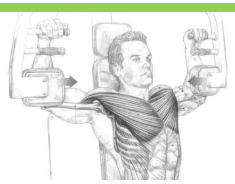
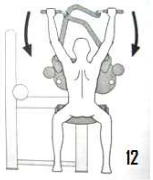
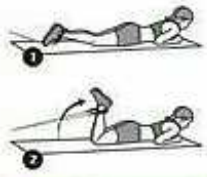
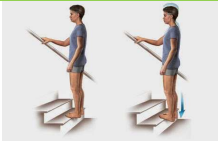
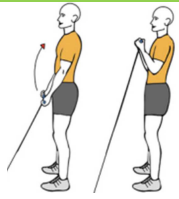
TRANSTRIATLON

MUSCULACIÓN SALA DE FITNESS

TRABAJAR CON PESOS QUE LES PERMITA EJECUTAR LOS MOVIMIENTOS CON BUENA TÉCNICA. AJUSTAR LOS PESOS A LAS SERIES, REPETICIONES Y DESCANSO PAUTADOS.

PECTORAL	CUADRICEPS	DORSAL	ISQUIOTIBIALES	TRICEPS	GEMELOS	BICEPS	GLUTEOS
							

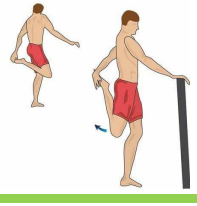
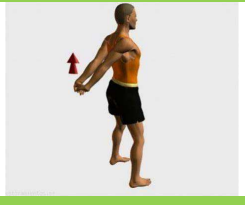
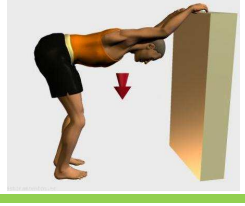
MUSCULACIÓN CASA

PECTORAL (3X10REP DESC=30'')	CUADRICEPS (3X30''-1' DESC=30'')	DORSAL (3X10REP DESC=30'')	ISQUIOTIBIALES (3X10REP DESC=30'')	TRICEPS (3X10REP DESC=30'')	GEMELOS (3X10REP DESC=30'')	BICEPS (3X10REP DESC=30'')	GLUTEOS (3X10REP DESC=30'')
							

ABDOMINALES Y LUMBARES

ABDOMINALES 1 (3X15REP DESC=30'')	ABDOMINALES 2 (3X16REP DESC=30'')	ABDOMINALES 3 (3X16REP DESC=30'')	LUMBARES (3X16REP DESC=30'')

ESTIRAMIENTOS

MANTENER EL TIEMPO INDICADO EN EL PUNTO DONDE HAYA TENSIÓN PERO NO DOLOR.

GLUTEOS (2X30'' DESC=30'')	PSOAS (2X30'' DESC=30'')	ISQUIOTIBIALES (2X30'' DESC=30'')	CUADRICEPS (2X30'' DESC=30'')	PECTORAL (2X30'' DESC=30'')	DORSAL (2X30'' DESC=30'')