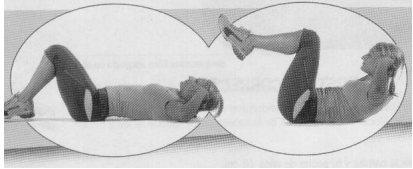
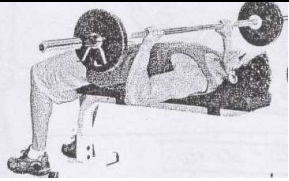




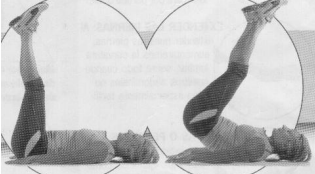
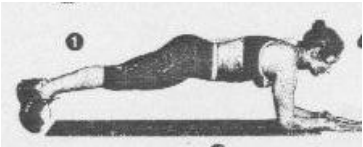




**PROGRAMA DE MUSCULACIÓN  
JUNIORS-SENIORS –BARRA-MANCUERNAS (3 VUELTAS)**

<p>15 FONDOS DE PECHO</p>	<p>PULLOVER-12 REPETICIONES</p>	 <p>ABDOMINAL SUPERIOR 40 REPETICIONES</p>
 <p>PRESS DE BANCA 15-25 REP.</p>	 <p>CONTRACCIONES 35 REPETICIONES</p>	<p>TRÍCEPS-25</p>
 <p>12+12</p>	<p>OBLICUOS 25+25</p>	 <p>CURL ALTERNO.30R.</p>
 <p>TRANSVERSOS 40 REP.</p>	<p>ELEVACIONES 12+12</p>	 <p>ABDOMINAL INFERIOR 40 REP.</p>
<p>PRESS MILITAR 12 REP.</p>	 <p>ISOMETRICO 45SEG.</p>	<p>TRÍCEPS 12-20 REP.</p>

