

# **Power TEAM**

## **Entrenamiento full body**

**Rutina de ejercicios creada para Jesus**

**Zona:** full

**Objetivo buscado:** Fuerza

**Estado actual:** Intermedio

**Duracion:** 60-90 min

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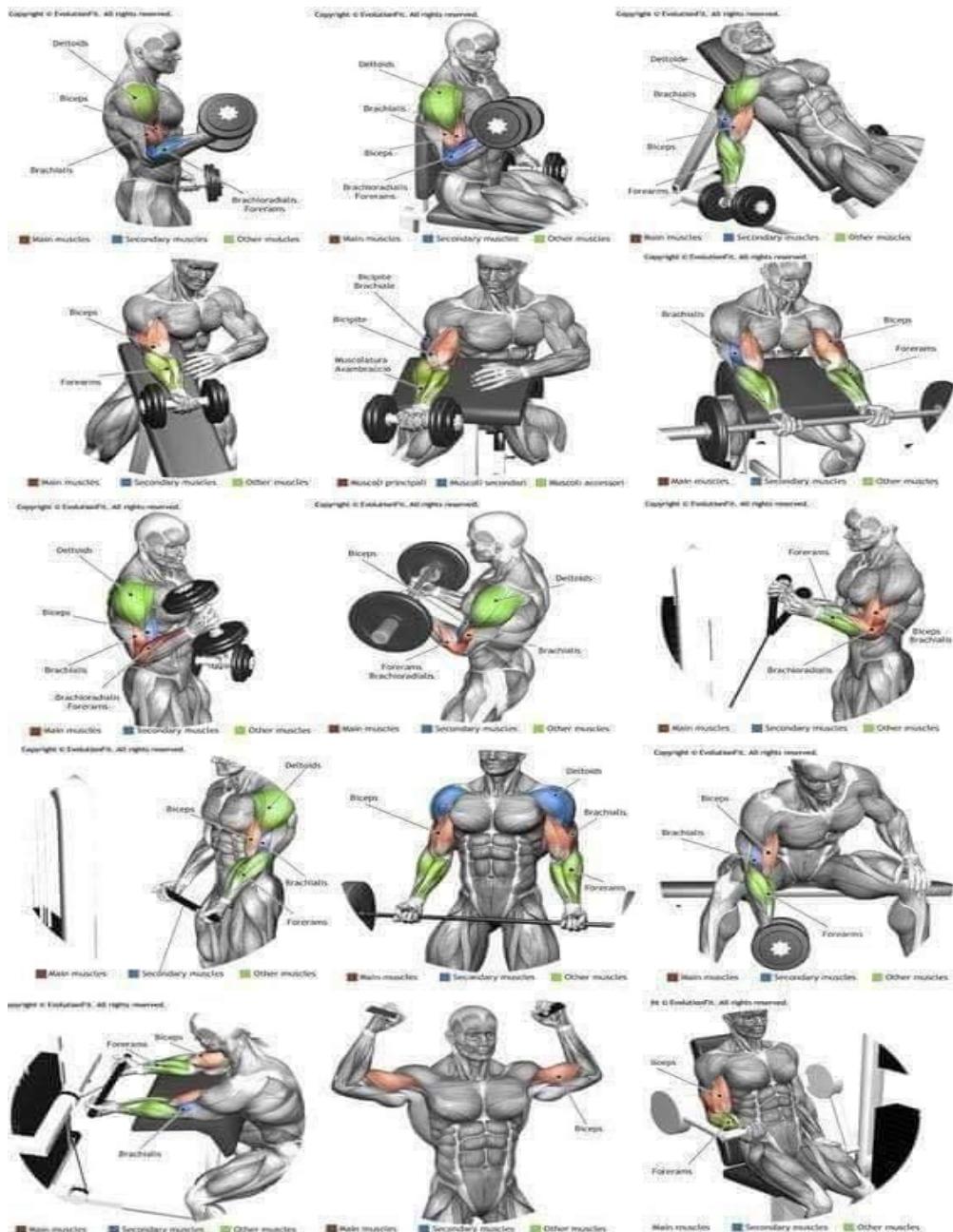
**Recomendaciones:**

- Series cortas con pesos cercanos a su rm
- Entrenamiento 5-6 dias por semana, busque nuevas marcas paulatinamente
- Alterne grupos grandes con pequeños e introduzca series largas

**Ejercicios recomendados para las zonas indicadas**

# Power TEAM

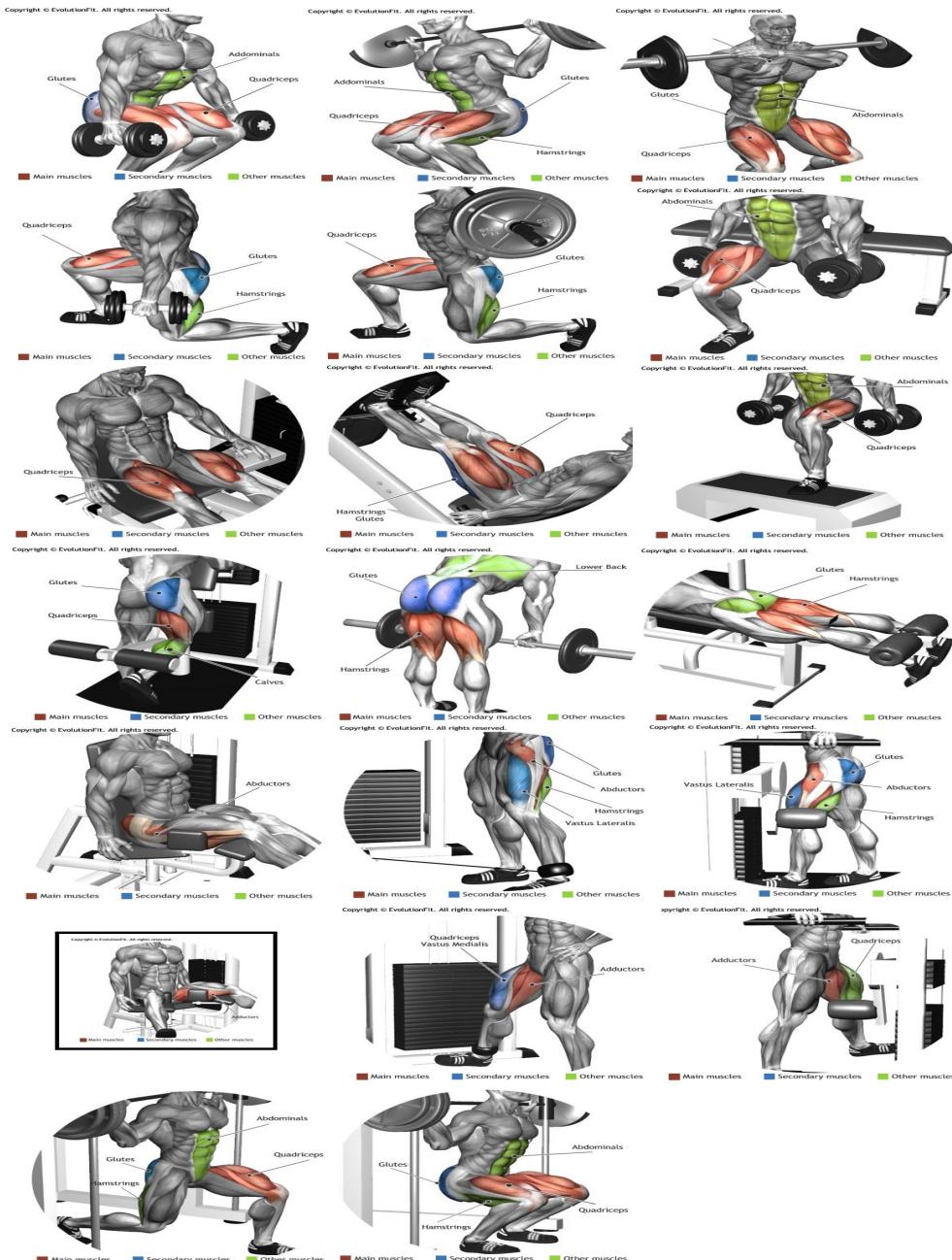
## Entrenamiento full body



## Entrenamiento Brazo

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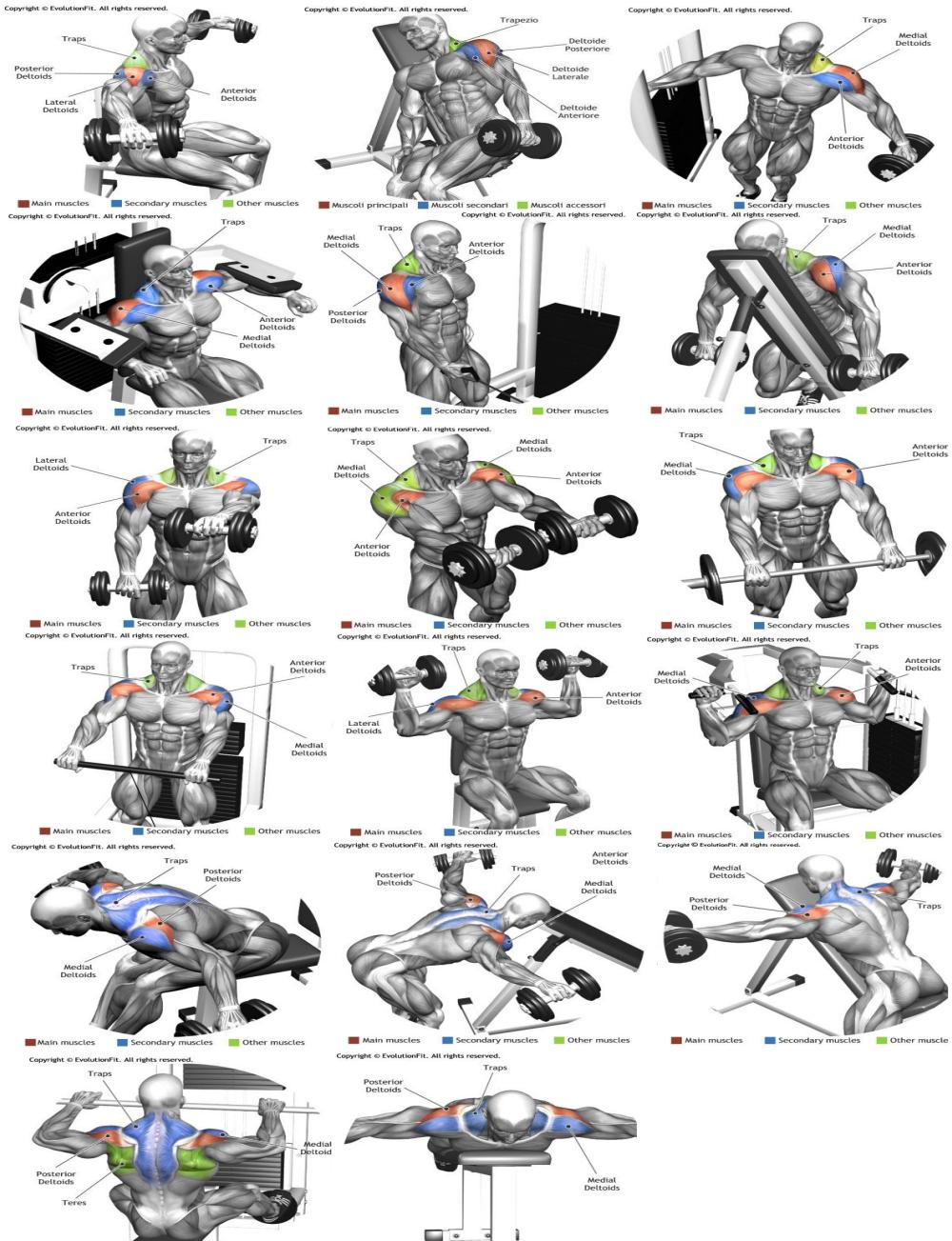
## Entrenamiento full body



## Entrenamiento Pierna

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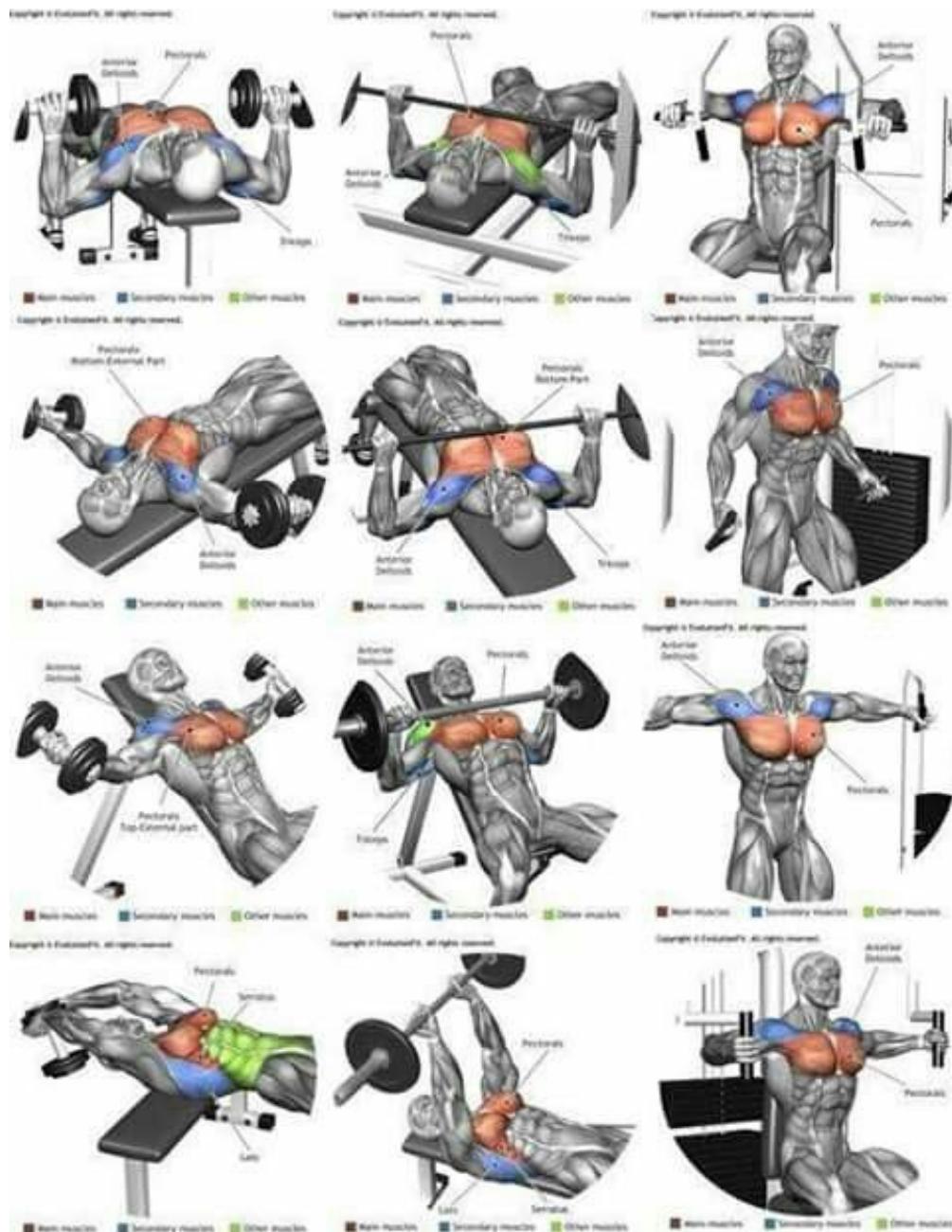
## Entrenamiento full body



## Entrenamiento Hombro

# Power TEAM

## Entrenamiento full body



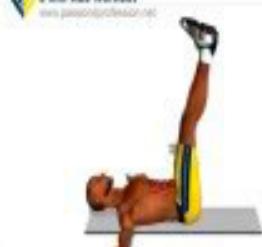
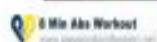
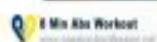
## Entrenamiento Pecho

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## Entrenamiento full body

LM 1 - 8 Min Abs Workout, how to have six pack.zip4

Size: 121 MB      Video Format: H264      Video Bitrate: 2090 kbps  
Resolution: 1280x720      Frames per second: 29.97      Audio Bitrate: 125 kbps  
Length: 00:08:14      Aspect ratio: 16:9

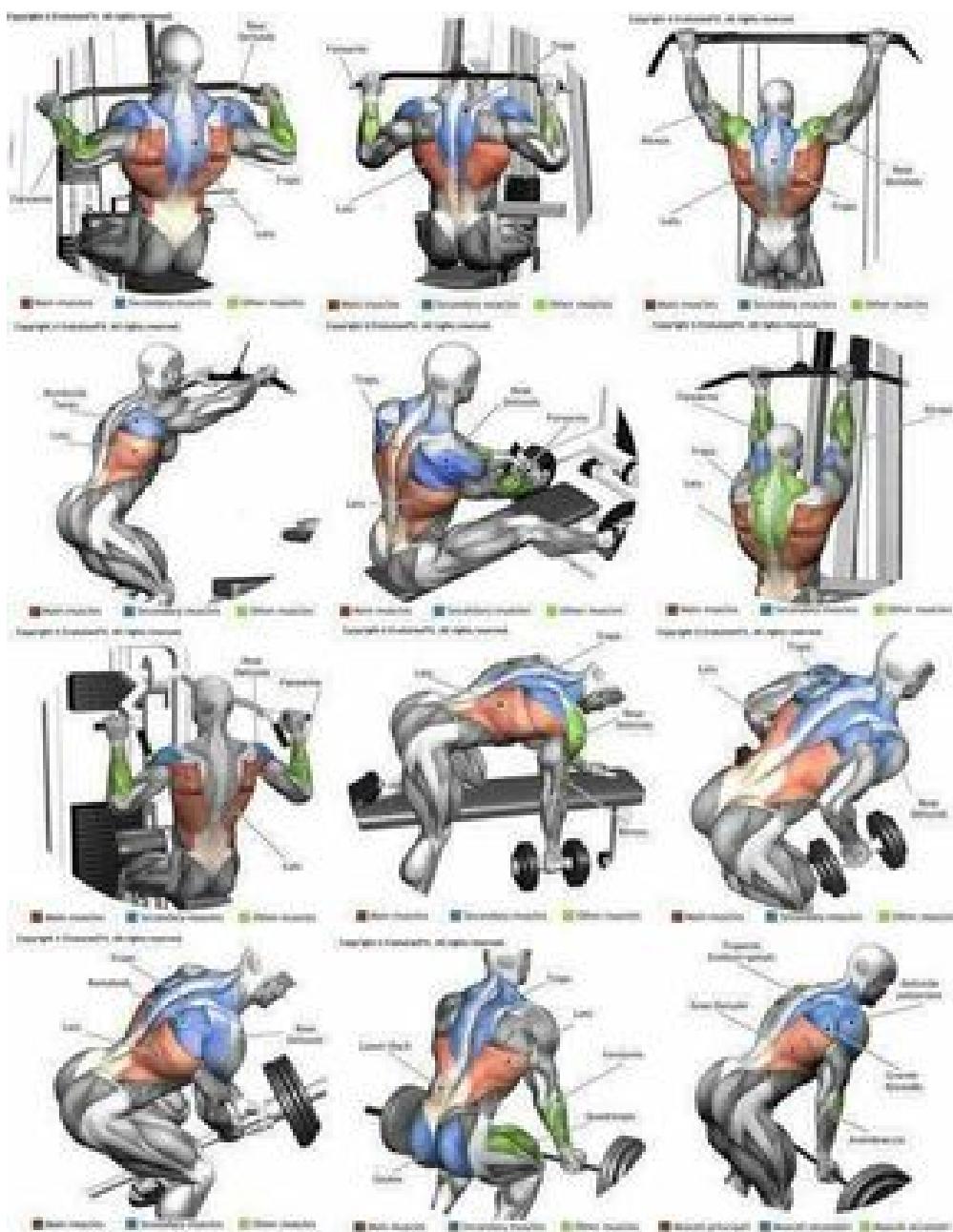


Generated by SWFPlayer

## Entrenamiento Abdomen

# Power TEAM

## Entrenamiento full body



## Entrenamiento Espalda