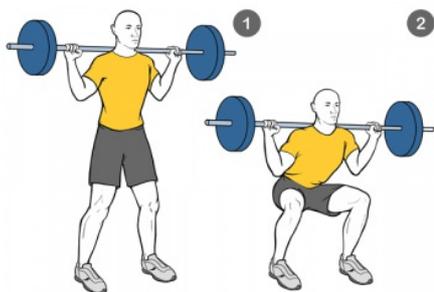


Full Body

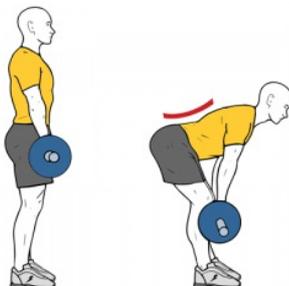
Programa de 3 días

Media sentadilla con barra



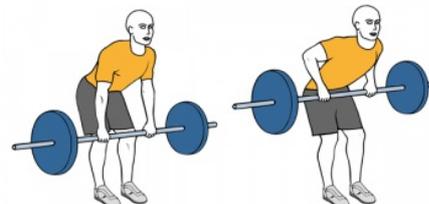
4 Series 12 reps

Peso muerto rumano o con piernas estiradas



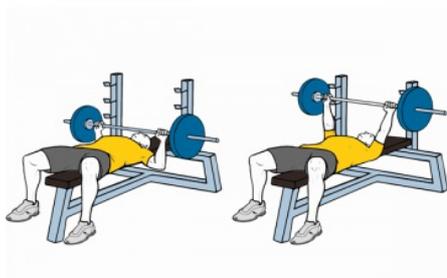
4 Series 12 reps

Remo con barra de pie



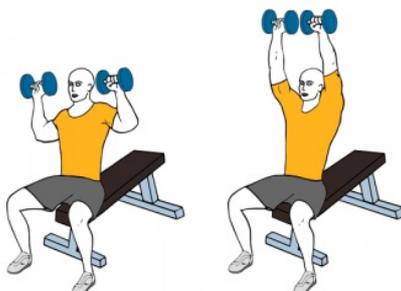
4 Series 12 reps

Press de banca con barra



4 Series 12 reps

Press de hombros con mancuernas sentado



4 Series 12 reps

Andar



Caminata de 30 minutos