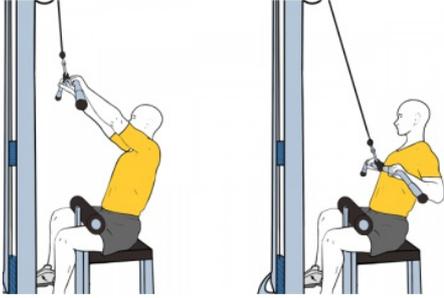


## AVANZADO DIA 3 (ESPALDA Y PECHO)

ENTRENAMIENTO ESPECIFICO DE ESPALDA Y PECHO

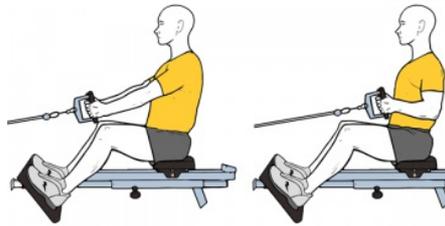
1 h

Jalón con polea alta al pecho con agarre ancho



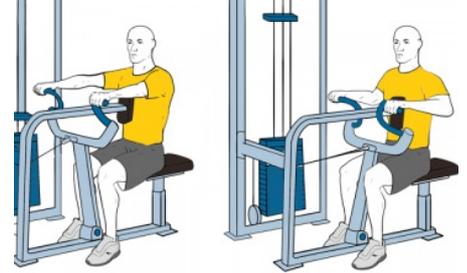
4 Series  
20/15/12/10

Remo horizontal sentado con polea



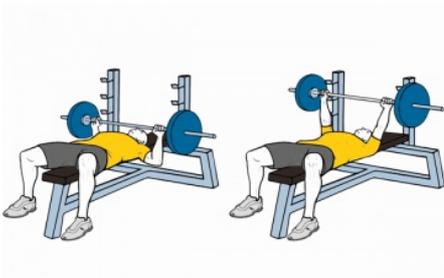
4 Series  
20/15/12/10

Remo con agarre cerrado sentado en maquina



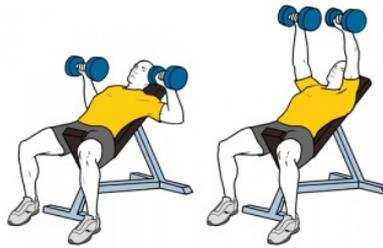
4 Series  
20/15/12/10

Press de banca con barra



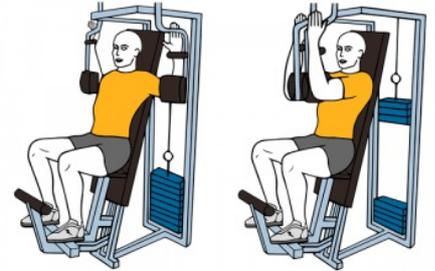
4 Series  
20/15/12/10

Press pectoral con mancuernas en banco inclinado



4 Series  
20/15/12/10

Aperturas en maquina contractor



4 Series  
20/15/12/10