric circles, dashed lines, and arrows, suggesting a technical or engineering theme.

ABS Y PANTORILLA

4 SERIES DE
25 REPETICIONES
POR 30 SEGUNDOS
DESCANSO



4 SERIES DE
25 REPETICIONES
POR 30 segundos DESCANSO



Kettlebell russian twist



4 SERIES DE
25 REPETICIONES
POR 30 segundos DESCANSO



“TRIÀNGULOS”

4 SERIES DE
25 REPETICIONES
POR 30 segundos DESCANSO



“PANTORILLA”
A la par y otra
con
1 pie adelante
4 SERIES DE
25 REPETICION
X 30 segundos
DESCANSO



The background features a dark blue gradient with faint, light-colored technical diagrams. On the left side, there is a large circular scale with numerical markings from 150 to 260 in increments of 10. Several dashed lines with arrows indicate circular paths and directions. The overall aesthetic is technical and scientific.

ESTIRAMIENTO

10 SEGUNDOS POR
ESTIRAMIENTO

10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



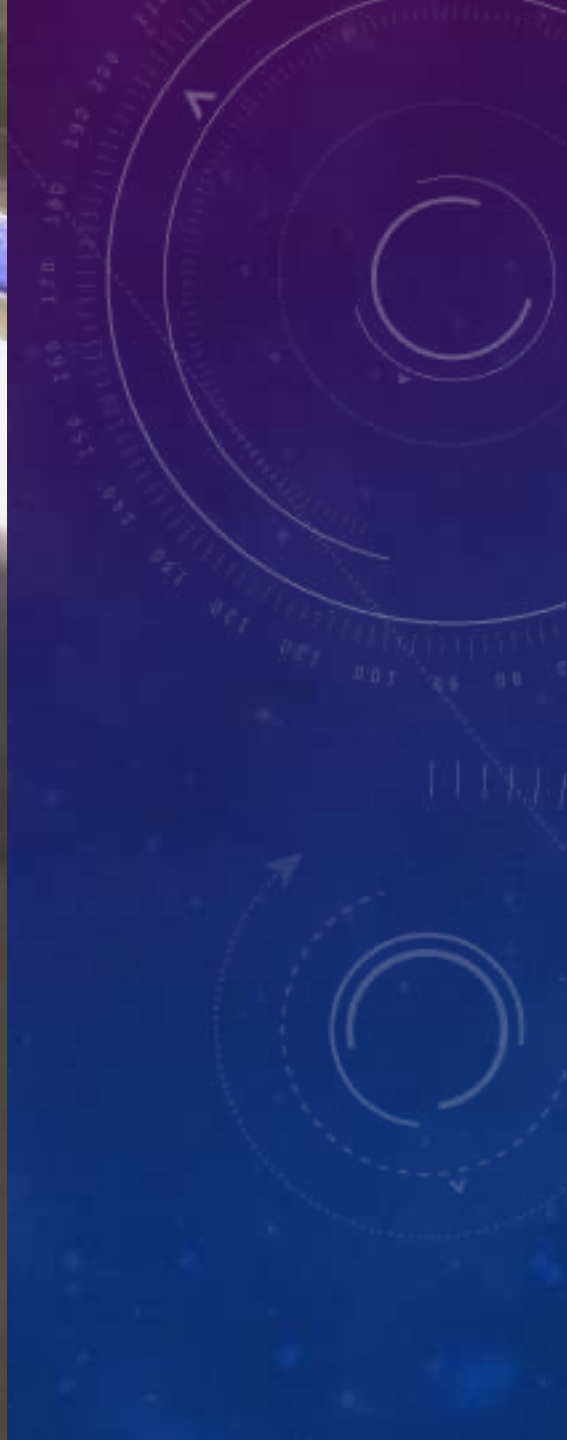
10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



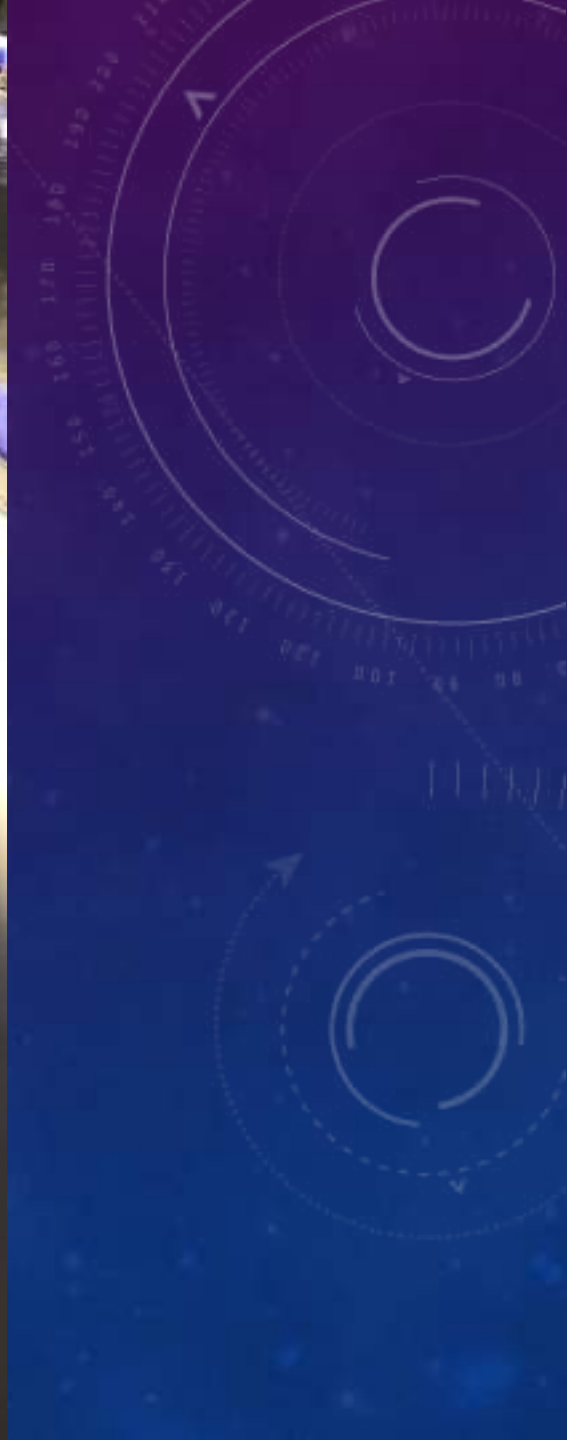
10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS

