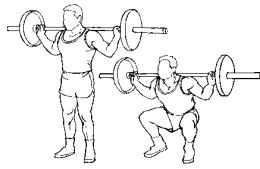
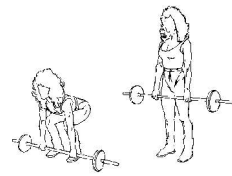


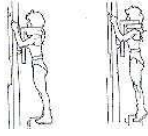
Sentadilla Paralela:



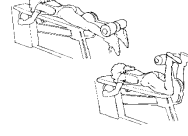
Peso Muerto:



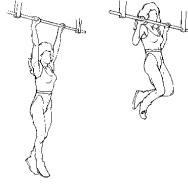
Gemelos en máquina:



Curl Femorales :

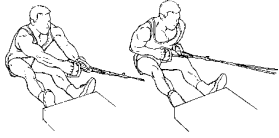


Dominadas:

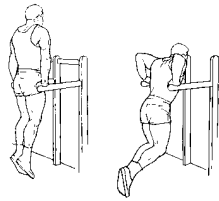


(o jalón al pecho)

Remo (o con barra):

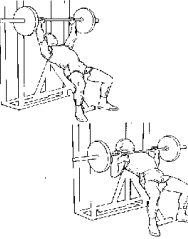


Fondos Paral:

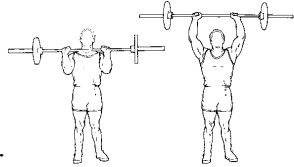


(o press banca)

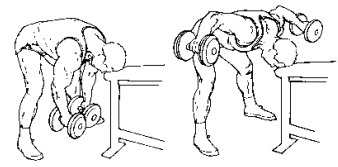
Press Superior:



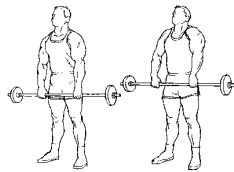
Press Militar:



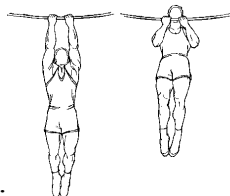
Pájaros 45°:



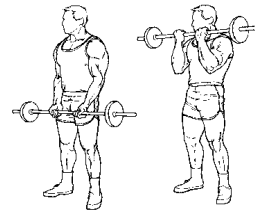
Elevaciones Hombros:



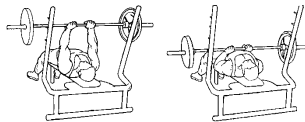
Dominadas Bíceps:



Curl Bíceps:



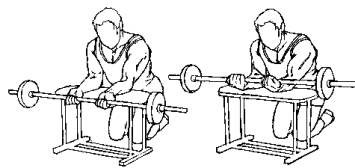
Press Cerrado:



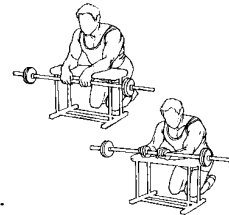
Extensiones tric:



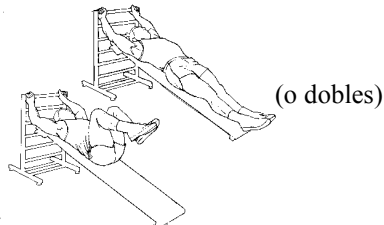
Curl Antebrazos:



Extensiones Anteb.:



Abdominales Inf.:



(o dobles)

Abdom. Sup.:

