

TABLA DE EJERCICIOS

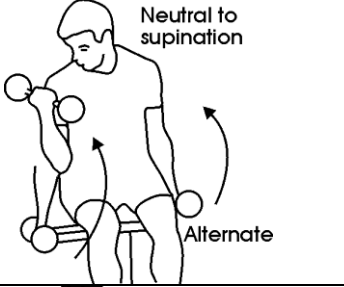
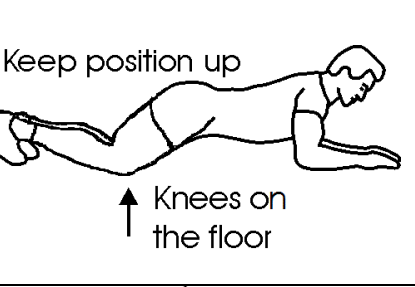


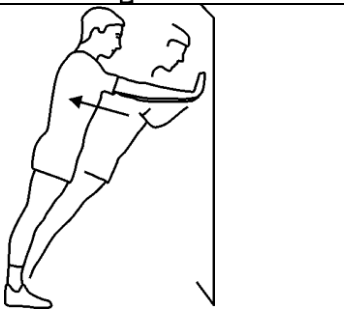
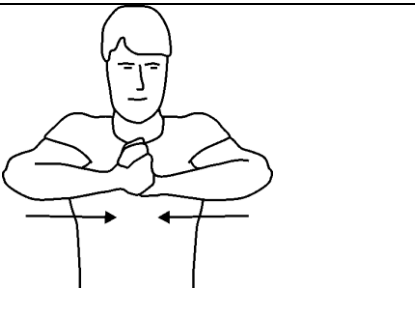
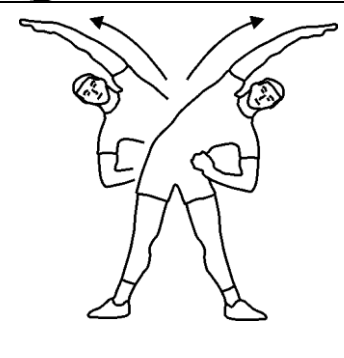
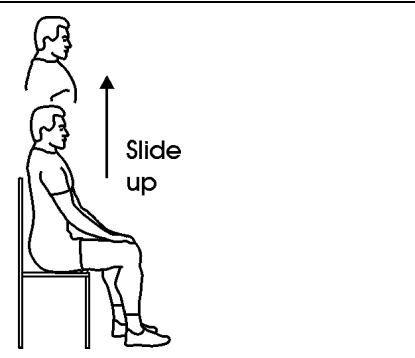
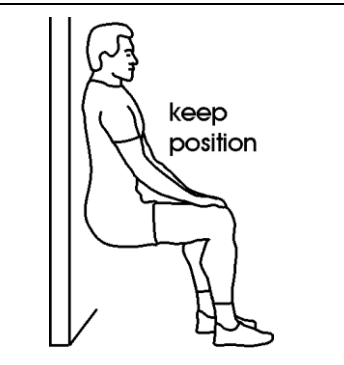
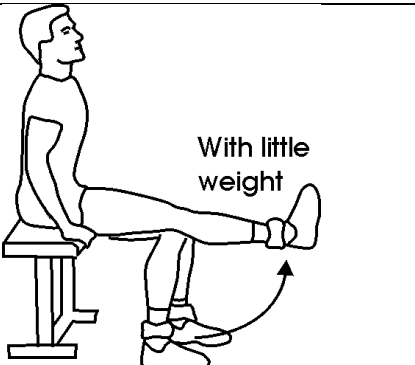
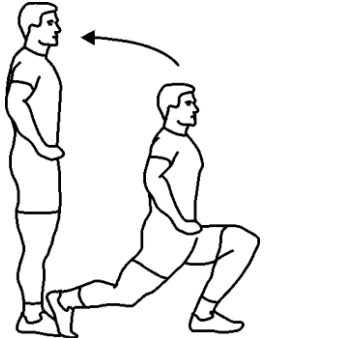
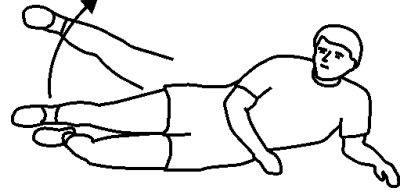
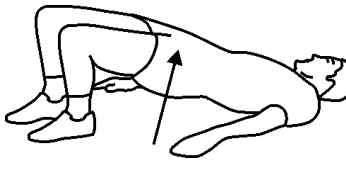
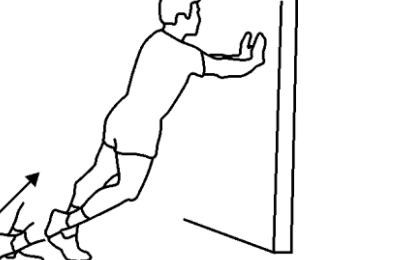
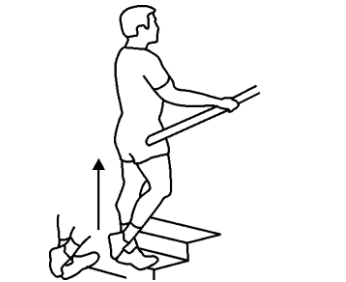
<p>Bíceps (1-1.5kg)</p> <p>10 repeticiones cada brazo</p>		<p>Abdominal</p> <p>30 segundos (2-4 repeticiones)</p>	
<p>Tríceps (1-1.5kg)</p> <p>10 repeticiones</p>		<p>Abdominal</p> <p>10 repeticiones cada pierna</p>	
<p>Pectoral</p> <p>10 repeticiones</p>		<p>Pectoral</p> <p>15 repeticiones</p>	
<p>Lumbar</p> <p>12 repeticiones</p>		<p>Piernas</p> <p>15 repeticiones</p>	
<p>Piernas</p> <p>30 segundos (2-4 repeticiones)</p>		<p>Piernas (0.5-1kg)</p> <p>10 repeticiones cada pierna</p>	

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<p>Piernas</p> <p>10 repeticiones cada pierna</p>		<p>Piernas</p> <p>10 repeticiones cada pierna</p>	
<p>Piernas/glúteos</p> <p>30 segundos (2-4 repeticiones)</p>		<p>Gemelos</p> <p>15 repeticiones cada pierna</p>	
<p>Gemelos</p> <p>15 repeticiones cada pierna</p>		<p>Hombros (1-1.5kg)</p> <p>10 repeticiones cada brazo</p> <p>10 repeticiones cada brazo</p>	