REGISTRO DE ENTRENAMIENTOS

**DÍA 1 - SEMANA 1**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10 3.75kg** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 2 - SEMANA 1**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 3 - SEMANA 1**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 1 - SEMANA 2**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 2 - SEMANA 2**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 3 - SEMANA 2**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 1 - SEMANA 3**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 2 - SEMANA 3**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 3 - SEMANA 3**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 1 - SEMANA 4**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 2 - SEMANA 4**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |

**DÍA 3 - SEMANA 4**

|  | **1ª Serie** | | **2ª Serie** | | **3ª Serie** | | **4ª Serie** | | **5º Serie** | | **COMENTARIOS** | **RPE**  **(ESCALA DE ESFUERZO PERCIBIDO)**  **DEL 1 AL 10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EJERCICIOS** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** | **KG** | **RP** |
| **Flexiones declinadas** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla búlgara** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Remo en mesa** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl femoral** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fondos** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sentadilla con lastre** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x14-16** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Curl de bíceps** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rueda / Trapo abdominal** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x8-10** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Plancha abdominal con desplazamiento** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4x10-12** |  |  |  |  |  |  |  |  |  |  |  |  |