Rutina de ejercicios

Semanal

DÍA 1	DÍA 2	DÍA 3	DÍA 4
 **Rodilla-codo standing** 4 series 15-12 reps	 **Hand to toe** 3 Series 20-12 reps	 **Curl bíceps** 4 series 15-12 reps	 **Escalador con deslizadores** 3 series 30-15 reps
 **Zancadas** 4 series 20-12 reps	 **Plancha** 3 series 30-25 segundos	 **Tríceps** 4 series 30-20 reps	 **Remo** 4 Series 20-15 reps
 **Clamshell (rodilla flex)** 3 series 15-12 reps	 **Hip thrust** 3 series 15-12 reps	 **Femoral** 3 series 30-20 reps	 **Flexiones con/sin rodillas** 3 series 15-10 reps
 **Oblicuos** 4 series 20-15 reps	 **Peso muerto** 3 Series 15 Repeticiones	 **Prensa** 3 series 20-15 reps	 **Sentadilla** 4 series 20-15 reps

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