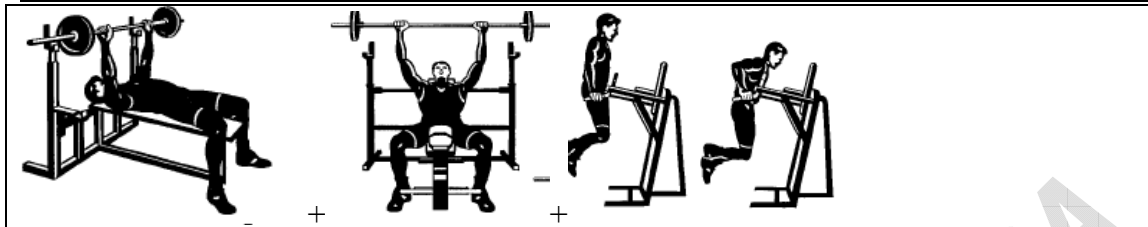




**CIRCUITO GYM-2 (3 VUELTAS):
PECHO-PIERNA-TRÍCEPS.**

PECHITO: 5X 15REP DE PRESS+ 5X15REP DE PRESS SUP.+ 4X15 EN MAQUINA



ABERTURAS CON MANCUERNAS Y POLEAS 2 EJERCICIOS. PONTE PESO.

MULTI-ANGLE DUMBBELL FLY

Sets: 3

Repetitions: 10-12



CABLE CROSSOVER

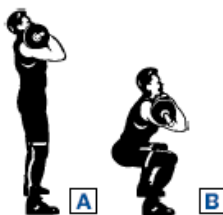
Sets: 3

Repetitions: 8-10



PIERNA 5X 35 REP

Repetitions: 12-15



STANDING LEG CURL

Sets: 3

Repetitions: 8-10



SEATED LEG CURL

Sets: 3

Repetition



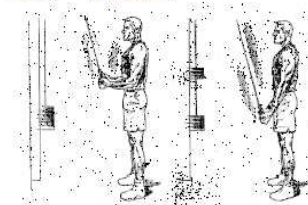
EN MÁQUINA. 35 KG

TRÍCEPS EN POLEA..A ESTAS ALTURAS LO QUE PUEDAS.

REVERSE-GRIP CABLE EXTENSION (TRICEPS)

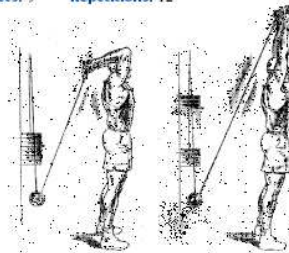
Sets: 3

Repetitions: 8



3X12REP

Sets: 3 Repetitions: 12

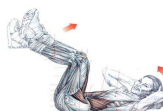


3X15REP

2. Elbow Flexion



LUMB.



200 -ABDOMINALES + ESTIRAMIENTOS

