



# GYM

Nivel **Inicial**

Lo único que está entre tú y tu objetivo  
es la historia que te sigues contando a ti  
mismo.

# RECOMENDACIONES

Asistir solo 4 días a la semana, recomendados Lunes, Martes, Jueves y Sábados. En caso de no poder asistir los propios días mencionados, pueden ser los de su preferencia, siempre y cuando se mantengan el orden de las cuatro rutinas establecidas.

## Descanso entre series y estructura

- Compuestos pesados (bench, squat, deadlifts): 90–120 s
- Accesorios: 60 s
- Aislamiento y funcionales: 15–30 s
- AMRAP = hasta fallo con buena forma
- Duración por sesión: 45–60 min, ideal para principiantes

Recomendamos mantener una buena hidratación, antes, durante y después de cada rutina, para un mejor desarrollo de las mismas

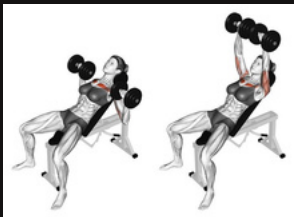
# RUTINA 1

## Lunes

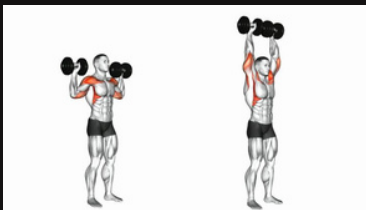
(Push A) – Pecho, Hombro, Tríceps



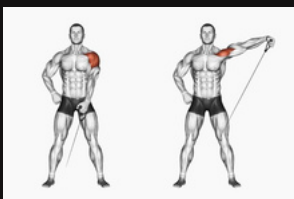
1. Barbell Bench Press – 3×8–10  
descanso 90–120 s



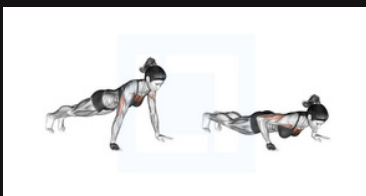
2. Dumbbell Incline Press – 3×10–12,  
descanso 60 s



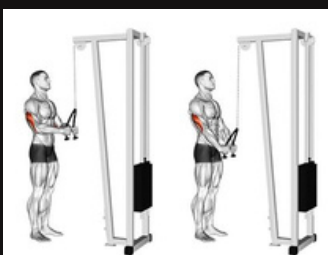
3. Overhead Dumbbell  
Shoulder Press – 3×10–12,  
descanso 60 s



4. Cable Lateral Raises – 3×12–15,  
descanso 30 s



5. Push-Ups (funcional) – 3×AMRAP,  
descanso 30 s



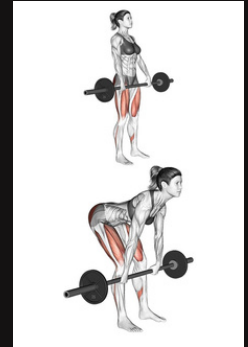
6. Triceps Rope Pushdown – 3×12–15,  
secanso 30 s

# RUTINA 2

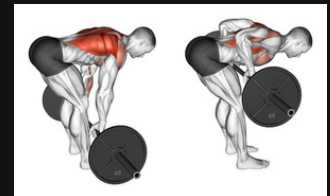
Martes

Martes (Pull A) – Espalda, Bíceps

1. Barbell Deadlift – 3×6–8, 90,  
descanso 120s



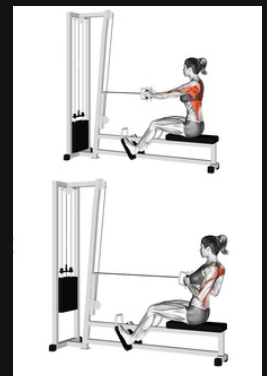
2. Bent-Over Barbell Row – 3×8–10,  
descanso 60s



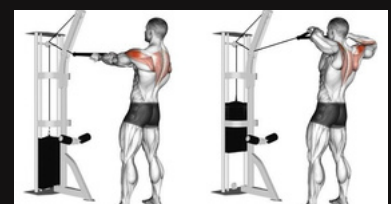
3. Lat Pulldown – 3×10–12,  
descanso 60s



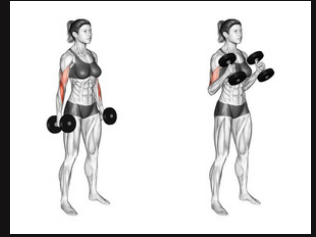
4. Seated Cable Row – 3×10–12,  
descanso 60s



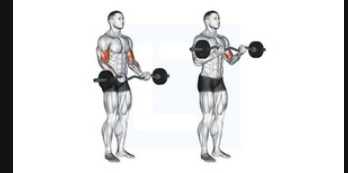
5. Face Pulls – 3×12–15,  
descanso 30s



6. Hammer  
Curls (funcional de agarre)  
– 2×12–15, descanso 30s



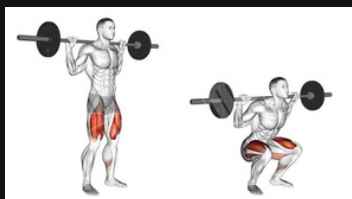
7. Barbell Curl – 3×10–12,  
descanso 60s



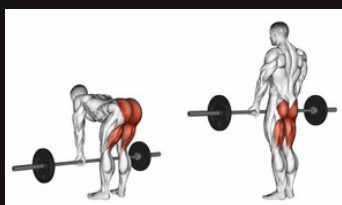
# RUTINA 3

Jueves

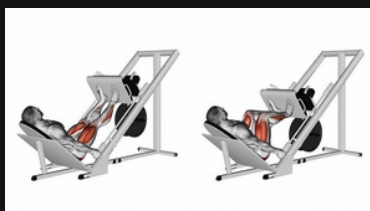
(Legs A) – Piernas completas



1. Barbell Squat – 4×8–10, 90–  
descanso 120 s



2. Romanian Deadlift – 3×10–12,  
descanso 60 s



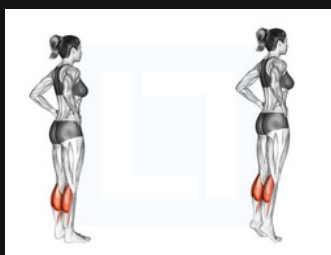
3. Leg Press – 3×10–12,  
descanso 60 s



4. Bodyweight Squats (funcional) – 3×15,  
descanso 30 s



5. Walking Lunges – 3×12–15 por pierna,  
descanso 60 s



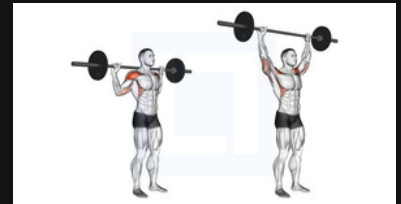
6. Standing Calf Raises – 4×12–15,  
descanso 30 s

# RUTINA 4

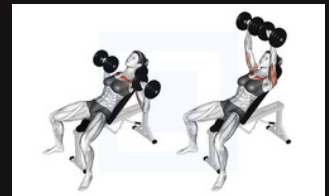
Sábado

(Push B) – Pecho/Hombro/Tríceps (variación)

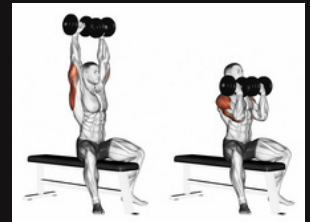
1. Standing Barbell Shoulder Press – 4×8–10, descanso 90–120s



2. Dumbbell Bench Press – 3×10–12, descanso 60s



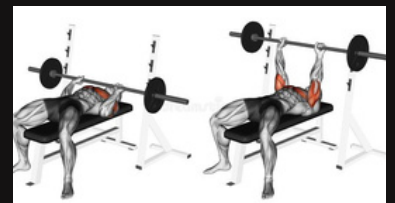
3. Arnold Press – 3×10–12, descanso 60s



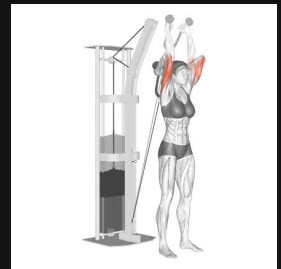
4. Inchworm (funcional, warm-up) – 3×10, descanso 30s



5. Close-Grip Bench Press – 3×8–10, descanso 60s



6. Cable Overhead Triceps Extension  
– 3×10–12, descanso 30s



7. Diamond Push-Ups – 3×AMRAP,  
descanso 15s

