

MEJOR VERSIÓN 30

TONIFICACIÓN DE MUSCULO



MV30 REPITE CADA 12 SEMANAS

EJERCICIOS

SETS

REPS

DÍA 1

FLAT BENCH PRESS	2-4	8-12
FLAT DUMBBELL FLY	2-4	8-12
STANDING OVER HEAD SHOULDER PRESS	2-4	8-12
CABLE OVER HEAD TRICEP EXTENSION	2-4	8-12
CABLE FACE PULL	2-4	8-12
DUMBBELL GOBLET SQUAT	2-4	8-12
STIFF LEGGED DEADLIFT	2-4	8-12

DÍA 2

SUMO SQUAT	2-4	8-12
DUMBBELL FRONT SQUAT	2-4	8-12
FLAT BENCH LEG CURL	2-4	8-12
DUMBBELL SUMO DEADLIFT	2-4	8-12
STAIR CALVES	2-4	8-12
INCLINE BENCH PRESS	2-4	8-12
PARALLEL PULL UPS	2-4	8-12
MODIFIED CANDELSTICK	2-4	8-12

DÍA 3

SINGLE ARM DUMBBELL ROW	2-4	8-12
CHEST SUPPORTED ROW	2-4	8-12
PARALLEL LAT PULL DOWNS	2-4	8-12
DUMBBELL REAR LATERAL RAISE	2-4	8-12
BENT OVER CURL	2-4	8-12
PHYSIO BALL LEG CURL	2-4	8-12
FRONT SQUAT	2-4	8-12

DÍA 4

INCLINE BENCH PRESS	2-4	8-12
SEATED TRICEP DIPS	2-4	8-12
DUMBBELL LATERAL RAISE	2-4	8-12
DUMBBELL TWIST CURL	2-4	8-12
ALTERNATING DUMBBELL LUNGE	2-4	8-12
STIFF LEGGED DEADLIFT	2-4	8-12

DÍA 5

CHEST ELEVATED GLUTE BRIDGE	2-4	8-12
STIFF LEGGED DEADLIFT	2-4	8-12
HIGH BAR BACK SQUAT	2-4	8-12
DUMBBELL FRONT SQUAT	2-4	8-12
STAIR CALVES	2-4	8-12
BARBELL BENT-ROW	2-4	8-12
STANDING DUMBBELL SHOULDER PRESS	2-4	8-12
HANGING LEG RAISES	2-4	8-12

DÍA 6

UNDERHAND PULLUPS	2-4	8-12
PARALLEL LAT PULLDOWN	2-4	8-12
SINGLE ARM DUMBBELL ROW	2-4	8-12
INCLINE DUMBBELL CURL	2-4	8-12
CABLE UPRIGHT ROW	2-4	8-12
CHEST ELEVATED GLUTE BRIDGE	2-4	8-12
STIFF LEGGED DEADLIFT	2-4	8-12