

MEJOR VERSIÓN 30

MAXIMIZAR RESULTADOS



MV30 REPITE CADA 12 SEMANAS

EJERCICIOS

SETS

REPS

DÍA 1	<u>BODY WEIGHT SQUAT</u>	3-5	8-12
	<u>PUSH UP</u>	3-5	8-12
	<u>DEAD BUG VARIATIONS</u>	3-5	8-12
	<u>GLUTE BRIDGE</u>	3-5	8-12
	<u>PLANK T</u>	3-5	8-12
	<u>SPEED SKATER</u>	3-5	8-12
DÍA 2	<u>MOUNTAIN CLIMBERS</u>	3-5	20-30 SEC
	<u>ALTERNATING PRESS UP</u>	3-5	8-12
	<u>SPLIT JUMP</u>	3-5	20-30 SEC
	<u>PLANK</u>	3-5	20-30 SEC
	<u>SKI JUMP</u>	3-5	20-30 SEC
	<u>HAMSTRING STEP OUT</u>	3-5	8-12
DÍA 3	<u>REVERSE LUNGE</u>	3-5	8-12
	<u>VINYASA FLOW</u>	3-5	20-30 SEC
	<u>PLANK</u>	3-5	8-12
	<u>GLUTE BRIDGE</u>	3-5	8-12
	<u>PUSH UP</u>	3-5	8-12
	<u>SPEED SKATER</u>	3-5	20-30 SEC
DÍA 4	<u>SCORPION THRUSTS</u>	3-5	8-12
	<u>V-SITS</u>	3-5	20-30 SEC
	<u>SCORPION THRUSTS</u>	3-5	8-12
	<u>PLANK SHOULDER TAP</u>	3-5	8-12
	<u>ALTERNATE HIP HINGE</u>	3-5	20-30 SEC
	<u>SEATED ROLL BACK</u>	3-5	20-30 SEC