

# JUMPING JACK (PUSH PRESS)



Cuadriceps, Deltoides , Glúteos , Reptó abdominal, Trapecio , Bíceps



|          |                 |
|----------|-----------------|
| ■ Día 1  | 20 Rep/3 series |
| ■ Día 2  | 20 Rep/3 series |
| ■ Día 3  | 30 Rep/3 series |
| ■ Día 4  | DESCANSO        |
| ■ Día 5  | 30 Rep/3 series |
| ■ Día 6  | 30 Rep/3 series |
| ■ Día 7  | 40 Rep/3 series |
| ■ Día 8  | DESCANSO        |
| ■ Día 9  | 50 Rep/2 series |
| ■ Día 10 | 50 Rep/2 series |
| ■ Día 11 | 25 Rep/2 series |
| ■ Día 12 | DESCANSO        |
| ■ Día 13 | 60 Rep/2 series |
| ■ Día 14 | 70 Rep/2 series |
| ■ Día 15 | 80 Rep/2 series |



|          |                  |
|----------|------------------|
| ■ Día 16 | DESCANSO         |
| ■ Día 17 | 100 Rep/1 series |
| ■ Día 18 | 100 Rep/1 series |
| ■ Día 19 | 100 Rep/1 series |
| ■ Día 20 | DESCANSO         |
| ■ Día 21 | 120 Rep/1 series |
| ■ Día 22 | 120 Rep/1 series |
| ■ Día 23 | 120 Rep/1 series |
| ■ Día 24 | DESCANSO         |
| ■ Día 25 | 140 Rep/1 series |
| ■ Día 26 | 160 Rep/1 series |
| ■ Día 27 | 180 Rep/1series  |
| ■ Día 28 | DESCANSO         |
| ■ Día 29 | 190 Rep/1 series |
| ■ Día 30 | 200 rep/1 series |



30 VIDEOS DISPONIBLES EN CADA DÍA EL CORRESPONDIENTE AL RETO

Suscríbete a mi canal : [YouTube.com/retosfisicos30dias](https://www.youtube.com/retosfisicos30dias). Activa las notificaciones ( la campanita ) Acerca el mouse para ver videos



