



# MAESTRO FITNESS

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CONTACTA



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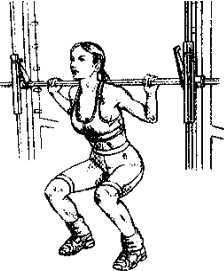
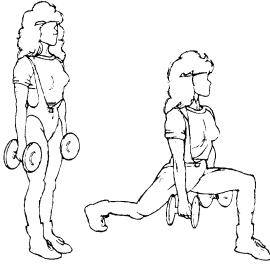
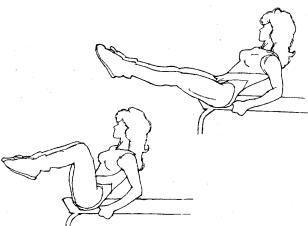
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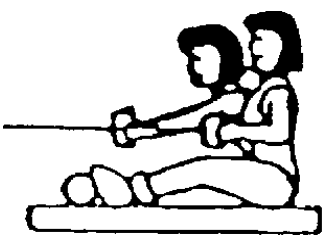
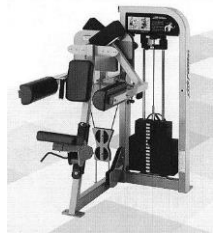
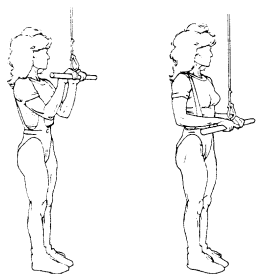
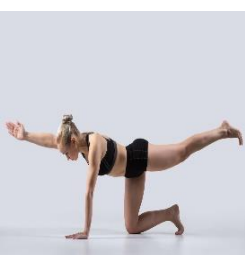
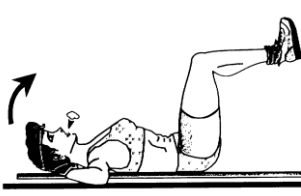
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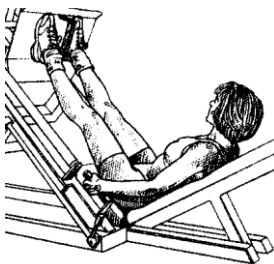
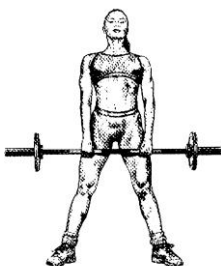
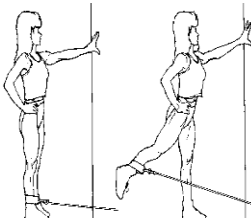
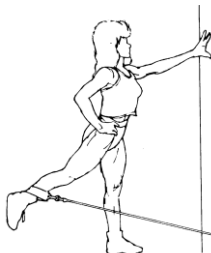
PIERNA 

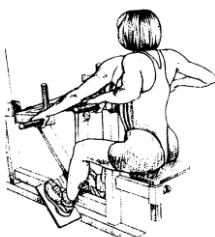
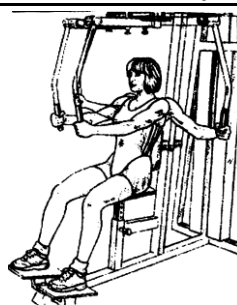
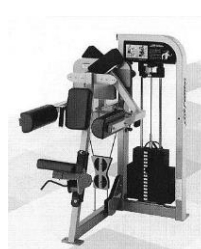
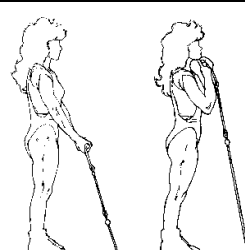
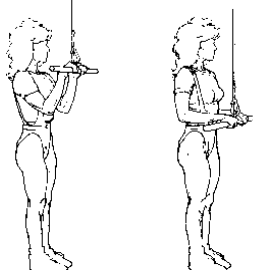
GLÚTEO 

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|                                                                                     |             |      |                                                                                      |             |      |
|-------------------------------------------------------------------------------------|-------------|------|--------------------------------------------------------------------------------------|-------------|------|
| DÍAS                                                                                | 4           |      | MESOCICLO                                                                            |             |      |
| OBJETIVO                                                                            | Adaptación  |      | MICROCICLO                                                                           |             |      |
| DÍA 1                                                                               |             |      |                                                                                      |             |      |
| Sentadilla multipower                                                               |             |      | Zancada con mancuera                                                                 |             |      |
|    | Series      | 4    |    | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 90'' |                                                                                      | Descanso    | 90'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 7    |
| Empuje cadera                                                                       |             |      | Glúteo mayor pie con gomas                                                           |             |      |
|    | Series      | 4    |    | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 90'' |                                                                                      | Descanso    | 60'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 7    |
| Glúteo medio recostado con gomas                                                    |             |      | Abdominal inferior sobre banco                                                       |             |      |
|  | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 20   |                                                                                      | Rep         | 20   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 2    |                                                                                      | Isométrica  | 2    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 45'' |                                                                                      | Descanso    | 30'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 8    |
|                                                                                     |             |      |                                                                                      |             |      |
|                                                                                     | Series      |      |                                                                                      | Series      |      |
|                                                                                     | Rep         |      |                                                                                      | Rep         |      |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  |      |                                                                                      | Excéntrica  |      |
|                                                                                     | Isométrica  |      |                                                                                      | Isométrica  |      |
|                                                                                     | Concéntrica |      |                                                                                      | Concéntrica |      |
|                                                                                     | Descanso    |      |                                                                                      | Descanso    |      |
|                                                                                     | RPE         |      |                                                                                      | RPE         |      |
| VUELTA A LA CALMA                                                                   |             |      |                                                                                      |             |      |
| 15´Elíptica o 30´andar con pequeña pendiente                                        |             |      |                                                                                      |             |      |
| Motivación sesión (1-10)                                                            |             |      |                                                                                      |             |      |
| Dificultad (1-10)                                                                   |             |      |                                                                                      |             |      |
| Molestias o sobrecargas                                                             |             |      |                                                                                      |             |      |

|                                                                                     |             |      |                                                                                      |             |      |
|-------------------------------------------------------------------------------------|-------------|------|--------------------------------------------------------------------------------------|-------------|------|
| DÍAS                                                                                | 4           |      | MESOCICLO                                                                            |             |      |
| OBJETIVO                                                                            | Adaptación  |      | MICROCICLO                                                                           |             |      |
| DÍA 2                                                                               |             |      |                                                                                      |             |      |
| Flexiones                                                                           |             |      | Remo sentado                                                                         |             |      |
|    | Series      | 4    |    | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 60'' |                                                                                      | Descanso    | 75'' |
| RPE                                                                                 | 7           | RPE  | 7                                                                                    |             |      |
| Press militar máquina                                                               |             |      | Elevaciones laterales máquina                                                        |             |      |
|   | Series      | 4    |    | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 75'' |                                                                                      | Descanso    | 60'' |
| RPE                                                                                 | 7           | RPE  | 7                                                                                    |             |      |
| Bíceps alterno con mancuera                                                         |             |      | Extensión tríceps barra recta                                                        |             |      |
|  | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 60'' |                                                                                      | Descanso    | 60'' |
| RPE                                                                                 | 7           | RPE  | 7                                                                                    |             |      |
| Superman                                                                            |             |      | Abdominal superior con piernas elevadas                                              |             |      |
|  | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 20   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 45'' |                                                                                      | Descanso    | 30'' |
| RPE                                                                                 | 7           | RPE  | 8                                                                                    |             |      |
| VUELTA A LA CALMA                                                                   |             |      |                                                                                      |             |      |
| 15' Step o 30' andar con pequeña pendiente                                          |             |      |                                                                                      |             |      |
| Motivación sesión (1-10)                                                            |             |      |                                                                                      |             |      |
| Dificultad (1-10)                                                                   |             |      |                                                                                      |             |      |
| Molestias o sobrecargas                                                             |             |      |                                                                                      |             |      |

|                                                                                     |             |      |                                                                                    |             |      |
|-------------------------------------------------------------------------------------|-------------|------|------------------------------------------------------------------------------------|-------------|------|
| DÍAS                                                                                | 4           |      | MESOCICLO                                                                          |             |      |
| OBJETIVO                                                                            | Adaptación  |      | MICROCICLO                                                                         |             |      |
| DÍA 3                                                                               |             |      |                                                                                    |             |      |
| Prensa vertical                                                                     |             |      | Peso muerto estilo sumo                                                            |             |      |
|    | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                    | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                    | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                    | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                    | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                    | Concéntrica | 1    |
|                                                                                     | Descanso    | 75'' |                                                                                    | Descanso    | 75'' |
|                                                                                     | RPE         | 7    |                                                                                    | RPE         | 7    |
| Glúteo mayor en polea                                                               |             |      | Glúteo medio en polea                                                              |             |      |
|    | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                    | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                    | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                    | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                    | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                    | Concéntrica | 1    |
|                                                                                     | Descanso    | 45'' |                                                                                    | Descanso    | 45'' |
|                                                                                     | RPE         | 7    |                                                                                    | RPE         | 7    |
| Oblicuo pie en polea baja                                                           |             |      |                                                                                    |             |      |
|  | Series      | 4    |                                                                                    | Series      |      |
|                                                                                     | Rep         | 20   |                                                                                    | Rep         |      |
|                                                                                     | KG          |      |                                                                                    | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                    | Excéntrica  |      |
|                                                                                     | Isométrica  | 1    |                                                                                    | Isométrica  |      |
|                                                                                     | Concéntrica | 1    |                                                                                    | Concéntrica |      |
|                                                                                     | Descanso    | 30'' |                                                                                    | Descanso    |      |
|                                                                                     | RPE         | 7    |                                                                                    | RPE         |      |
|                                                                                     |             |      |                                                                                    |             |      |
|                                                                                     | Series      |      |                                                                                    | Series      |      |
|                                                                                     | Rep         |      |                                                                                    | Rep         |      |
|                                                                                     | KG          |      |                                                                                    | KG          |      |
|                                                                                     | Excéntrica  |      |                                                                                    | Excéntrica  |      |
|                                                                                     | Isométrica  |      |                                                                                    | Isométrica  |      |
|                                                                                     | Concéntrica |      |                                                                                    | Concéntrica |      |
|                                                                                     | Descanso    |      |                                                                                    | Descanso    |      |
|                                                                                     | RPE         |      |                                                                                    | RPE         |      |
| VUELTA A LA CALMA                                                                   |             |      |                                                                                    |             |      |
| 15´Elíptica o 30´andar con pequeña pendiente                                        |             |      |                                                                                    |             |      |
| Motivación sesión (1-10)                                                            |             |      |                                                                                    |             |      |
| Dificultad (1-10)                                                                   |             |      |                                                                                    |             |      |
| Molestias o sobrecargas                                                             |             |      |                                                                                    |             |      |

|                                                                                     |             |      |                                                                                      |             |      |
|-------------------------------------------------------------------------------------|-------------|------|--------------------------------------------------------------------------------------|-------------|------|
| DÍAS                                                                                | 4           |      | MESOCICLO                                                                            |             |      |
| OBJETIVO                                                                            | Adaptación  |      | MICROCICLO                                                                           |             |      |
| DÍA 4                                                                               |             |      |                                                                                      |             |      |
| Remo sentado máquina                                                                |             |      | Aperturas mancuera                                                                   |             |      |
|    | Series      | 4    |    | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 75'' |                                                                                      | Descanso    | 60'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 7    |
| Press militar máquina                                                               |             |      | Elevaciones laterales máquina                                                        |             |      |
|    | Series      | 4    |     | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 75'' |                                                                                      | Descanso    | 60'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 7    |
| Remo mentón mancuera                                                                |             |      | Bíceps barra recta polea                                                             |             |      |
|  | Series      | 4    |  | Series      | 4    |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         | 15   |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  | 1    |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  | 1    |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica | 1    |
|                                                                                     | Descanso    | 60'' |                                                                                      | Descanso    | 60'' |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         | 7    |
| Extensión tríceps barra recta                                                       |             |      |                                                                                      |             |      |
|  | Series      | 4    |                                                                                      | Series      |      |
|                                                                                     | Rep         | 15   |                                                                                      | Rep         |      |
|                                                                                     | KG          |      |                                                                                      | KG          |      |
|                                                                                     | Excéntrica  | 1    |                                                                                      | Excéntrica  |      |
|                                                                                     | Isométrica  | 1    |                                                                                      | Isométrica  |      |
|                                                                                     | Concéntrica | 1    |                                                                                      | Concéntrica |      |
|                                                                                     | Descanso    | 60'' |                                                                                      | Descanso    |      |
|                                                                                     | RPE         | 7    |                                                                                      | RPE         |      |
| VUELTA A LA CALMA                                                                   |             |      |                                                                                      |             |      |
| 15´Elíptica o 30´andar con pequeña pendiente                                        |             |      |                                                                                      |             |      |
| Motivación sesión (1-10)                                                            |             |      |                                                                                      |             |      |
| Dificultad (1-10)                                                                   |             |      |                                                                                      |             |      |
| Molestias o sobrecargas                                                             |             |      |                                                                                      |             |      |

