

Programa de Entrenamiento

Objetivo: Fuerza Potencia	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 :
<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	<u>Press Pecho</u>	6/6/kg	6/5/kg	6/4/k	6/3/k	A1	Sentadilla Prof.	6/6/kg	6/5/kg	6/4/k	6/3/k
A2	<u>Biceps- Hombros</u>	6/6/kg	6/5/kg	6/4/k	6/3/k	A2	<u>Caminata Glutea.</u>	2/20/	2/25/	3/25.	4/25.
A3	<u>Plancha Frontal</u>	4/30"	4/30"	4/30"	4/30"	A3	<u>Farmer Walk</u>	2/20/	2/25/	3/25.	4/25.
B1	<u>Press P. Manc</u>	6/6/kg	6/5/kg	6/4/k	6/3/k	B1	Hip Thrust	6/6/kg	6/5/kg	6/4/k	6/3/k
B2	<u>Triceps Soga</u>	4/8/kg	4/8/kg	4/10/k	4/10/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	<u>Planch front+ rot</u>	4/30"	4/30"	4/30"	4/30"
C1	Press P inclinado	6/6/kg	6/5/kg	6/4/k	6/3/k	C1	<u>Deadlift</u>	6/6/kg	6/5/kg	6/4/k	6/3/k
C2	Triceps Fondo	6/6/kg	6/5/kg	6/4/k	6/3/k	C2	Espinal Alternad	2/20/	2/25/	3/25/	4/25/
C3	Mountain climbers	2/20/	2/25/	3/25/	4/25/	C3	<u>Roll out Trx</u>	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	6/6/kg	6/5/kg	6/4/k	6/3/k	A1	<u>Subidas al banco</u>	6/6/kg	6/5/kg	6/4/k	6/3/k
A2	Aperturas Bandas	4/20/	4/25/	5/20/	5/25/	A2	<u>Pull over -Hip Thrust</u>	6/6/kg	6/5/kg	6/4/k	6/3/k
A3	<u>Press Pallof</u>	4/30"	4/30"	4/30"	4/30"	A3	<u>Buenos Dias.</u>	4/8/kg	4/8/kg	4/10/k	4/10/k
B1	Remo invertido	6/6/kg	6/5/kg	6/4/k	6/3/k	B1	<u>Dorsal maquina</u>	6/6/kg	6/5/kg	6/4/k	6/3/k
B2	Vuelos posteriores	4/8/kg	4/8/kg	4/10/k	4/10/k	B2	Triceps Manc.	2/20.	2/25.	3/25.	4/25.
B3	<u>Bicho Muerto</u>	2/20/	2/25/	3/25/	4/25/	B3	plancha Lateral	5/30"	5/30	5/30"	5/30"
C1	<u>Y - T acostado</u>	4/8/kg	4/8/kg	4/10/k	4/10/k	C1	Remo Trx	6/6/kg	6/5/kg	6/4/k	6/3/k
C2	Estocadas	6/6/kg	6/5/kg	6/4/k	6/3/k	C2	Tirones a la cara	4/8/kg	4/8/kg	4/10/k	4/10/k

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Entrada en Calor :				Wellnes :							
<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	4/4/kg	4/5/kg	4/6/k	6/6/k	A1	Sentadilla Prof.	4/4/kg	4/5/kg	4/6/k	6/6/k
A2	Biceps- Hombros	4/4/kg	4/5/kg	4/6/k	6/6/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	4/4/kg	4/5/kg	4/6/k	6/6/k	B1	Hip Thrust	4/4/kg	4/5/kg	4/6/k	6/6/k
B2	Triceps Soga	4/8/kg	4/8/kg	4/10/k	4/10/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	4/4/kg	4/5/kg	4/6/k	6/6/k	C1	Deadlift	4/4/kg	4/5/kg	4/6/k	6/6/k
C2	Triceps Fondo	4/4/kg	4/5/kg	4/6/k	6/6/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	4/4/kg	4/5/kg	4/6/k	6/6/k	A1	Subidas al banco.	4/4/kg	4/5/kg	4/6/k	6/6/k
A2	Aperturas Bandas	4/20/	4/25/	5/20/	5/25/	A2	Pull O+H Thrust	4/4/kg	4/5/kg	4/6/k	6/6/k
A3	Press Pallof	4/30"	4/30"	4/30"	4/30"	A3	Buenos Dias.	4/4/kg	4/5/kg	4/6/k	6/6/k
B1	Remo invertido	4/4/kg	4/5/kg	4/6/k	6/6/k	B1	Dorsal maquina	4/8/kg	4/8/kg	4/10/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.	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	4/4/kg	4/5/kg	4/6/k	6/6/k
C2	Estocadas	4/4/kg	4/5/kg	4/6/k	6/6/k	C2	Tirones a la cara	4/8/kg	4/8/kg	4/10/k	4/10/k