



MAESTRO FITNESS

Transforma tu cuerpo,
tu dieta y tu vida.

CONTACTA



674-46-75-09



www.maestrofitness.net

50%
OFF



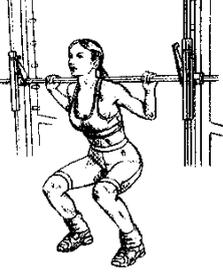
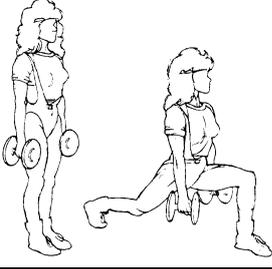
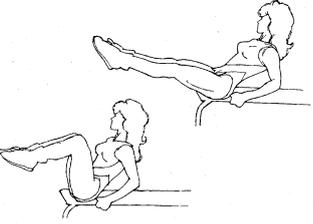
ENTRENA

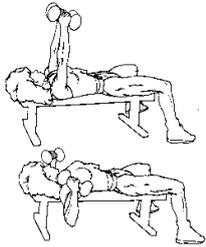
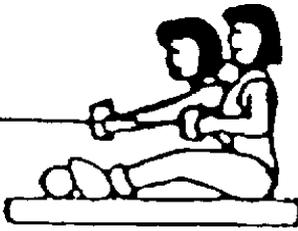
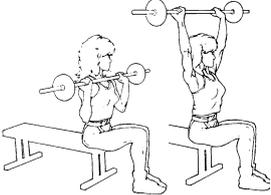
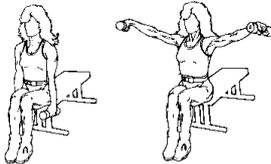
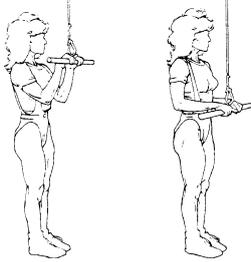
PECTORAL 

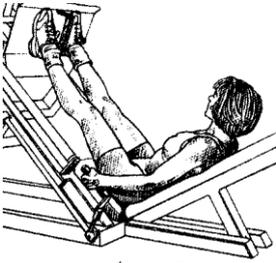
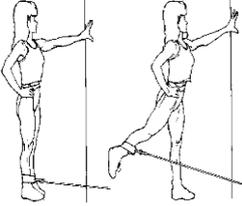
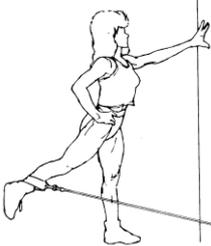
PIERNA 

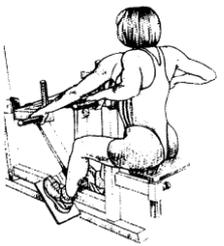
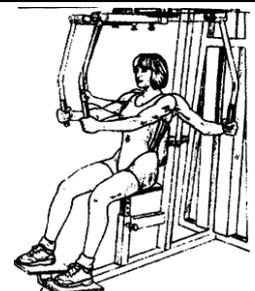
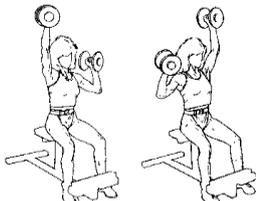
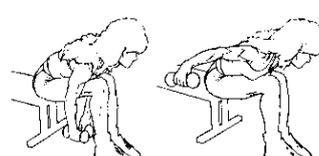
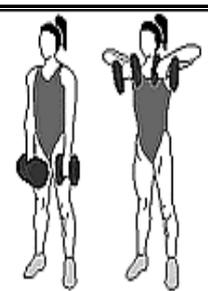
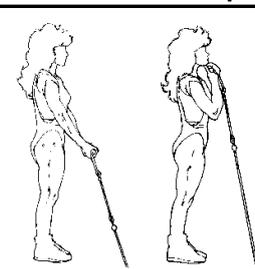
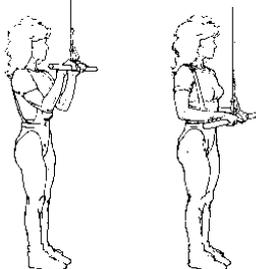
GLÚTEO 

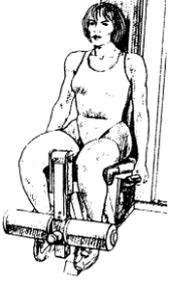
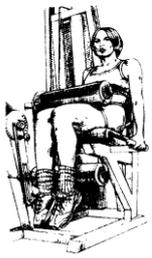
..... 

| | | | | | |
|---|------------------|------|--|-------------|------|
| DÍAS | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 1 | | | | | |
| Sentadilla multipower | | | Zancada con mancuerna | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 75'' |
| | RPE | 8 | | RPE | 8 |
| Empuje cadera | | | Glúteo mayor pie con gomas | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Glúteo medio recostado 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 | 8 | | 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 | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 2 | | | | | |
| Pres banca mancuera | | | Remo sentado | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 75'' |
| | RPE | 8 | | RPE | 8 |
| Press militar sentado con barra | | | Elevaciones laterales sentado con mancuera | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Bíceps alterno con mancuera | | | Extensión tríceps barra recta | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 12 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Superman | | | Abdominal superior con piernas elevadas | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 20 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 45'' | | Descanso | 30'' |
| | RPE | 8 | | 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 | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 3 | | | | | |
| Prensa vertical | | | Peso muerto estilo sumo | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 75'' |
| | RPE | 8 | | RPE | 8 |
| Glúteo mayor en polea | | | Glúteo medio en polea | | |
|  | Series | 5 |  | Series | 5 |
| | Rep | 20 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 45'' | | Descanso | 45'' |
| | RPE | 8 | | RPE | 8 |
| 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 | 8 | 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 | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 4 | | | | | |
| Remo sentado máquina | | | Aperturas mancuera | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Press militar sentado mancuera | | | Pájaro sentado en banco con mancuera | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 75'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Remo mentón mancuera | | | Bíceps barra recta polea | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Extensión tríceps barra recta | | | | | |
|  | Series | 4 | Series | | |
| | Rep | 12 | Rep | | |
| | KG | | KG | | |
| | Excéntrica | 1 | Excéntrica | | |
| | Isométrica | 1 | Isométrica | | |
| | Concéntrica | 1 | Concéntrica | | |
| | Descanso | 60'' | Descanso | | |
| | RPE | 8 | RPE | | |
| VUELTA A LA CALMA | | | | | |
| 15' Step o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

| | | | | | |
|---|------------------|------|--|-------------|------|
| DÍAS | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 5 | | | | | |
| Extensión cuádriceps | | | Femoral sentado | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 12 | | Rep | 12 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Patada de glúteo máquina | | | Glúteo medio máquina | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 20 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Abductores máquina | | | Elevaciones gemelo a una pierna | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 12 | | Rep | 15 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 45'' |
| | RPE | 8 | | RPE | 8 |
| Soleo en máquina | | | | | |
|  | Series | 4 | Series | | |
| | Rep | 8 | Rep | | |
| | KG | | KG | | |
| | Excéntrica | 1 | Excéntrica | | |
| | Isométrica | 1 | Isométrica | | |
| | Concéntrica | 1 | Concéntrica | | |
| | Descanso | 45'' | Descanso | | |
| | RPE | 8 | RPE | | |
| VUELTA A LA CALMA | | | | | |
| 15' Elíptica o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

| | | | | | |
|--|------------------|---------|---|----------|---------|
| DÍAS | 6 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 6 | | | | | |
| Ergómetro | | | Máquina Step | | |
|  | Series | 1 |  | Series | 1 |
| | Rep | | | Rep | |
| | Tiempo | 8' | | Tiempo | 16' |
| | Descanso | | | Descanso | |
| | FC | 120-140 | | FC | 120-140 |
| Elíptica | | | Bici estática sentado | | |
|  | Series | 1 |  | Series | 1 |
| | Rep | | | Rep | |
| | Tiempo | 12' | | Tiempo | 15' |
| | Descanso | | | Descanso | |
| | FC | 120-140 | | FC | 100-120 |
| | Series | | | Series | |
| | Rep | | | Rep | |
| | Tiempo | | | Tiempo | |
| | Descanso | | | Descanso | |
| | FC | | | FC | |
| | Series | | | Series | |
| | Rep | | | Rep | |
| | Tiempo | | | Tiempo | |
| | Descanso | | | Descanso | |
| | FC | | | FC | |
| VUELTA A LA CALMA | | | | | |
| Rutina estiramiento 15' | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

