

# El Puente

Glúteos, Femoral, Espalpa inferior



Día 1	25 rep/3 series
Día 2	25 rep/3 series
Día 3	30 rep/3 series
Día 4	DESCANSO
Día 5	35 rep/3 series
Día 6	35 rep/3 series
Día 7	40 rep/3 series
Día 8	DESCANSO
Día 9	50 rep/3 series
Día 10	50 rep/3 series
Día 11	60 rep/3 series
Día 12	DESCANSO
Día 13	65 rep/3 series
Día 14	65 rep/3 series
Día 15	70 rep/3 series



Día 16	DESCANSO
Día 17	75 rep/2 series
Día 18	80 rep/2 series
Día 19	85 rep/2 series
Día 20	DESCANSO
Día 21	90 rep/2 series
Día 22	95 rep/1 series
Día 23	100 rep/1 series
Día 24	DESCANSO
Día 25	110 rep/1 series
Día 26	120 rep/1 series
Día 27	130 rep/1 series
Día 28	DESCANSO
Día 29	140 rep/1 series
Día 30	150 rep/1 series

## Abdominales Elevación piernas

Abdominal Inferior, Cuadriiceps

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



Día 16	DESCANSO
Día 17	25 rep/2 series
Día 18	25 rep/2 series
Día 19	25 rep/2 series
Día 20	DESCANSO
Día 21	30 rep/2 series
Día 22	30 rep/1 series
Día 23	30 rep/1 series
Día 24	DESCANSO
Día 25	40 rep/1 series
Día 26	40 rep/1 series
Día 27	40 rep/1 series
Día 28	DESCANSO
Día 29	45 rep/1 series
Día 30	50 rep/1 series

## Flexiones

Pectoral, Hombros, Tríceps

Día 1	5 rep/3 series
Día 2	5 rep/3 series
Día 3	5 rep/3 series
Día 4	DESCANSO
Día 5	8 rep/3 series
Día 6	8 rep/3 series
Día 7	8 rep/3 series
Día 8	DESCANSO
Día 9	10 rep/3 series
Día 10	10 rep/3 series
Día 11	10 rep/3 series
Día 12	DESCANSO
Día 13	12 rep/3 series
Día 14	12 rep/3 series
Día 15	12 rep/3 series



Día 16	DESCANSO
Día 17	15 rep/2 series
Día 18	15 rep/2 series
Día 19	15 rep/2 series
Día 20	DESCANSO
Día 21	18 rep/2 series
Día 22	20 rep/1 series
Día 23	20 rep/1 series
Día 24	DESCANSO
Día 25	22 rep/1 series
Día 26	22 rep/1 series
Día 27	22 rep/1 series
Día 28	DESCANSO
Día 29	25 rep/1 series
Día 30	30 rep/1 series



