

GUIA DE EJERCICIOS DE GIMNASIO

PECHO

● Press banca	Series:	Reps:	Notas:
● Press inclinado	Series:	Reps:	Notas:
● Aperturas	Series:	Reps:	Notas:
● Fondos	Series:	Reps:	Notas:
● Press mancuernas	Series:	Reps:	Notas:

ESPALDA

● Dominadas	Series:	Reps:	Notas:
● Remo con barra	Series:	Reps:	Notas:
● Jalon al pecho	Series:	Reps:	Notas:
● Remo mancuerna	Series:	Reps:	Notas:
● Peso muerto	Series:	Reps:	Notas:

HOMBROS

● Press militar	Series:	Reps:	Notas:
● Elevaciones laterales	Series:	Reps:	Notas:
● Elevaciones frontales	Series:	Reps:	Notas:
● Pajaros	Series:	Reps:	Notas:
● Face pull	Series:	Reps:	Notas:

PIERNAS

● Sentadilla	Series:	Reps:	Notas:
● Prensa	Series:	Reps:	Notas:
● Zancadas	Series:	Reps:	Notas:
● Curl femoral	Series:	Reps:	Notas:
● Extension cuadriceps	Series:	Reps:	Notas:

BRAZOS

● Curl biceps	Series:	Reps:	Notas:
● Curl martillo	Series:	Reps:	Notas:
● Triceps polea	Series:	Reps:	Notas:
● Frances	Series:	Reps:	Notas:
● Fondos banco	Series:	Reps:	Notas: