

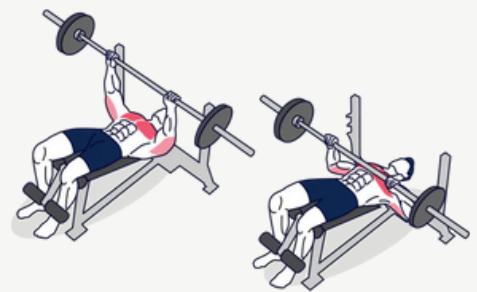
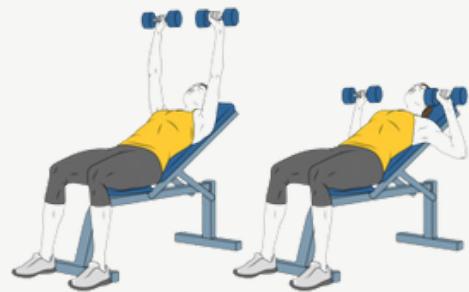
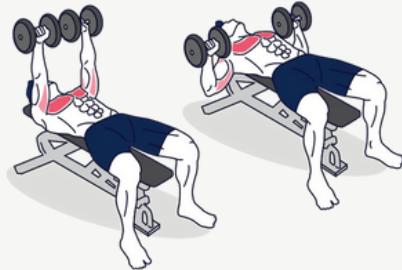
DESCARGA

Nuestra guía de ejercicios y llévala contigo a todos lados

DESCARGA AQUÍ



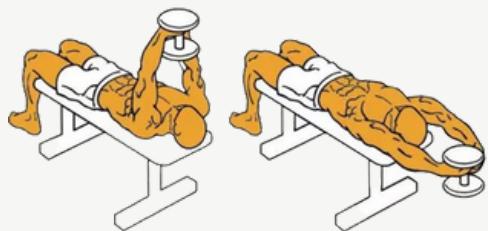
Ejercicios para pecho



Press de banca
acostado

Press de banca
inclinado

Press de banca
declinado



Pullover con
mancuerna



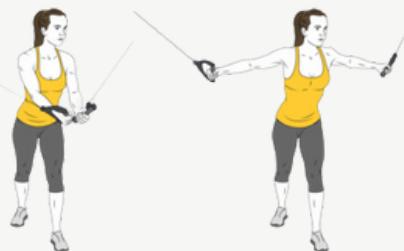
Apertura de pecho
en maquina



Pecho en barras
paralelas

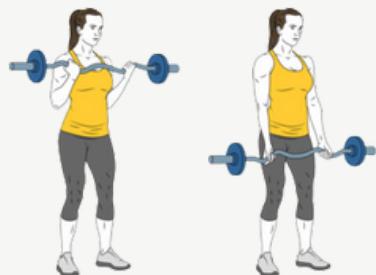


Cristos con
mancuerna

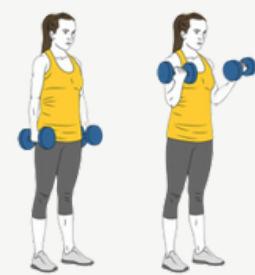


Cruces de pectoral
con cable

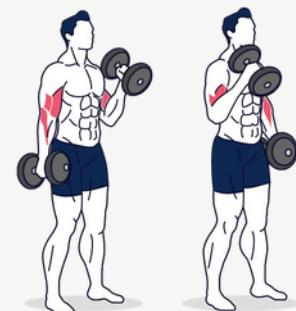
Ejercicios para bíceps



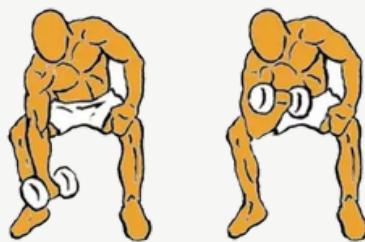
Curl de bicep con
barra



Curl de bicep con
mancuerna



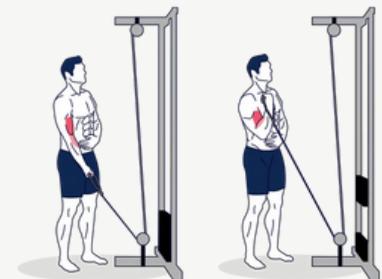
Curl
martillo



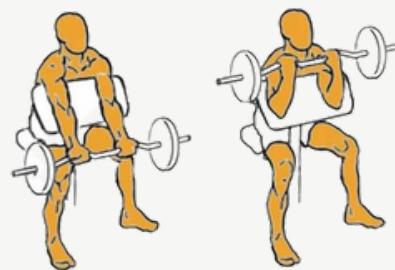
Curl
concentrado



Curl con cable en
polea baja



Curl de bicep a
una mano cable

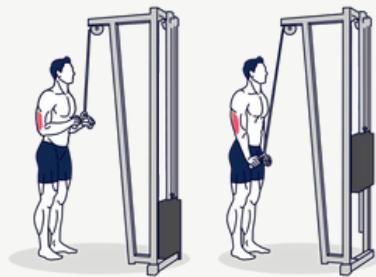


Curl con barra Z
en banco



Curl bicep en
banco inclinado

Ejercicios para tríceps



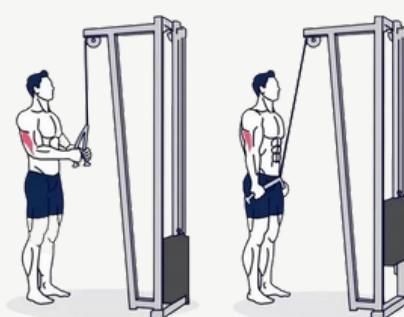
Extensión de tricep en polea



Fondos en paralelas



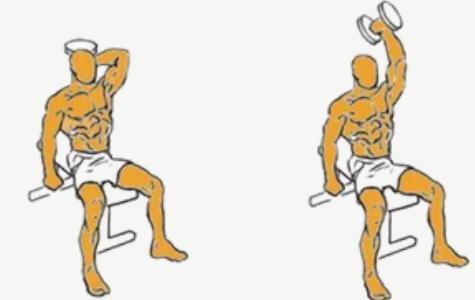
Press frances con barra Z



Triceps en polea con cuerda



Copa con mancuerna



Copa con mancuerna a una mano

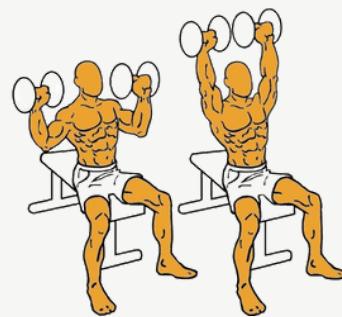


Extensión de triceps en polea baja



Patada de triceps con mancuerna

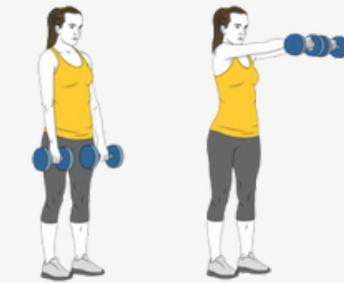
Ejercicios para hombro



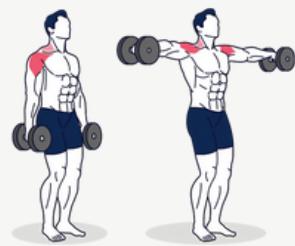
Press hombro
con mancuerna



Press en maquina
agarre abierto



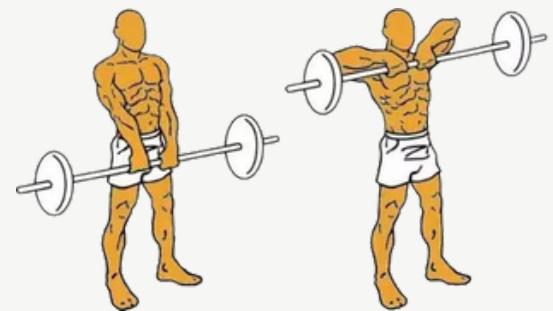
Elevación frontal
con mancuerna



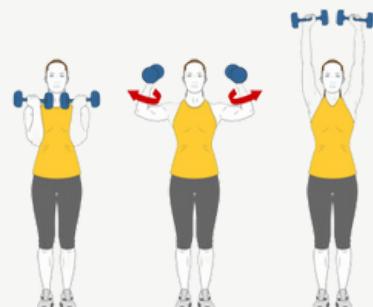
Elevación lateral
con mancuerna



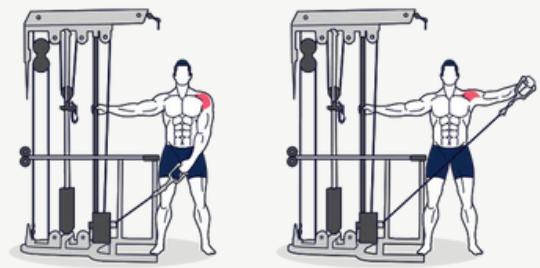
Pajaros lateral
con mancuerna



Remo al cuello
con barra



Press Arnold con
mancuerna

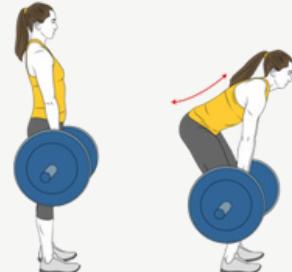


Elevación lateral en
polea a una mano

Ejercicios para espalda



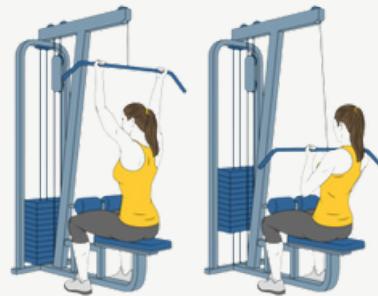
Dominadas en
maquina



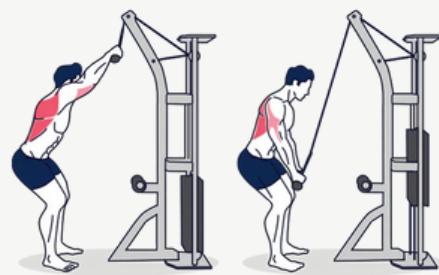
Peso muerto con
barra



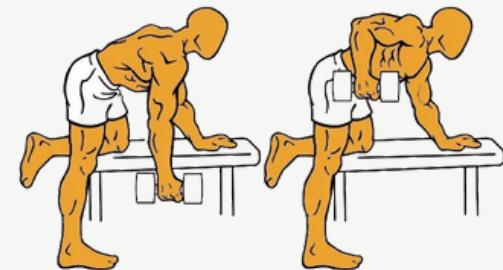
Remo maquina
con polea



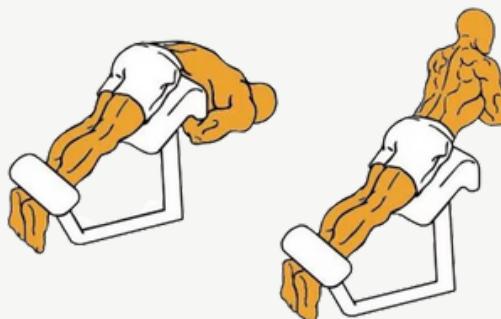
Jalón en polea
alta



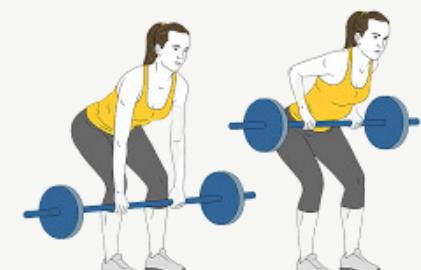
Jalón en polea
con cuerda



Remo con
mancuerna a un
brazo

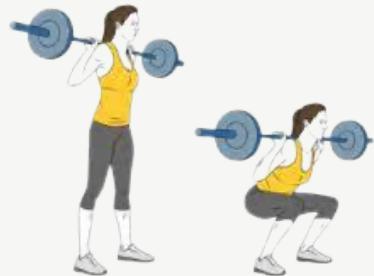


Hiperextensiones

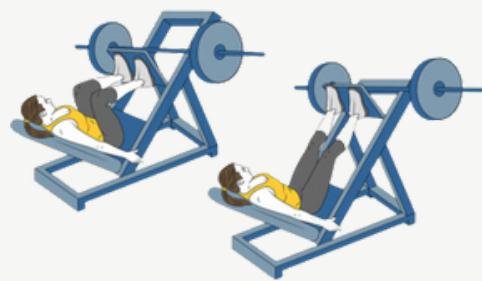


Remo horizontal
con barra

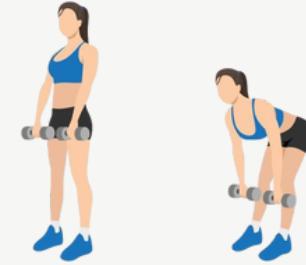
Ejercicios para pierna y glúteo



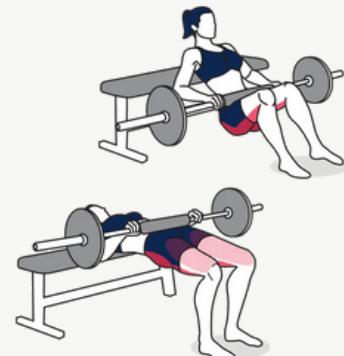
Sentadillas
squats con barra



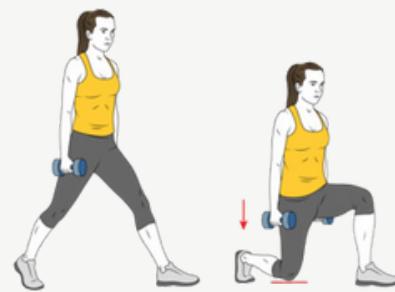
Prensa de pierna
en maquina



Peso muerto
rumano mancuerna



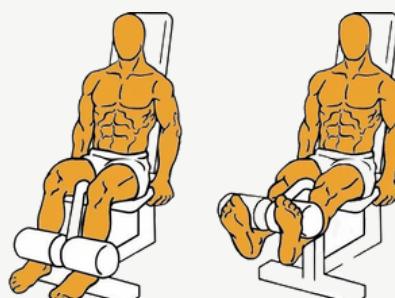
Elevaciones de
cadera



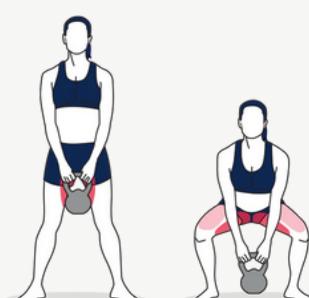
Desplantes con
mancuerna



Curl
femoral



Extensiones de
cuádriceps



Sentadillas sumo
con mancuerna

Ejercicios funcionales



Burpees



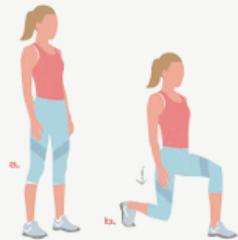
Lagartija normal
/ rodilla al piso



Saltos de cuerda



Plancha normal



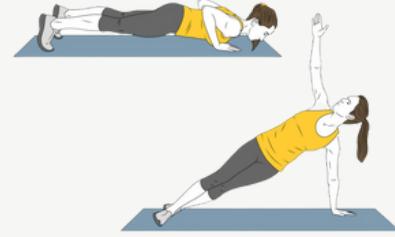
Zancada normal



Mountain climbers



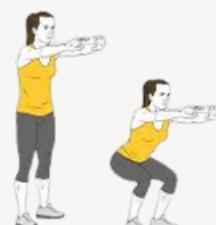
Elevación talón



Flexiones con
rotación



Sentadilla con
salto



Squats normal



Abdominales



Triceps en banco