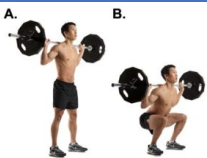


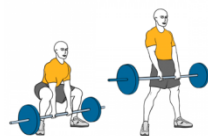





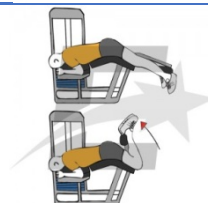




ENTRENO 2 DÍAS: GLUTEOS, ABDOMINALES Y PIERNAS NIVEL 7

| Día 1 | Repeticiones | Día 2 | Repeticiones |
|---|--------------------------|---|---------------------|
|  | 10 x 3 Desc. 60" |  | 10x4 Desc. 60" |
|  | 10+10x 3 Desc. 60" |  | 10x4 Desc. 60" |
|  | 10 x 4 Desc. 60" |  | 16 x 4 Desc. 60" |
|  | 10x3 Desc. 60" |  | 12x3 Desc. 60" |
|  | 12x3 Desc. 60" |  | 12x3 Desc. 60" |
|  | 12+12 x3 Desc. 60" |  <p>con fi band</p> | 15x3 Desc. 60" |