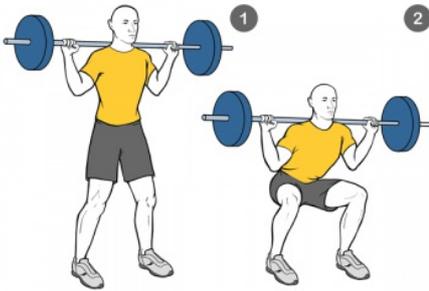


AVANZADO DIA 1 (PIERNAS)

ENTRENAMIENTO ESPECIFICO TREN INFERIOR

1 h

Media sentadilla con barra



4 Series
20/15/12/10

Prensa de piernas inclinada



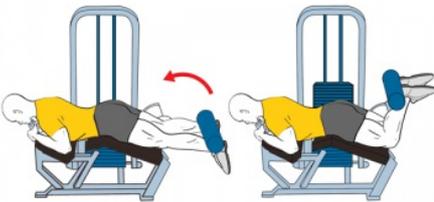
4 Series
20/15/12/10

Zancada en maquina smith



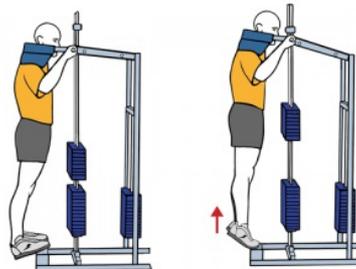
4 Series
20/15/12/10

Curl femoral con maquina



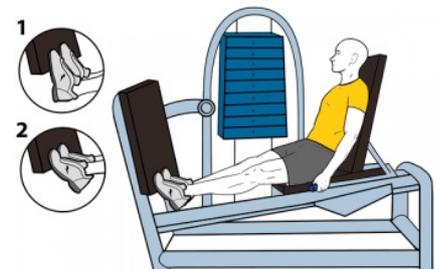
4 Series
20/15/12/10

Elevación de talones de pie en maquina



4 Series
20/15/12/10

Extensión de gemelos en maquina de prensa horizontal



4 Series
20/15/12/10