

The background features a dark blue gradient with a subtle pattern of white circular lines and arrows, suggesting motion or a technical interface. A prominent circular scale is visible on the left side, with numerical markings from 140 to 260 in increments of 10. The text is centered on the right side of the image.

CALENTAMIENTO GENERAL

10 A 15 MINS.
DE CARDIO AL 60%

PRESS PECHO BANCA PLANA

Barbell bench press

1



2



SERIE 1 - 25 REP. – S/PESO
Descanso 1,30 mins

SERIE 2 - 12 REP. – 20 LBS
Descanso 1,30 mins

SERIE 3 - 8 REP. – 35 LBS
Cont. - 10 REP. – 10 LBS
Descanso 1,30 mins

SERIE 4 - 8 REP. – 35 LBS
Cont. - 10 REP. – 10 LBS
Descanso 1,30 mins

SERIE 5 - 8 REP. – 35 LBS
Cont. - 10 REP. – 10 LBS
Descanso 1,30 mins

SERIE 6 - 8 REP. – 25 LBS
Bombeo a la falla
Descanso 3,00 mins

MÀQUINA SCOTT PIERNA

Barbell squat



SERIE 1 - 20 REP. - 25 LBS
Descanso 1,30 mins

SERIE 2 - 15 REP. - 30 LBS
Descanso 1,30 mins

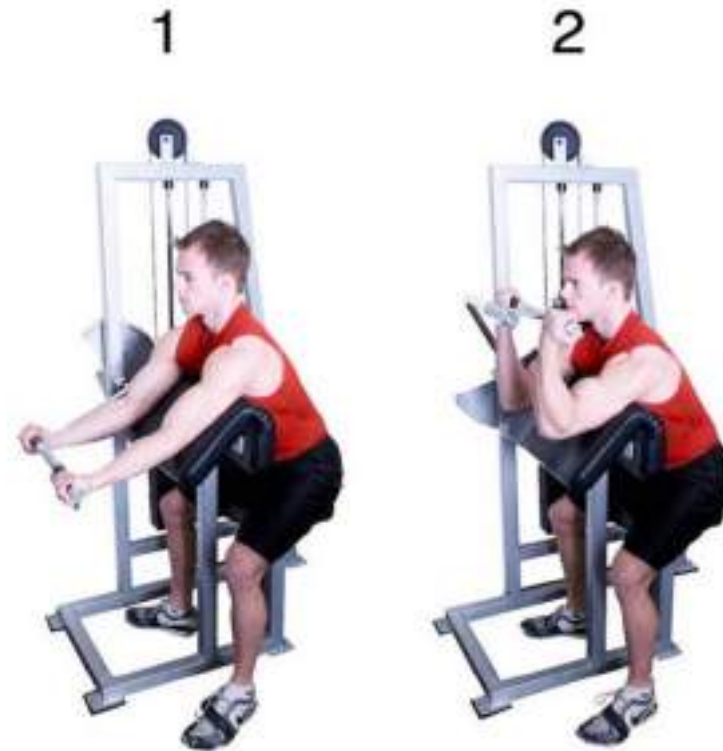
SERIE 3 - 8 REP. - 45 LBS
Descanso 1,30 mins

SERIE 4 - 8 REP. - 45 LBS
Descanso 1,30 mins

SERIE 5 - 8 REP. - 45 LBS
Descanso 3,00 mins

MÀQUINA BICEPS

Machine biceps curl



SERIE 1 - 25 REP. - 25 LBS
Descanso 1,30 mins

SERIE 2 - 15 REP. - 30 LBS
Descanso 1,30 mins

SERIE 3 - 10 REP. - 60 LBS
Descanso 1,30 mins

SERIE 4 - 10 REP. - 60 LBS
Descanso 1,30 mins

SERIE 5 - 10 REP. - 60 LBS
Descanso 3,00 mins

PRESS FRANCES TRICEPS

Overhead bar press

1



2



SERIE 1 - 25 REP. – 20 LBS
Descanso 1,30 mins

SERIE 2 - 15 REP. – 30 LBS
Descanso 1,30 mins

SERIE 3 - 10 REP. – 40 LBS
Descanso 1,30 mins

SERIE 4 - 10 REP. – 40 LBS
Descanso 1,30 mins

SERIE 5 - 10 REP. – 40 LBS
Descanso 3,00 mins

PESO MUERTO

Romanian deadlift



SERIE 1 - 25 REP. - 25 LBS
Descanso 1,30 mins

SERIE 2 - 15 REP. - 35 LBS
Descanso 1,30 mins

SERIE 3 - 10 REP. - 45 LBS
Descanso 1,30 mins

SERIE 4 - 10 REP. - 45 LBS
Descanso 1,30 mins

SERIE 5 - 10 REP. - 45 LBS
Descanso 3,00 mins

The background features a dark blue gradient with a subtle pattern of white dots. On the left side, there are several circular elements: a large scale with numbers from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise rotation.

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 REPETICIONES
X 30 segundos
DESCANSO



The background features a dark blue gradient with faint, light-colored circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circular elements with arrows, suggesting movement or rotation.

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



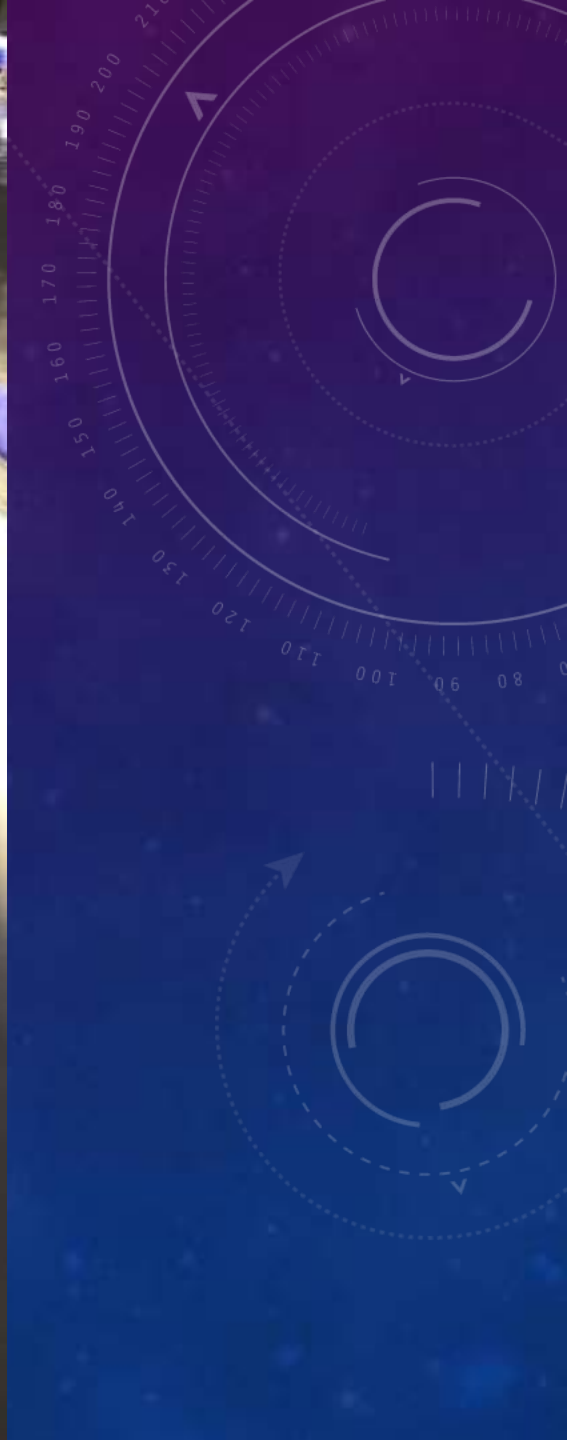
10 SEGUNDOS



10 SEGUNDOS



10 SEGUNDOS



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