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| |  | | --- | |  | |  | CARLOS IGNACIO LÓPEZ MUÑOZ | | | | | |
|  |  | **FITNESS ELITE TRAINER** | | | | | |
|  |  | [**lftwellness93@gmail.com**](mailto:lftwellness93@gmail.com) | | | | | |
|  |  | **TEL: 4771317234** | | | **INSTA: @carlofit\_** | | |
|  |  | **"FRASE MAMADORA"** | | | | | |
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|  |  |  |  |  |  |  |  |
| **PLAN ALIMINTICIO + RUTINA DE EJERCICIO PERSONALIZADA** | | | **MELISSA LIZBETH NAVARRO GALVÁN** | | | **MES: JULIO** | |
| **AVANCE** | |
|  |  |  |  |  |  |  |  |
| **PLAN ALIMENTICIO** | | | | | | | |
|  |  |  |  |  |  |  |  |
| **COMIDA 1** | |  | **COMIDA 2** | |  | **COMIDA 3** | |
| **2 HUEVOS CON VERDURA** | |  | **150gr DE POLLO** | |  | **1 REBANADA DE PIÑA** | |
| **1 TAZA DE LECHE** | |  | **1 PEPINO S/SEMILLA** | |  | **170gr de Res** | |
|  | |  |  | |  | **1/2 Chayote cocido** | |
|  |  |  |  |  |  |  |  |
| **COMIDA 4** | |  | **COMIDA 5** | |  | **COMIDA 6** | |
| **1 TAZA DE CEREAL S/AZUCAR** | |  | **3 HUEVOS** | |  |  | |
| **250ml DE LECHE** | |  | **1/2 AGUACATE** | |  |  | |
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|  |  |  |  |  |  |  |  |
| **RUTINA DE EJERCICIO** | | | | | | | |
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|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
|  | | **TIEMPO** | | **SERIES** | | **REPETICIONES** | |
| **SENTADILLA LIBRE** | | **x** | | **6** | | **15** | |
| **PESO MUERTO** | | **x** | | **4** | | **12** | |
| **HACK BISERIE** | | **x** | | **4** | | **15** | |
| **DESPLANTE** | | **x** | | **4** | | **12** | |
| **FEMORAL ACOSTADO** | | **x** | | **5** | | **10** | |
| **PANTORRILLA** | | **x** | | **3** | | **30** | |
|  |  |  |  |  |  |  |  |
|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
|  | | **TIEMPO** | | **SERIES** | | **REPETICIONES** | |
| **SENTADILLA LIBRE** | | **x** | | **6** | | **15** | |
| **PESO MUERTO** | | **x** | | **4** | | **12** | |
| **HACK BISERIE** | | **x** | | **4** | | **15** | |
| **DESPLANTE** | | **x** | | **4** | | **12** | |
| **FEMORAL ACOSTADO** | | **x** | | **5** | | **10** | |
| **PANTORRILLA** | | **x** | | **3** | | **30** | |
|  |  |  |  |  |  |  |  |
|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
|  | | **TIEMPO** | | **SERIES** | | **REPETICIONES** | |
| **SENTADILLA LIBRE** | | **x** | | **6** | | **15** | |
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| **HACK BISERIE** | | **x** | | **4** | | **15** | |
| **DESPLANTE** | | **x** | | **4** | | **12** | |
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| **PANTORRILLA** | | **x** | | **3** | | **30** | |
|  |  |  |  |  |  |  |  |
|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
|  | | **TIEMPO** | | **SERIES** | | **REPETICIONES** | |
| **SENTADILLA LIBRE** | | **x** | | **6** | | **15** | |
| **PESO MUERTO** | | **x** | | **4** | | **12** | |
| **HACK BISERIE** | | **x** | | **4** | | **15** | |
| **DESPLANTE** | | **x** | | **4** | | **12** | |
| **FEMORAL ACOSTADO** | | **x** | | **5** | | **10** | |
| **PANTORRILLA** | | **x** | | **3** | | **30** | |
|  |  |  |  |  |  |  |  |
|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
|  | | **TIEMPO** | | **SERIES** | | **REPETICIONES** | |
| **SENTADILLA LIBRE** | | **x** | | **6** | | **15** | |
| **PESO MUERTO** | | **x** | | **4** | | **12** | |
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| **DESPLANTE** | | **x** | | **4** | | **12** | |
| **FEMORAL ACOSTADO** | | **x** | | **5** | | **10** | |
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|  |  |  |  |  |  |  |  |
|  |  | **DÍA 1** | | **PIERNA COMPLETA** | | | |
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| **FEMORAL ACOSTADO** | | **x** | | **5** | | **10** | |
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