

Rutina 1

1. Front a touch

Series: 5

Repeticiones: 4seg, 6seg, 8seg, 10seg, 10seg

2. Front a 2touch3seg

Series: 4

Repeticiones: 3touch2seg, 3touch2seg, 4touch2seg

3. Pull ups completas

Series: 4

Repeticiones: 3, 4, 5, 6

4. Pull ups completas 3seg

Series: 3

Repeticiones: 2pull, 3pull, 4pull

5. Front touch 3seg + 4 pull ups completo

Series: 3

Repeticiones: N/A

6. Touch press touch

Series: 3

Repeticiones: 2, 3, 4

7. Front a touch + press

Series: 1

Repeticiones: 3

Rutina 2

1. Front a 3touch, front a 4touch, front a 5touch, front a 6touch

Series: 4

Repeticiones: N/A

2. Front 2pull + touch, 3pull + touch, 4pull + touch, 5pull+ touch

Series: 4

Repeticiones: N/A

3. Touch + pull + touch

Series: 1

Repeticiones: 2, 3, 4, 5

4. 2pull completas + touch

Series: 3

Repeticiones: N/A

5. Front touch 3seg, 5seg, 8seg, 10seg, negativa de front completa

Series: 4

Repeticiones: N/A

Rutina 3

1. Pull ups + touch

Series: 3

Repeticiones: 9

2. Pull ups + touch + press

Series: 3

Repeticiones: 4

3. Pull a touch

Series: 3

Repeticiones: 3, 4, 5

4. Negativa de SAT con goma

Series: 3

Repeticiones: 6seg

5. Pull ups de SAT con goma

Series: 3

Repeticiones: 3reps

6. SAT 3seg + 2 pull + touch, suma pull

Series: 3

Repeticiones: N/A

Rutina 4

1. wrap around rows

Series: 1

Repeticiones: N/A

2. CABLE ANGLED SHRUGS

Series: 1

Repeticiones: N/A

3. trap bar SHRUGS

Series: 1

Repeticiones: N/A

4. facepulls oh ext

Series: 1

Repeticiones: N/A

5. hip huggers

Series: 1

Repeticiones: N/A

6. dumbbell shrugs

Series: 1

Repeticiones: N/A

Rutina 5

1. wide front max hold

Series: 2

Repeticiones: N/A

2. Wide front touch

Series: 3

Repeticiones: N/A

3. Wide front pull ups

Series: 3

Repeticiones: N/A

4. Negativa a SAT con goma e ir reduciendola

Series: 5

Repeticiones: N/A

5. Pull ups SAT con goma

Series: 4

Repeticiones: N/A

6. hip huggers dumbell

Series: 4

Repeticiones: 10

7. dumbell shrugs

Series: 4

Repeticiones: 10

8. cable angled shrugs

Series: 4

Repeticiones: 10

9. wrap around rows

Series: 4

Repeticiones: 10