

ENTRENAMENT BÀSIC

MILLORAR TONICITAT MUSCULAR

Eliptica



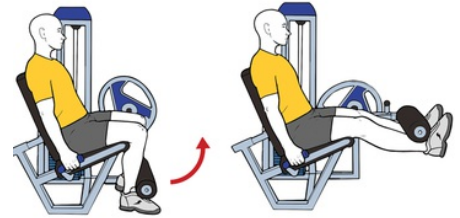
10 MIN ESCALFAMENT

Extensión de una pierna en máquina horizontal en plataforma móvil



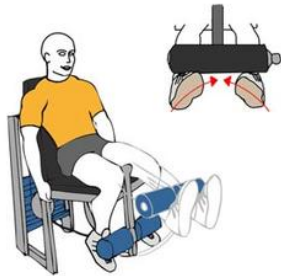
3 Series 15 reps

Extension de piernas en maquina



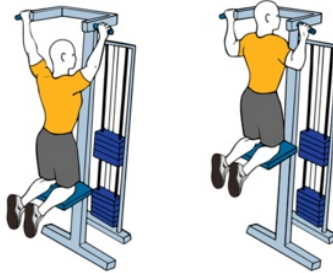
3 Series 10 reps
CUÁDRICEPS

Extensión de piernas en maquina pies hacia dentro



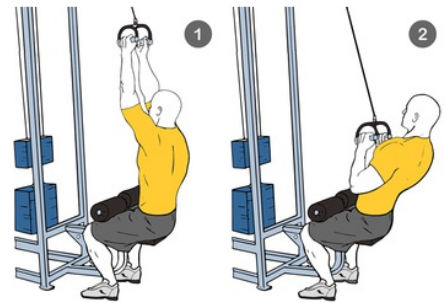
3 Series 10 reps
FEMORAL

Dominadas en maquina rodillas flexionadas



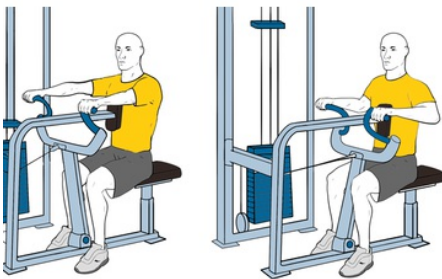
3 Series 10 reps

Jalón con polea alta agarre neutro



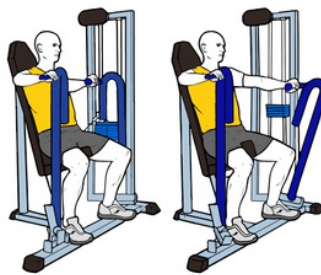
3 Series 10 reps

Remo con agarre cerrado sentado en maquina



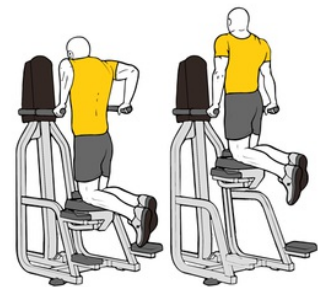
3 Series 10 reps

Press pectoral alterno en maquina sentado



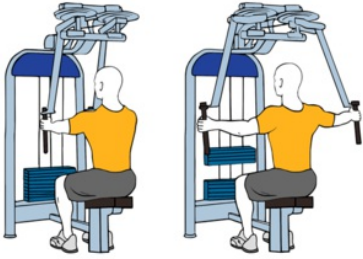
3 Series 10 reps

Fondos en paralelas en maquina asistida



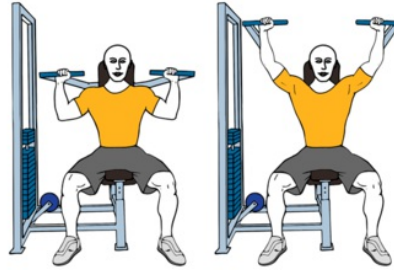
ENTRENAMIENTO BÁSIC

Aperturas invertidas con agarre vertical



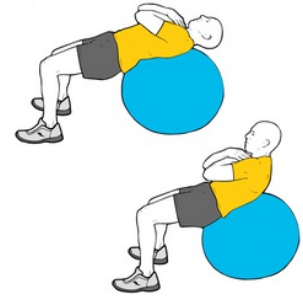
3 Series 10 reps

Press frontal de hombros en máquina sentado y agarre neutro



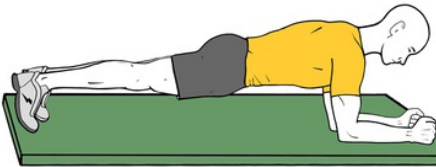
3 Series 10 reps

Encogimientos abdominales sobre pelota de pilates



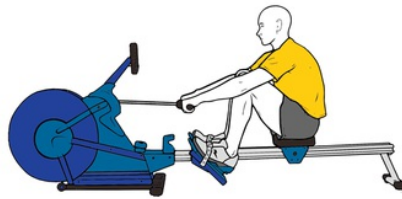
4 Series 20 reps

Plancha con apoyo de antebrazos



3 SERIES DE 1 MINUT

Remo en maquina



20 MINUTS