

GUIA DE EJERCICIOS DE GIMNASIO

PECHO

- | | | | |
|--------------------|------------------------------|----------------------------|--------|
| ● Press banca | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Press inclinado | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Aperturas | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Fondos | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Press mancuernas | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |

ESPALDA

- | | | | |
|------------------|------------------------------|----------------------------|--------|
| ● Dominadas | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Remo con barra | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Jalon al pecho | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Remo mancuerna | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Peso muerto | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |

HOMBROS

- | | | | |
|-------------------------|------------------------------|----------------------------|--------|
| ● Press militar | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Elevaciones laterales | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Elevaciones frontales | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Pajaros | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Face pull | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |

PIERNAS

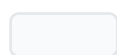
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|------------------------|------------------------------|----------------------------|--------|
| ● Sentadilla | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Prensa | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Zancadas | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Curl femoral | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Extension cuadriceps | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |

BRAZOS

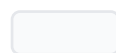
- | | | | |
|-----------------|------------------------------|----------------------------|--------|
| ● Curl biceps | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Curl martillo | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● Triceps polea | Series: <input type="text"/> | Reps: <input type="text"/> | Notas: |
| ● | | | |

Frances

Series:



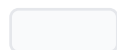
Reps:



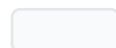
Notas:

Fondos banco

Series:



Reps:



Notas: