

Programa de Entrenamiento

Objetivo: Fuerza Sub maxima		Fecha : 4 semanas		Nombre:							
Duracion: 55'		Fre: 4 x Semana		Altura:							
Intensidad: 80% Rm		pausa: 90-120 "		% M musc/ grasa/ o peso:							
<u>Entrada en Calor :</u>						Wellnes :					
Movilidad 5'						Control horas sueno / Pasos diarios.					
Prehab 5'						Suplementacion: ver recomendacion					
Activacion 2'											
Dia 1	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia2	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4
A1	Press Pecho	5/5/kg	5/3/kg	5/2/k	5/1/k	A1	Sentadilla Prof.	5/5/kg	5/3/kg	5/2/k	5/1/k
A2						A2	Caminata Glutea.	2/20/	2/25/	3/25.	4/25.
A3	Plancha Frontal	4/30"	4/30"	4/30"	4/30"	A3					
B1	Press P. Manc	5/5/kg	5/3/kg	5/2/k	5/1/k	B1	Hip Thrust	5/5/kg	5/3/kg	5/2/k	5/1/k
B2						B2					
B3	Plancha Alta	5/30"	5/30	5/30"	5/30"	B3	Planch front+ rot	4/30"	4/30"	4/30"	4/30"
C1	Press P inclinado	5/5/kg	5/3/kg	5/2/k	5/1/k	C1	Deadlift	5/5/kg	5/3/kg	5/2/k	5/1/k
C2						C2					
C3	Mountain climbers	2/20/	2/25/	3/25/	4/25/	C3	Roll out Trx	2/20/	2/25/	3/25/	4/25/
Dia 3	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia 4	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4
A1	Dominadas	5/5/kg	5/3/kg	5/2/k	5/1/k	A1	Subidas al banco.	5/5/kg	5/3/kg	5/2/k	5/1/k
A2						A2				5/2/k	
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/8/kg	4/8/kg	4/10/k	4/10/k
B1	Remo Mancuerna uni	5/5/kg	5/3/kg	5/2/k	5/1/k	B1	Dorsal maquina	5/5/kg	5/3/kg	5/2/k	5/1/k
B2				4/10/k		B2					
B3	Bicho Muerto	2/20/	2/25/	3/25/	4/25/	B3	plancha Lateral	5/30"	5/30	5/30"	5/30"
C1						C1	Remo Trx	5/5/kg	5/3/kg	5/2/k	5/1/k
C2	Estocadas	5/5/kg	5/3/kg	5/2/k	5/1/k	C2					
C3	Rechazo Escapular	2/20/	2/20/	2/20/	2/20/	C3	Russian twist	2/20/	2/25/	3/25/	4/25/

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<u>Movilidad 5'</u>						Control horas sueno / Pasos diarios.					
<u>Prehab 5'</u>						Suplementacion: ver recomendacion					
<u>Activacion 2'</u>											
Dia 1	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia2	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4
A1	Press Pecho	5/5/kg	5/3/kg	5/2/k	5/1/k	A1	Sentadilla Prof.	5/5/kg	5/3/kg	5/2/k	5/1/k
A2	Biceps- Hombros	5/5/kg	5/3/kg	5/2/k	5/1/k	A2	Caminata Glutea.	2/20/	2/25/	3/25.	4/25.
A3	Plancha Frontal	4/30"	4/30"	4/30"	4/30"	A3	Farmer Walk	2/20/	2/25/	3/25.	4/25.
B1	Press P. Manc	5/5/kg	5/3/kg	5/2/k	5/1/k	B1	Hip Thrust	5/5/kg	5/3/kg	5/2/k	5/1/k
B2	Triceps Soga	5/5/kg	5/3/kg	5/2/k	5/1/k	B2	Vuelos Laterales	4/8/kg	4/8/kg	4/10/k	4/10/k
B3	Plancha Alta	5/30"	5/30	5/30"	5/30"	B3	Planch front+ rot	4/30"	4/30"	4/30"	4/30"
C1	Press P inclinado	5/5/kg	5/3/kg	5/2/k	5/1/k	C1	Deadlift	5/5/kg	5/3/kg	5/2/k	5/1/k
C2	Triceps Fondo	5/5/kg	5/3/kg	5/2/k	5/1/k	C2	Espinal Alternad	2/20/	2/25/	3/25/	4/25/
C3	Mountain climbers	2/20/	2/25/	3/25/	4/25/	C3	Roll out Trx	2/20/	2/25/	3/25/	4/25/
Dia 3	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia 4	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4
A1	Dominadas	5/5/kg	5/3/kg	5/2/k	5/1/k	A1	Subidas al banco	5/5/kg	5/3/kg	5/2/k	5/1/k
A2	Aperturas Bandas	4/20/	4/25/	5/20/	5/25/	A2	Pull O-H Thrust	5/5/kg	5/3/kg	5/2/k	5/1/k
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/8/kg	4/8/kg	4/10/k	4/10/k
B1	Remo Mancuerna uni	5/5/kg	5/3/kg	5/2/k	5/1/k	B1	Dorsal maquina	5/5/kg	5/3/kg	5/2/k	5/1/k
B2	Vuelos posteriores	4/8/kg	4/8/kg	4/10/k	4/10/k	B2	TricepsMancuern	2/20.	2/25.	3/25.	4/25.
B3	Bicho Muerto	2/20/	2/25/	3/25/	4/25/	B3	plancha Lateral	5/30"	5/30	5/30"	5/30"
C1	Y - T acostado	4/8/kg	4/8/kg	4/10/k	4/10/k	C1	Remo Trx	5/5/kg	5/3/kg	5/2/k	5/1/k
C2	Estocadas	5/5/kg	5/3/kg	5/2/k	5/1/k	C2	Tirones a la cara	4/8/kg	4/8/kg	4/10/k	4/10/k
C3	Rechazo Escapular	2/20/	2/20/	2/20/	2/20/	C3	Russian twist	2/20/	2/25/	3/25/	4/25/

