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## **ENTRENA**

PECTORAL

PIERNA

GLÚTEO 👛

.....

CONTACTA

**674-46-75-09** 

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| DÍAS             | 5                             |          | MESOCICLO                                      |                      |      |  |
|------------------|-------------------------------|----------|--|----------------------|------|--|
| OBJETIVO         | Adaptaciór                    | 1        | MICROCICLO                                     |                      |      |  |
|                  |                               |          | DÍA 1  |                      |      |  |
| D                | 111                           |          | A 1  |                      |      |  |
| Press banca      | en multipow                   |          | Apertur  | as en máquina        |      |  |
|                  | Series                        | 4        |  | Series               | 4    |  |
|                  | Rep                           | 15       | 522<br>100 100 100 100 100 100 100 100 100 100 | Rep                  | 15   |  |
|                  | KG                            |          |  | KG                   |      |  |
|                  | Excéntrica                    | 1        |  | Excéntrica           | 1    |  |
|                  | Isométrica                    | 1        |  | Isométrica           | 1    |  |
| 1 TE             | Concéntrica                   | 1        |  | Concéntrica          | 1    |  |
|                  | Descanso                      | 60′′     |  | Descanso             | 60′′ |  |
|                  | RPE                           | 7        | -  | RPE                  | 7    |  |
|                  |                               |          |  |                      |      |  |
| Press inclinate  |                               |          | Bíceps mart                                    | tillo de pie alterno | _    |  |
|                  | Series                        | 4        |  | Series               | 3    |  |
|                  | Rep                           | 15       |  | Rep                  | 15   |  |
| 9 0              | KG                            |          |  | KG                   |      |  |
|                  | Excéntrica                    | 1        |  | Excéntrica           | 1    |  |
|                  | Isométrica                    | 1        |  | Isométrica           | 1    |  |
| 1200             | Concéntrica                   | 1        | 7701 7701                                      | Concéntrica          | 1    |  |
|                  | Descanso                      | 60′′     | AR AR I  | Descanso             | 60′′ |  |
|                  | RPE                           | 7        | 000  | RPE                  | 7    |  |
|                  |                               |          |  |                      |      |  |
| Bíceps pie alter |                               |          | Bíceps sentac                                  | lo en maquina scott  |      |  |
|                  | Series                        | 3        |  | Series               | 3    |  |
|                  | Rep                           | 15       |  | Rep                  | 15   |  |
|                  | KG                            |          |  | KG                   |      |  |
|                  | Excéntrica                    | 1        |  | Excéntrica           | 1    |  |
|                  | Isométrica                    | 1        |  | Isométrica           | 2    |  |
|                  | Concéntrica                   | 1        |  | Concéntrica          | 1    |  |
| Her Her          | Descanso                      | 60′′     |  | Descanso             | 60′′ |  |
|                  | RPE                           | 7        |  | RPE                  | 7    |  |
|                  |                               |          |  |                      |      |  |
| Abdomi           | nal superior                  |          |  | Ia . I               |      |  |
|                  | Series                        | 4        |  | Series               |      |  |
| 1 7 P            | Rep                           | 20       |  | Rep                  |      |  |
|                  | KG                            |          |  | KG                   |      |  |
|                  | Excéntrica                    | 1        |  | Excéntrica           |      |  |
| <u></u>          | Isométrica                    | 2        |  | Isométrica           |      |  |
| // E             | Concéntrica                   | 1        |  | Concéntrica          |      |  |
|                  | Descanso                      | 30′′     |  | Descanso             |      |  |
|                  | RPE                           | 8        |  | RPE                  |      |  |
|                  |                               | VUELTA   | A A LA CALMA                                   |                      |      |  |
|                  | 10/5:                         |          | . ~  |                      |      |  |
| NA -time of /    |                               |          | lar con pequeña pendient                       | :e                   |      |  |
|                  | n sesión (1-10<br>ltad (1-10) | 7)       |  |                      |      |  |
| Dillcu           | itau (1-10)                   |          |  |                      |      |  |
|                  |                               |          |  |                      |      |  |
| Molectics        | o sobrecarga                  | c        |  |                      |      |  |
| เพียเยรเเสร      | o sopiecarga                  | <b>3</b> |  |                      |      |  |

| DÍAS                     |             | 5                 |        | MESOCICLO                                   |                 |                         |          |
|--------------------------|-------------|-------------------|--------|---|-----------------|-------------------------|----------|
| OBJETIVO                 |             | Adaptaciór        | 1      | MICROCICLO                                  |                 |                         |          |
| JULITU                   |             | , lauptacioi      | •      | DÍA 2                                       |                 |                         |          |
|                          |             |                   |        | 511/12                                      |                 |                         |          |
| Se                       | entadilla ( | en multipow       | er     | Peso muerto piernas estiradas con mancuerda |                 |                         | ancuerda |
| <b>A</b> • 0             |             | Series            | 4      |   |                 | Series                  | 4        |
| The column 1             | Rep         | 15                |        |   | Rep             | 15                      |          |
| TVIVI                    |             | KG                |        |   |                 | KG                      |          |
|                          | 7           | Excéntrica        | 1      |   |                 | Excéntrica              | 1        |
|                          | V W I       | Isométrica        | 1      | KX PO                                       | MILE COLLECTION | Isométrica              | 1        |
| 11 %% I le               |             | Concéntrica       | 1      | (2/)  | 1) AN FATT      |                         | 1        |
| 44                       | TI          | Descanso          | 60′′   |   | HH              | Concéntrica<br>Descanso | 60′′     |
| ( do .                   | DY "        | RPE               | 7      | G G   | 4               | RPE                     | 7        |
|                          |             |                   | ,      |   |                 | j j                     | ,        |
| Pa                       | tada de g   | lúteo máqui       | na     |   | Glúteo me       | dio máquina             |          |
|                          |             | Series            | 4      |   |                 | Series                  | 4        |
| The second               |             | Rep               | 15     |   |                 | Rep                     | 15       |
|                          | 2/          | KG                |        |   | G               | KG                      |          |
|                          |             | Excéntrica        | 1      |   |                 | Excéntrica              | 1        |
|                          | 4           | Isométrica        | 1      |   |                 | Isométrica              | 1        |
|                          | 4           | Concéntrica       | 1      |   | Concéntrica     | 1                       |          |
|                          |             | Descanso          | 60′′   |   |                 | Descanso                | 60´´     |
|                          |             | RPE               | 7      |   |                 | RPE                     | 7        |
|                          |             | ··· =             | -      |   |                 |                         | ,        |
|                          | Abduct      | or máquina        |        |   | Gemelo r        | multipower              |          |
|                          |             | Series            | 4      |   | Series          | 4                       |          |
|                          |             | Rep               | 15     |   |                 | Rep                     | 15       |
| 10%                      | 146         | KG                |        | TO TO                                       | TO THE          | KG                      |          |
|                          |             | Excéntrica        | 1      |   |                 | Excéntrica              | 1        |
|                          |             | Isométrica        | 1      |   |                 | Isométrica              | 1        |
| To The                   |             | Concéntrica       | 1      |   | 11 74/1         | Concéntrica             | 1        |
| (3)                      |             | Descanso          | 60′′   |   |                 | Descanso                | 60′′     |
|                          | ~           | RPE               | 7      |   | 49              | RPE                     | 7        |
|                          |             |                   |        |   |                 |                         |          |
|                          | Soleo       | máquina           |        |   | Abdominal in    | ferior tumbado          |          |
|                          |             | Series            | 4      |   |                 | Series                  | 4        |
|                          |             | Rep               | 15     |   |                 | Rep                     | 20       |
| <b>X</b>                 | 7           | KG                |        |   |                 | KG                      |          |
|                          |             | Excéntrica        | 1      | 4   |                 | Excéntrica              | 1        |
|                          | _ H.A       | Isométrica        | 1      | 1   |                 | Isométrica              | 1        |
|                          |             | Concéntrica       | 1      |   |                 | Concéntrica             | 1        |
|                          |             | Descanso          | 60′′   |   |                 | Descanso                | 30′′     |
|                          |             | RPE               | 7      |   |                 | RPE                     | 8        |
|                          |             |                   | VUELTA | A LA CALMA                                  |                 |                         |          |
|                          |             |                   | 40%    |   |                 |                         |          |
| Motivación sesión (1-10) |             |                   |        | Ergómetro                                   |                 |                         |          |
| IV                       |             | tad (1-10)        | 7)     |   |                 |                         |          |
|                          | Diricul     | tau (1-10)        |        |   |                 |                         |          |
| N                        | Nolestias   | o sobrecarga      | S      |   |                 |                         |          |
|                          | 2.230.00    | 2 2 2 2 2 2 2 3 A |        |   |                 |                         |          |
|                          |             |                   |        |   |                 |                         |          |

| DÍAS               | 5                          |                | MESOCICLO             |  |                     |           |
|--------------------|----------------------------|----------------|-----------------------|--|---------------------|-----------|
| OBJETIVO           | Adaptaciór                 |                | MICROCICLO            |  |                     |           |
| OBJETIVO           | Auaptacioi                 |                | DÍA 3                 |  |                     |           |
|                    |                            |                | DIAG                  |  |                     |           |
| Jalói              | n pecho                    |                |                       | Remo   | sentado             |           |
|                    | Series                     | 4              |                       | 1  | Series              | 4         |
|                    | Rep                        | 15             |                       |  | Rep                 | 15        |
|                    | KG                         |                |                       | <b>27</b>  | KG                  |           |
|                    | Excéntrica                 | 1              |                       |  | Excéntrica          | 1         |
|                    | Isométrica                 | 1              | <b>~</b>              |  | Isométrica          | 1         |
| 3                  | Concéntrica                | 1              |                       | Concéntrica  | 1                   |           |
|                    | Descanso                   | 60′′           |                       | <del>-</del>   | Descanso            | 60′′      |
|                    | RPE                        | 7              |                       |  | RPE                 | 7         |
|                    |                            |                | <u> </u>              |  | ļ                   |           |
| Remo a una n       |                            | erda           |                       | Face   | pull                |           |
|                    | Series                     | 4              |                       | Brachendalis   | Series              | 4         |
| •                  | Rep                        | 15             | Literal dehad Poderor | in the same of the | Rep                 | 15        |
|                    | KG                         |                | 1 Years moor          |  | KG                  |           |
|                    | Excéntrica                 | 1              | infrequency and lower | Brachais .   | Excéntrica          | 1         |
| 13.7   VILV   VILV | Isométrica                 | 1              |                       |  | Isométrica          | 1         |
|                    | Concéntrica                | 1              |                       |  | Concéntrica         | 1         |
|                    | Descanso                   | 60′′           |                       | - PY   | Descanso            | 60′′      |
|                    | RPE                        | 7              | 7                     | opposition of a  | RPE                 | 7         |
| Extensión trí      | ceps barra re              | cta            | Extensión             | tríceps polea  | unilateral agar     | re neutro |
|                    | Series                     | 3              |                       | Series   | 3                   |           |
|                    | Rep                        | 15             |                       | Rep  | 15                  |           |
|                    | KG                         |                |                       | KG   |                     |           |
|                    | Excéntrica                 | 1              |                       | Excéntrica   | 1                   |           |
|                    | Isométrica                 | 1              | 14-71                 | 1 75   | Isométrica          | 1         |
|                    | Concéntrica                | 1              |                       | Concéntrica  | 1                   |           |
| 11.                | Descanso                   | 60′′           |                       | וייייי לעי   | Descanso            | 60′′      |
| -                  | RPE                        | 7              |                       | <b>8</b>   | RPE                 | 7         |
|                    |                            |                |                       | , ,  |                     |           |
| Patad              | <b>a tríceps</b><br>Series | 3              |                       | Lumbar e   | n máquina<br>Series | 4         |
|                    |                            | <u>3</u><br>15 |                       | 4  |                     | 20        |
| CHOS               | Rep<br>KG                  | 15             |                       | AP_  | Rep<br>KG           | 20        |
| CEL                | Excéntrica                 | 1              |                       | Seal .   | Excéntrica          | 1         |
| 100 I              | Isométrica                 | 1              |                       |  | Isométrica          | 1         |
|                    | Concéntrica                | <u>1</u>       |                       |  | Concéntrica         | 1         |
| 6.0                | Descanso                   | 60′′           |                       | -3   | Descanso            | 30′′      |
| 1000000            | RPE                        | 7              |                       | ų.   | RPE                 | 8         |
|                    | 141 E                      | VUFLTA         | A A LA CALMA          |  | N E                 | 8         |
|                    |                            |                |                       |  |                     |           |
|                    |                            |                | lar con pequer        | ía pendiente   |                     |           |
|                    | n sesión (1-10             | )              |                       |  |                     |           |
| Dificul            |                            |                |                       |  |                     |           |
|                    |                            |                |                       |  |                     |           |
| Molestias          | o sobrecarga               | S              |                       |  |                     |           |

| DÍAS                      | 5                |                 | MESOCICLO       |                        |             |      |
|---------------------------|------------------|-----------------|-----------------|------------------------|-------------|------|
| OBJETIVO                  | Adaptaciór       | า               | MICROCICLO      |                        |             |      |
|                           |                  |                 | Día 4           |                        |             |      |
|                           |                  |                 |                 |                        |             |      |
| Elevaciones frontales pie |                  |                 | Press militar ı |                        |             |      |
|                           | Series           | 4               | 1-1 - 000       | 343                    | Series      | 4    |
|                           | Rep              | 15              |                 | - 400                  | Rep         | 15   |
|                           | KG               |                 | 7 7             | <b> </b>               | (G          |      |
|                           | Excéntrica       | 1               |                 | E                      | xcéntrica   | 1    |
| -                         | Isométrica       | 1               |                 |                        | sométrica   | 1    |
| R R                       | Concéntrica      | 1               | - 1             |                        | Concéntrica | 1    |
| X X                       | Descanso         | 60′′            | •               |                        | Descanso    | 60′′ |
| 2 5                       | RPE              | 7               | 3               | F                      | RPE         | 7    |
|                           |                  |                 |                 |                        |             |      |
| Elevaciones               | laterales manc   | uerda           |                 | Posterior r            |             |      |
| 0 0                       | Series           | 4               | <u>π</u>        |                        | Series      | 4    |
|                           | Rep              | 15              |                 | │ │ <sub>┃</sub> │ │ F | Rep         | 15   |
|                           | KG               |                 |                 | ▝▓▐▊▐                  | (G          |      |
|                           | Excéntrica       | 1               |                 |                        | xcéntrica   | 1    |
|                           | Isométrica       | 1               |                 |                        | sométrica   | 1    |
| NA NA                     | Concéntrica      | 1               | 🧎               | <b>4</b> 2   7         | Concéntrica | 1    |
| I H H H H                 | Descanso         | 60′′            | 1 ( 🖔           | <u>,</u> [             | Descanso    | 60′′ |
|                           | RPE              | 7               |                 | `\                     | RPE         | 7    |
|                           | •                |                 |                 | •                      | •           |      |
| Remo me                   | entón mancuer    | da              |                 |                        |             |      |
| <b>1</b> 1                | Series           | 4               |                 | S                      | Series      |      |
|                           | Rep              | 15              |                 | F                      | Rep         |      |
|                           | KG               |                 |                 | K                      | (G          |      |
|                           | Excéntrica       | 1               |                 | E                      | xcéntrica   |      |
| I <b>S</b> MA (XI         | Isométrica       | 1               |                 | I:                     | sométrica   |      |
| {}}\ (}}                  | Concéntrica      | 1               |                 | C                      | Concéntrica |      |
|                           | Descanso         | 60′′            |                 | _                      | Descanso    |      |
| 2 () 2 ()                 | RPE              | 7               |                 | F                      | RPE         |      |
|                           | •                |                 |                 | I                      |             |      |
| Oblicuo                   | lateral recostac | lo              |                 |                        |             |      |
| ~                         | Series           | 4               |                 | S                      | Series      |      |
|                           | Rep              | 15              |                 | F                      | Rep         |      |
|                           | KG               |                 |                 | <b> </b>               | (G          |      |
|                           | Excéntrica       | 1               |                 | Ē                      | xcéntrica   |      |
|                           | Isométrica       | 1               |                 | 1:                     | sométrica   |      |
|                           | Concéntrica      | 1               |                 | <b>—</b>               | Concéntrica |      |
|                           | Descanso         | 30′′            |                 | <b> </b>               | Descanso    |      |
|                           | RPE              | 8               |                 |                        | RPE         |      |
|                           | -1               | VUELTA          | A A LA CALMA    |                        |             |      |
|                           |                  |                 |                 |                        |             |      |
|                           | 10´Bio           | icleta o 20´ano | dar con pequeña | pendiente              |             |      |
| Motivación sesión (1-10)  |                  |                 | . ,             |                        |             |      |
|                           | cultad (1-10)    |                 |                 |                        |             |      |
|                           |                  |                 |                 |                        |             |      |
| Molesti                   | as o sobrecarga  | S               |                 |                        |             |      |
|                           | 5.5.5080         |                 |                 |                        |             |      |

| DÍAS                | 5              |        | MESOCICLO                 |                |      |  |
|---------------------|----------------|--------|---------------------------|----------------|------|--|
| OBJETIVO Adaptación |                |        | MICROCICLO                |                |      |  |
|                     |                |        | DÍA 5                     |                |      |  |
|                     |                |        |                           |                |      |  |
| Н                   | lacka          |        | Extensión                 | cuadríceps     |      |  |
|                     | Series         | 4      |                           | Series         | 4    |  |
| True 1              | Rep            | 15     |                           | Rep            | 15   |  |
|                     | KG             |        |                           | KG             |      |  |
|                     | Excéntrica     | 1      |                           | Excéntrica     | 1    |  |
|                     | Isométrica     | 1      | CARC                      | Isométrica     | 1    |  |
|                     | Concéntrica    | 1      |                           | Concéntrica    | 1    |  |
|                     | Descanso       | 60′′   |                           | Descanso       | 60′′ |  |
|                     | RPE            | 7      |                           | RPE            | 7    |  |
|                     |                |        |                           |                |      |  |
| Press dec           | linado barra   |        | Pull over                 | polea alta     |      |  |
| -                   | Series         | 4      | *                         | Series         | 4    |  |
|                     | Rep            | 15     |                           | Rep            | 15   |  |
|                     | KG             |        |                           | KG             |      |  |
|                     | Excéntrica     | 1      |                           | Excéntrica     | 1    |  |
|                     | Isométrica     | 1      |                           | Isométrica     | 1    |  |
|                     | Concéntrica    | 1      | ии ии п                   | Concéntrica    | 1    |  |
|                     | Descanso       | 60′′   |                           | Descanso       | 60′′ |  |
|                     | RPE            | 7      |                           | RPE            | 7    |  |
|                     |                |        |                           |                |      |  |
| Вісер               | s barra z      |        | Press fran                | cés barra z    |      |  |
|                     | Series         | 3      | T.                        | Series         | 3    |  |
|                     | Rep            | 15     |                           | Rep            | 15   |  |
|                     | KG             |        |                           | KG             |      |  |
|                     | Excéntrica     | 1      |                           | Excéntrica     | 1    |  |
|                     | Isométrica     | 1      |                           | Isométrica     | 1    |  |
|                     | Concéntrica    | 1      | A.K                       | Concéntrica    | 1    |  |
|                     | Descanso       | 60′′   |                           | Descanso       | 60′′ |  |
| 121 121             | RPE            | 7      |                           | RPE            | 7    |  |
|                     |                |        |                           |                |      |  |
| Abdomi              | nal superior   |        | Abdominal inf             | ferior tumbado | o    |  |
|                     | Series         | 4      |                           | Series         | 4    |  |
|                     | Rep            | 20     |                           | Rep            | 20   |  |
|                     | KG             |        |                           | KG             |      |  |
|                     | Excéntrica     | 1      | -                         | Excéntrica     | 1    |  |
| _ ~                 | Isométrica     | 2      |                           | Isométrica     | 1    |  |
|                     | Concéntrica    | 1      |                           | Concéntrica    | 1    |  |
|                     | Descanso       | 30′′   |                           | Descanso       | 30′′ |  |
| _                   | RPE            | 8      |                           | RPE            | 8    |  |
|                     | ÷              | VUELTA | A A LA CALMA              | ŧ.             |      |  |
|                     |                |        |                           |                |      |  |
|                     |                |        | lar con pequeña pendiente |                |      |  |
|                     | n sesión (1-10 | ))     |                           |                |      |  |
| Dificul             | tad (1-10)     |        |                           |                |      |  |
|                     |                |        |                           |                |      |  |
| Molestias           | o sobrecarga   | S      |                           |                |      |  |



