

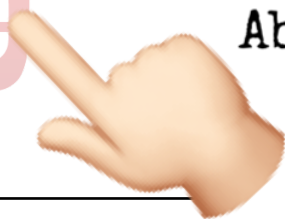
# ABDOMINALES

## ELEVACIÓN PIERNAS



Abdominal inferior, Cuadriceps

YouTube



TUTORIAL



■ Día 1	5 rep/3 series
■ Día 2	5 rep/3 series
■ Día 3	5 rep/3 series
■ Día 4	<b>DESCANSO</b>
■ Día 5	10 Rep/3 series
■ Día 6	10 Rep/3 series
■ Día 7	10 rep/3 series
■ Día 8	<b>DESCANSO</b>
■ Día 9	15 Rep/3 series
■ Día 10	15 Rep/3 series
■ Día 11	15 rep/3 series
■ Día 12	<b>DESCANSO</b>
■ Día 13	20 Rep/3 series
■ Día 14	20 Rep/3 series
■ Día 15	20 Rep/3 series

■ Día 16	<b>DESCANSO</b>
■ Día 17	25 Rep/2 series
■ Día 18	25 Rep/2 series
■ Día 19	25 Rep/2 series
■ Día 20	<b>DESCANSO</b>
■ Día 21	30 Rep/2 series
■ Día 22	30 Rep/1 serie
■ Día 23	30 Rep/1 serie
■ Día 24	<b>DESCANSO</b>
■ Día 25	40 Rep/1 serie
■ Día 26	40 Rep/1 serie
■ Día 27	40 Rep/1 serie
■ Día 28	<b>DESCANSO</b>
■ Día 29	45 Rep/1 serie
■ Día 30	50 Rep/1 serie

