





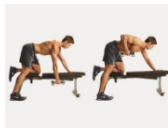





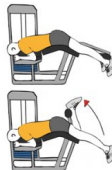











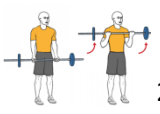


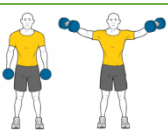

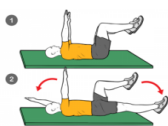




## AUMENTO DE MASA MUSCULAR

### RUTINA WEIDER

Día 1		Día 2		Día 3		DÍA 4		DÍA 5	
	10 8 6 4 RIR 2 D.2'		10X4 RIR 2 D. 2'		10 8 6 4 RIR 2 D.2'		6 X3 RIR 2 D. 1'		6X3 RIR 2 D. 1'
	12X3 RIR 2 D. 1'		10 8 6 4 RIR 2 D.2'		10 8 6 4 RIR 2 D.2'		6 X3 RIR 2 D. 1'		6X3 RIR 2 D. 1'
	10 X 3 RIR 2 D. 1'		10 8 6 4 RIR 2 D.2'		10 8 6 4 RIR 2 D.2'		6 X3 RIR 2 D. 1'		12X 3 RIR 2 D. 1'
	10 8 6 4		10 X 3 RIR 2 D. 1'		10 X 3 RIR 2 D. 1'		12 X3 RIR 2 D. 1'		12X 3 RIR 2 D. 1'
	6X3 RIR 2 D.1'		6X3 RIR 2 D.1'		10 8 6 4 RIR 2 D.2'		8 X3 RIR 2 D. 1'		12X 3 RIR 2 D. 1'
	12X3 RIR 2 D.1'		12X3 RIR 2 D.1'		10 X 3 RIR 2 D. 1'				
					10 X 3 RIR 2 D. 1'				
									10 x3

**ABS**