

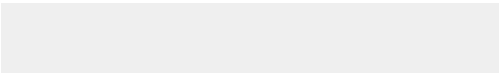
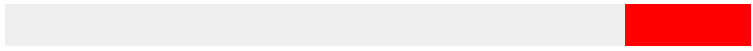
Programa de Entrenamiento

Objetivo: hipertrofia	Fecha : 4 semanas	Nombre:								
Duracion: 55'	Fre: 4 x Semana	Altura:								
Intensidad: 80% Rm	pausa: 90-120 "	% M musc/ grasa/ o peso:								
Entrada en Calor :										
Wellnes :										
<u>Movilidad 5'</u>										
<u>Prehab 5'</u>										
<u>Activacion 2'</u>										
Dia 1	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia2	Ejercicio	Sem 1	Sem 2	Sem 3
A1	Press Pecho	4/8/kg	4/8/kg	4/10/k	4/10/k	A1	Sentadilla Prof.	4/4/	4/4/	4/6/
A2	Biceps- Hombros	4/8/kg	4/8/kg	4/10/k	4/10/k	A2	Caminata Glutea.	2/20/	2/25/	3/25.
A3	Plancha Frontal	4/30"	4/30"	4/30"	4/30"	A3	Farmer Walk	2/20/	2/25/	3/25.
B1	Press P. Manc	4/8/kg	4/8/kg	4/10/k	4/10/k	B1	Hip Thrust	5/5/	5/5/	5/5/3
B2	Triceps Soga	4/8/kg	4/8/kg	4/10/k	4/10/k	B2	Vuelos Laterales	4/8/kg	4/8/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"
C1	Press P inclinado	4/8/kg	4/8/kg	4/10/k	4/10/k	C1	Deadlift	6/4/	4/4/	4/3/
C2	Triceps Fondo	4/8/kg	4/8/kg	4/10/k	4/10/k	C2	Espinal Alternad	2/20/	2/25/	3/25/
C3	Mountain climbers	2/20/	2/25/	3/25/	4/25/	C3	Roll out Trx	2/20/	2/25/	3/25/
Dia 3	Ejercicio	Sem 1	Sem 2	Sem 3	Sem 4	Dia 4	Ejercicio	Sem 1	Sem 2	Sem 3
A1	Dominadas	4/4/	4/4/	4/6/	4/8/	A1	Subidas al banco	4/4/	4/4/	4/4/
A2	Aperturas Bandas	4/20/	4/25/	5/20/	5/25/	A2	Pull over -Hip Thrust	4/8/kg	4/8/k	4/10/k
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/8/kg	4/8/k	4/10/k
B1	Remo invertido	4/4/	4/4/	4/6/	4/8/	B1	Dorsal maquina	4/8/kg	4/8/k	4/10/k
B2	Vuelos posteriores	4/8/kg	4/8/kg	4/10/k	4/10/k	B2	TricepsMancuern	2/20.	2/25.	3/25.
B3	Bicho Muerto	2/20/	2/25/	3/25/	4/25/	B3	plancha Lateral	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	4/8/kg	4/8/k	4/10/k
C2	Estocadas	2/20/	2/25/	2/20/	2/25/	C2	Tirones a la cara	4/8/kg	4/8/k	4/10/k
C3	Rechazo Escapular	2/20/	2/20/	2/20/	2/20/	C3	Russian twist	2/20/	2/25/	3/25/

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Intensidad: 80% Rm		pausa: 90-120 "				% M musc/ grasa/ o peso:					
Entrada en Calor :						Wellnes :					
<u>Movilidad 5'</u>						Control horas sueño / 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	Sem 3	Sem
A1	Press Pecho	4/12.	4/12.	4/14.	4/14.	A1	Sentadilla Prof.	4/4.	4/4.	4/6.	4/8.
A2	Biceps- Hombros	4/12.	4/12.	4/14.	4/14.	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	4/8.	4/8.	4/10.	4/10.	B1	Hip Thrust	5/5.	5/5.	5/5.	5
B2	Triceps Soga	4/8.	4/8.	4/10.	4/10.	B2	Vuelos Laterales	4/12.	4/12.	4/14.	4/14.
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	4/8.	4/8.	4/10.	4/10.	C1	Deadlift	6/4.	4/4.	4/3	5/3.
C2	Triceps Fondo	4/8.	4/8.	4/10.	4/10.	C2	Espinal Alternad	4/20.	5/25.	6/25.	6/25.
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	Sem 3	Sem
A1	Dominadas	4/4.	4/4.	4/6.	4/8.	A1	Subidas al banco	4/4.	4/4.	4/4.	4/4.
A2	Aperturas Bandas	4/20.	5/25.	6/25.	6/25.	A2	Pull over -Hip Thrust	4/8.	4/8.	4/8.	4/10.
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/8.	4/8.	4/8.	4/10.
B1	Remo invertido	4/4.	4/4.	4/6.	4/8.	B1	Dorsal maquina	4/12.	4/12.	4/14.	4/14.
B2	Vuelos posteriores	4/8.	4/8.	4/8.	4/10.	B2	TricepsMancuern	4/12.	4/12.	4/14.	4/14.
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	4/12.	4/12.	4/14.	4/14.	C1	Remo Trx	4/12.	4/12.	4/14.	4/14.
C2	Estocadas	2/20/	2/25/	2/20/	2/25.	C2	Tirones a la cara	4/20.	5/25.	6/25.	6/25.
C3	Rechazo Escapular	4/20.	5/25.	6/25.	6/25.	C3	Russian twist	2/20.	2/25.	3/25.	4/25.





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Intensidad: 80% Rm	pausa: 90-120 "	% M musc/ grasa/ o peso:

Entrada en Calor :

Wellnes :

Movilidad 5'

Control horas sueño / Pasos diarios.

Prehab 5'

Suplementacion: ver recomendacion

Activacion 2'

Dia 1	Ejercicio	Sem 1	Sem 2	Sem 3	Sem	Dia2	Ejercicio	Sem 1	Sem	Sem 3	Sem
A1	Press Pecho	3/14.	3/14.	3/16.	3/16.	A1	Sentadilla Prof.	4/4.	4/4.	4/6.	4/8.
A2	Biceps- Hombros	3/14.	3/14.	3/16.	3/16.	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	4/8.	4/8.	4/10.	4/10.	B1	Hip Thrust	5/5.	5/5.	5/5.	5
B2	Triceps Soga	4/8.	4/8.	4/10.	4/10.	B2	Vuelos Laterales	3/14.	3/14.	3/16.	3/16.
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	4/8.	4/8.	4/10.	4/10.	C1	Deadlift	6/4.	4/4.	4/3	5/3.
C2	Triceps Fondo	4/8.	4/8.	4/10.	4/10.	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	Dia 4	Ejercicio	Sem 1	Sem	Sem 3	Sem
A1	Dominadas	4/4.	4/4.	4/6.	4/8.	A1	Subidas al banco	4/4.	4/4.	4/4.	4/4.
A2	Aperturas Bandas	4/20/	4/25/	5/20/	5/25.	A2	Pull over -Hip Thrust	4/8.	4/8.	4/8.	4/10.
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/8.	4/8.	4/8.	4/10.
B1	Remo invertido	3/14.	3/14.	3/16.	3/16.	B1	Dorsal maquina	4/4.	4/4.	4/6.	4/6.
B2	Vuelos posteriores	3/14.	3/14.	3/16.	3/16.	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.	4/8.	4/8.	4/10.	C1	Remo Trx	3/14.	3/14.	3/16.	3/16.
C2	Estocadas	2/20/	2/25/	2/20/	2/25.	C2	Tirones a la cara	3/14.	3/14.	3/16.	3/16.
C3	Rechazo Escapular	2/20.	2/20.	2/20.	2/20.	C3	Russian twist	2/20.	2/25.	3/25.	4/25.