

PLANTILLA RUTINA GYM

PROGRAMME HEBDOMADAIRE DE MUSCULATION

LUNES

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

MARTES

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

MIERCOLES

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

JUEVES

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

VIERNES

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

SABADO

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

Exercice: Séries: Reps: Peso:

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