LUNES GLUTEOS Y CUADRICEPS

1. https://www.youtube.com/watch?v=GwKLvau22Wk
2. <https://www.youtube.com/watch?v=F_6Yf2twTmY>

MARTES - TREN SUPERIOR + ABS

1. https://www.youtube.com/watch?v=\_7YeINzCDP8
2. <https://www.youtube.com/watch?v=c88s7_4lHsI>
3. https://www.youtube.com/watch?v=y706RlMmhRw

MIERCOLES - GLUTEOS + ABS

1. https://www.youtube.com/watch?v=m79D4YozCQM
2. <https://www.youtube.com/watch?v=3JXUNryrfWE>

JUEVES - HOMBRO Y ESPALDA

1. https://www.youtube.com/watch?v=Cp8RNodIHoc
2. <https://www.youtube.com/watch?v=CUtrsby1VNM>

VIERNES - FEMORAL, ADUCTOR Y CADERA

1. https://www.youtube.com/watch?v=ZXVFHn58WCU
2. <https://www.youtube.com/watch?v=pYIk8go9pxA>

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VIERNES - FULLBODY

<https://www.youtube.com/watch?v=tVKVHZtTYTE>

SABADO - GLUTEOS

<https://www.youtube.com/watch?v=3JXUNryrfWE>