		PECTOR	SENTADILLA					PULL OVER 10 rep 05-sep				DORSAL 10 rep 05-sep				HOMBRO 10 rep 05-sep				BICEPS 10 rep 05-sep				
	10 rep 05-sep				10 rep 05-sep																			
TELLO																								
ROMO																								
E. ATIENZA																								
OLAZABAL																								
BERGES																								
ARRETXE																								
VALENTIN																								
GARI																								
VENTURA																								
LOZANO																								
AMEZKETA																								
ENEKO																								
AXEL																								
MARTIARENA																								
IÑIGO																								
ERIK																								
VAQUEZ																								
GOIKO																								
SILVO																								
DAVID																								
HECTOR																								
TXESTE																								
ANTTON																								
SALMERO																								