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| **COD** | **Peso** | Alt | Pecho | Series | Reps | Tipo |
| 1 |  |  | Press banca plana (manc-barra) |  |  |  |
| 2 |  |  | Press banca inclinada (manc-barra) |  |  |  |
| 3 |  |  | Crossover (polea-liga) alta-media-baja |  |  |  |
| 4 |  |  | Press banca declinada (manc-barra) |  |  |  |
| 5 |  |  | Chest press maquina (prono-neutro) #13 |  |  |  |
| 6 |  |  | Chest press inc-dec-plano #14 |  |  |  |
| 7 |  |  | Lagartjas |  |  |  |
| 8 |  |  | Banca aperturas (inc-dec-plano) |  |  |  |
| 9 |  |  | Hex Press con mancuerna |  |  |  |