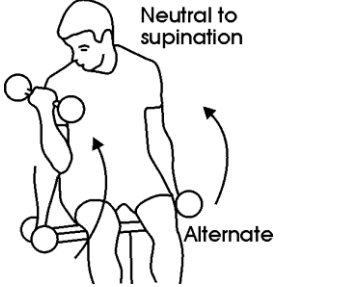
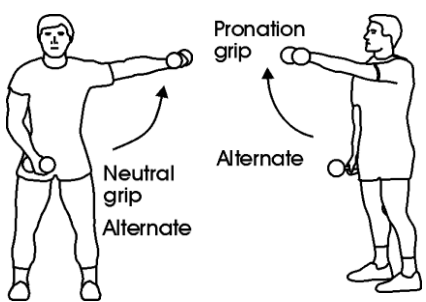


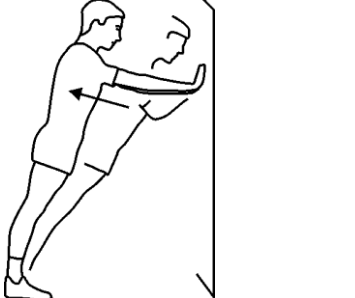
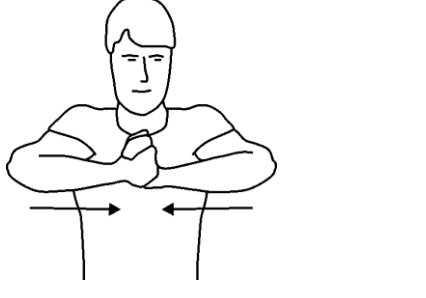
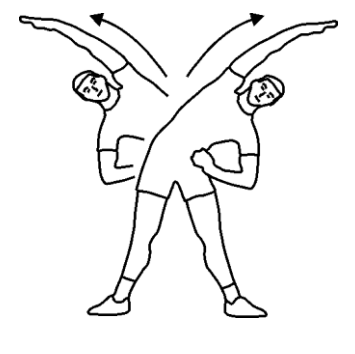
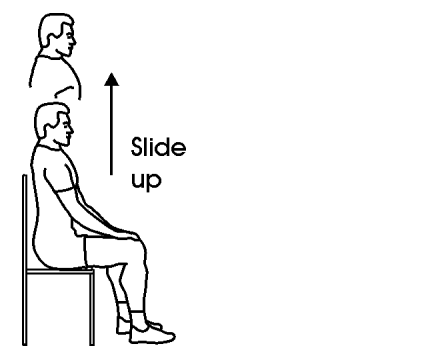
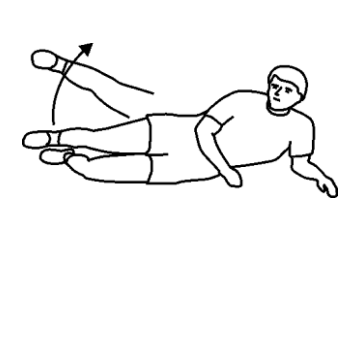
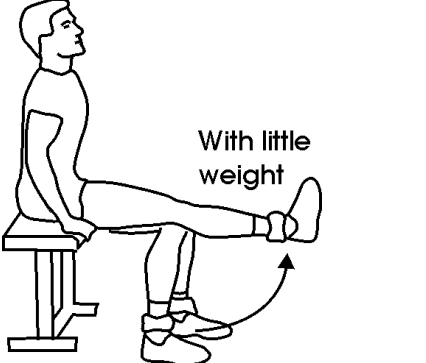


TABLA DE EJERCICIOS

<p>Bíceps (1-1.5kg)</p> <p>10 repeticiones cada brazo</p>	 <p>Neutral to supination</p> <p>Alternate</p>	<p>Hombros (1-1.5kg)</p> <p>10 repeticiones cada brazo</p> <p>10 repeticiones cada brazo</p>	 <p>Pronation grip</p> <p>Alternate</p> <p>Neutral grip</p> <p>Alternate</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>Slide up</p>
<p>Piernas</p> <p>10 repeticiones cada pierna</p>		<p>Piernas (0.5-1kg)</p> <p>10 repeticiones cada pierna</p>	 <p>With little weight</p>