



JUMPING JACK (Push press)

Cuadriceps, Deltoides, Gluteo, Repto abdominal, Biceps



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/1 series
Día 28	DESCANSO
Día 29	190 Rep/1 series
Día 30	200 rep/1 series

PRESS PLANO CON MANCUERNAS

Pectoral mayor, Deltoides, triceps

Día 1	10 Rep/3 series
Día 2	10 Rep/3 series
Día 3	15 Rep/3 series
Día 4	DESCANSO
Día 5	15 Rep/3 series
Día 6	15 Rep/3 series
Día 7	20 Rep/3 series
Día 8	DESCANSO
Día 9	25 Rep/2 series
Día 10	25 Rep/2 series
Día 11	25 Rep/2 series
Día 12	DESCANSO
Día 13	30 Rep/2 series
Día 14	35 Rep/2 series
Día 15	40 Rep/2 series



Día 16	DESCANSO
Día 17	50 Rep/1 series
Día 18	50 Rep/1 series
Día 19	50 Rep/1 series
Día 20	DESCANSO
Día 21	60 Rep/1 series
Día 22	60 Rep/1 series
Día 23	60 Rep/1 series
Día 24	DESCANSO
Día 25	70 Rep/1 series
Día 26	80 Rep/1 series
Día 27	90 Rep/1 series
Día 28	DESCANSO
Día 29	95 Rep/1 series
Día 30	100 rep/1 series

Abdominales > codo rodilla - alterno

Pectoral mayor, Deltoides, triceps

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/1 series
Día 28	DESCANSO
Día 29	190 Rep/1 series
Día 30	200 rep/1 series



