|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Peso | Alt | Cuádriceps | Series | Reps | Tipo | Descripción |
| 120 | 1 | Squat + Rodillas | 3 | 10 |  | Buena Postura |
|  | 2 | Curl Biceps Martillo Cruzado | 3 | 10 |  | Buena Postura |
| 20 | 1 | Desplantes | 3 | 10 | Manc |  |
|  | 3 | Sentadilla Hack Maquina #1 | 3 | 10 |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Peso | Alt | Bíceps | Series | Reps | Tipo | Descripción |
|  | 3 | Curl Bíceps | 3 | 10 |  |  |
|  | 2 | Curl Bíceps Inclinado Banco | 3 | 10 |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Peso | Alt | Espalda | Series | Reps | Tipo | Descripción |
|  | 1 | Pulldown Invertido Polea | 0 | 0 |  |  |
|  | 1 | Jalón Polea | 3 | 10 |  |  |
|  | 2 | Remo | 0 | 0 |  | Mejor Postura |
|  | 2 | Remo T | 3 | 15 |  |  |
|  | 3 | Remo Polea | 3 | 10 |  |  |

**Importante:**

Para llevar control de peso, visita:

<https://www.katalystfitroom.com/Login.html>

Para registrar tu asistencia, visita:

<https://katalystfitroom.com/Asistencia.php>

introducir num de ced - presionar 3 lineas izquier arriba-bitcora - insertar dato por dato-si necesita ayuda cualquier COACH presente te puede ayuda

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| Grupos Musculares - Día 1 |
| Cuádriceps Bíceps |

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| Grupos Musculares - Día 2 |
| Espalda |

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| Grupos Musculares - Día 3 |
| Cuádriceps Bíceps |