



MAESTRO FITNESS

Transforma tu cuerpo,
tu dieta y tu vida.

CONTACTA

 674-46-75-09

 www.maestrofitness.net

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OFF

ENTRENA

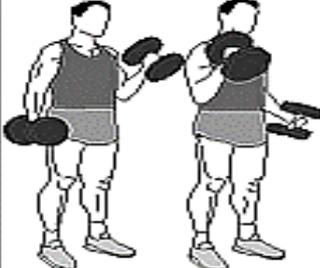
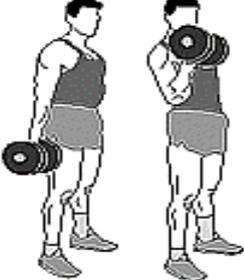
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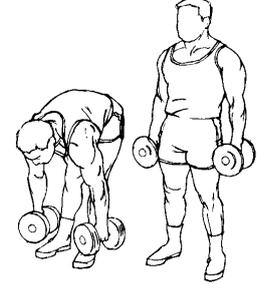
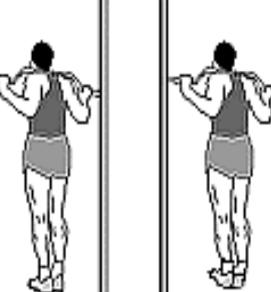
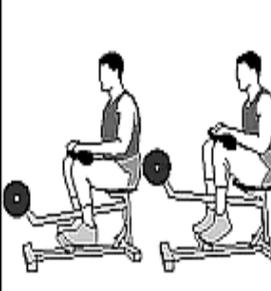
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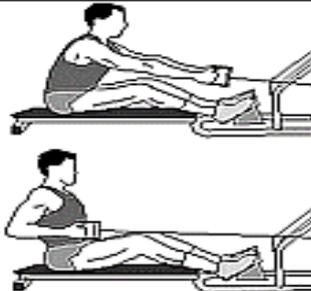
GLÚTEO 

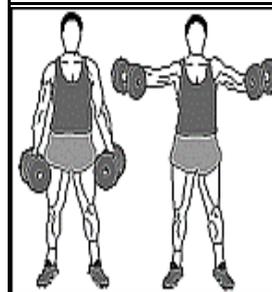
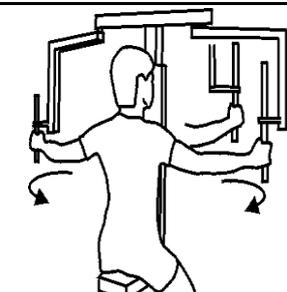
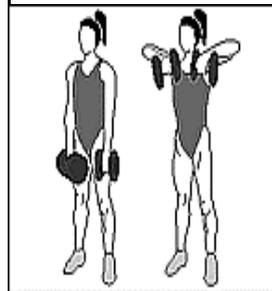
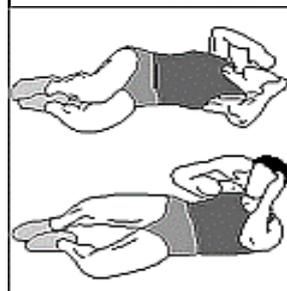
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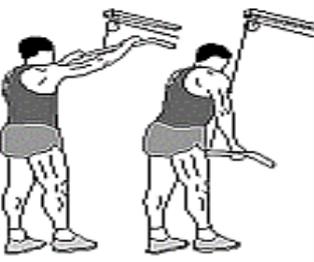


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|---|------------------|------|--|-------------|------|
| DÍAS | 5 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 1 | | | | | |
| Press banca en multipower | | | Aperturas en máquina | | |
|  | Series | 4 |  | Series | 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 |
| Press inclinado en mancuerna | | | Bíceps martillo de pie alterno | | |
|  | Series | 4 |  | Series | 3 |
| | Rep | 12 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Bíceps pie alterno con mancuerna | | | Bíceps sentado en maquina scott | | |
|  | Series | 3 |  | Series | 3 |
| | Rep | 12 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 2 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Abdominal superior | | | | | |
|  | Series | 4 | | Series | |
| | Rep | 20 | | Rep | |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | |
| | Isométrica | 2 | | Isométrica | |
| | Concéntrica | 1 | | Concéntrica | |
| | Descanso | 30'' | | Descanso | |
| | RPE | 9 | | RPE | |
| VUELTA A LA CALMA | | | | | |
| 15' Bicicleta o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

| | | | | | |
|---|------------------|------|--|-------------|------|
| DÍAS | 5 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 2 | | | | | |
| Sentadilla en multipower | | | Peso muerto piernas estiradas 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 | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Prensa vertical | | | Glúteo medio máquina | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Abductor máquina | | | Gemelo multipower | | |
|  | 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 |
| Soleo máquina | | | Abdominal inferior tumbado | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 8 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 30'' |
| | RPE | 8 | | RPE | 9 |
| VUELTA A LA CALMA | | | | | |
| Ergómetro 15' | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

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|---|------------------|------|--|-------------|------|
| DÍAS | 5 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 3 | | | | | |
| Jalón pecho | | | Remo sentado | | |
|  | 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 |
| Remo a una mano mancuerna | | | Face pull | | |
|  | 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 | | | Extensión tríceps polea unilateral agarre neutro | | |
|  | Series | 3 |  | Series | 3 |
| | 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 |
| Patada tríceps | | | Lumbar en máquina | | |
|  | Series | 3 |  | Series | 4 |
| | Rep | 12 | | Rep | 20 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 30'' |
| | RPE | 8 | | RPE | 8 |
| VUELTA A LA CALMA | | | | | |
| 15' Bicicleta o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

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|---|------------------|------|---|-------------|------|
| DÍAS | 5 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| Día 4 | | | | | |
| Elevaciones frontales pie | | | Press militar mancuera | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 12 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Elevaciones laterales mancuera | | | Posterior máquina | | |
|  | 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 |
| Remo mentón mancuera | | | | | |
|  | Series | 4 | | Series | |
| | Rep | 12 | | Rep | |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | |
| | Isométrica | 1 | | Isométrica | |
| | Concéntrica | 1 | | Concéntrica | |
| | Descanso | 60'' | | Descanso | |
| | RPE | 8 | | RPE | |
| Oblicuo lateral recostado | | | | | |
|  | Series | 4 | | Series | |
| | Rep | 20 | | Rep | |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | |
| | Isométrica | 1 | | Isométrica | |
| | Concéntrica | 1 | | Concéntrica | |
| | Descanso | 30'' | | Descanso | |
| | RPE | 9 | | RPE | |
| VUELTA A LA CALMA | | | | | |
| 15' Bicicleta o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

| | | | | | |
|---|------------------|------|--|-------------|------|
| DÍAS | 5 | | MESOCICLO | | |
| OBJETIVO | Pérdida de grasa | | MICROCICLO | | |
| DÍA 5 | | | | | |
| Hacka | | | Extensión cuádriceps | | |
|  | 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 |
| Press declinado barra | | | Pull over polea alta | | |
|  | 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 |
| Bíceps barra z | | | Press francés barra z | | |
|  | Series | 3 |  | Series | 3 |
| | Rep | 12 | | Rep | 8 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 1 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 60'' | | Descanso | 60'' |
| | RPE | 8 | | RPE | 8 |
| Abdominal superior | | | Abdominal inferior tumbado | | |
|  | Series | 4 |  | Series | 4 |
| | Rep | 25 | | Rep | 25 |
| | KG | | | KG | |
| | Excéntrica | 1 | | Excéntrica | 1 |
| | Isométrica | 2 | | Isométrica | 1 |
| | Concéntrica | 1 | | Concéntrica | 1 |
| | Descanso | 30'' | | Descanso | 30'' |
| | RPE | 9 | | RPE | 9 |
| VUELTA A LA CALMA | | | | | |
| 15' Bicicleta o 30' andar con pequeña pendiente | | | | | |
| Motivación sesión (1-10) | | | | | |
| Dificultad (1-10) | | | | | |
| Molestias o sobrecargas | | | | | |

