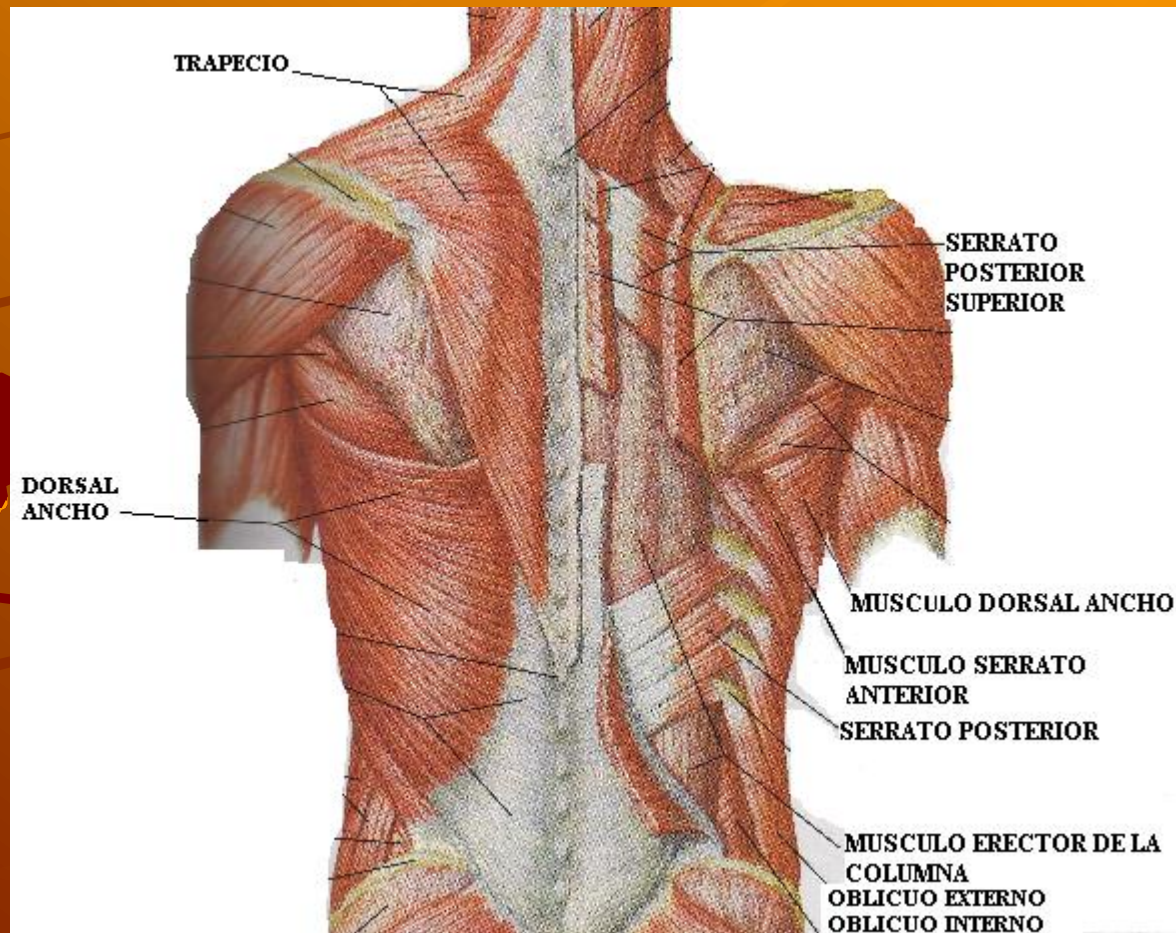


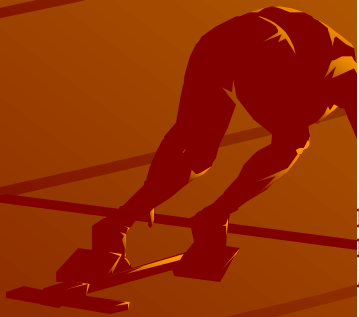
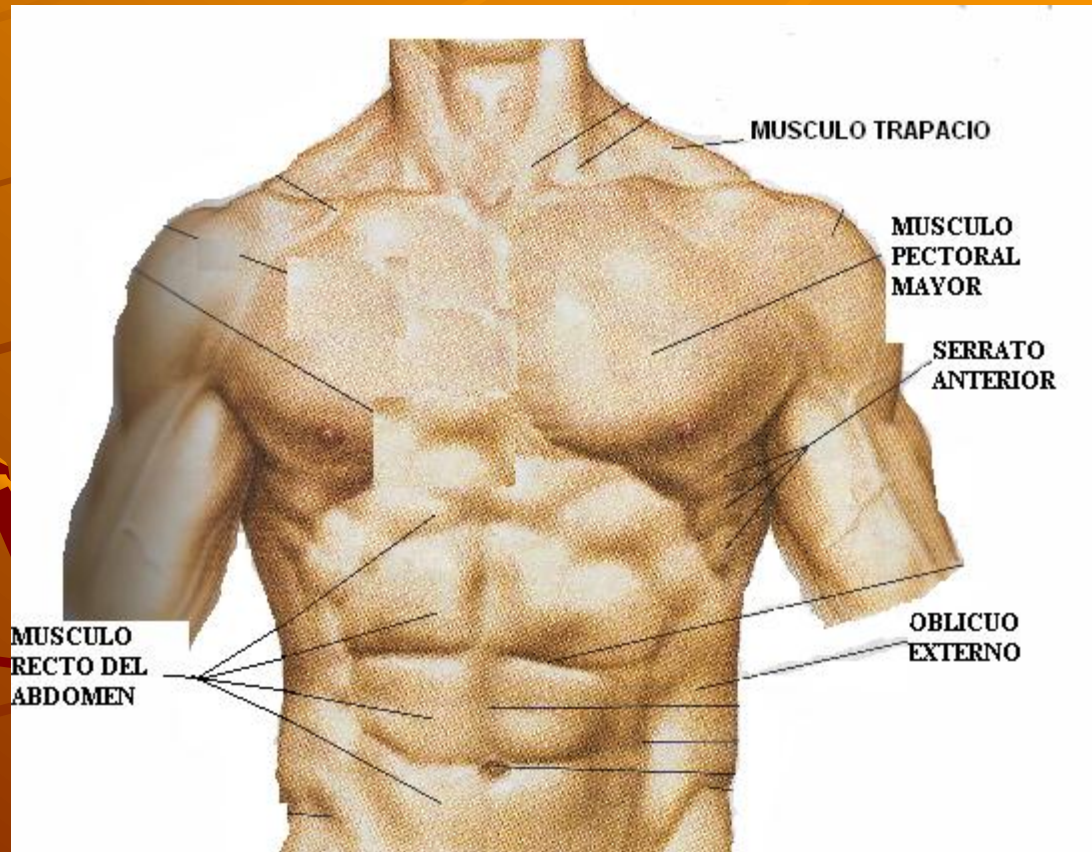
# MAQUINAS, PESO LIBRE PARA EL TREN SUPERIOR



# MUSCULOS EN PLANOS SUPERFICIALES

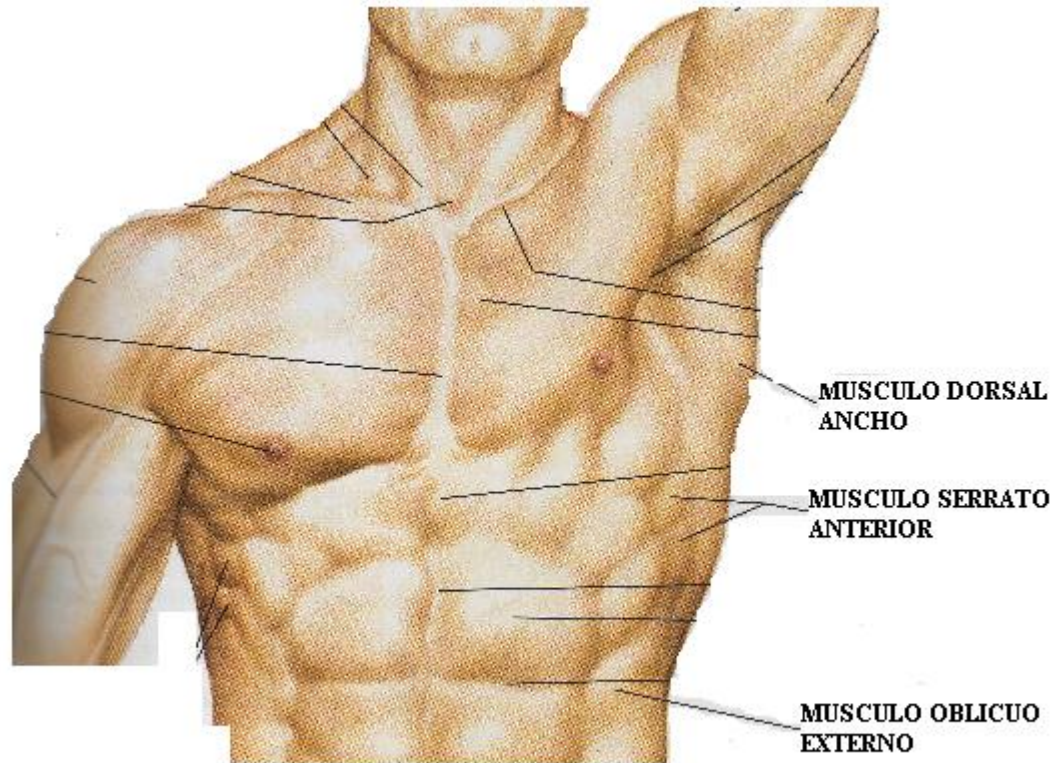


# MUSCULOS EN PLANOS SUPERFICIALES





# MUSCULOS EN PLANOS SUPERFICIALES





# EJERCICIOS ESPALDA



# DOMINADAS

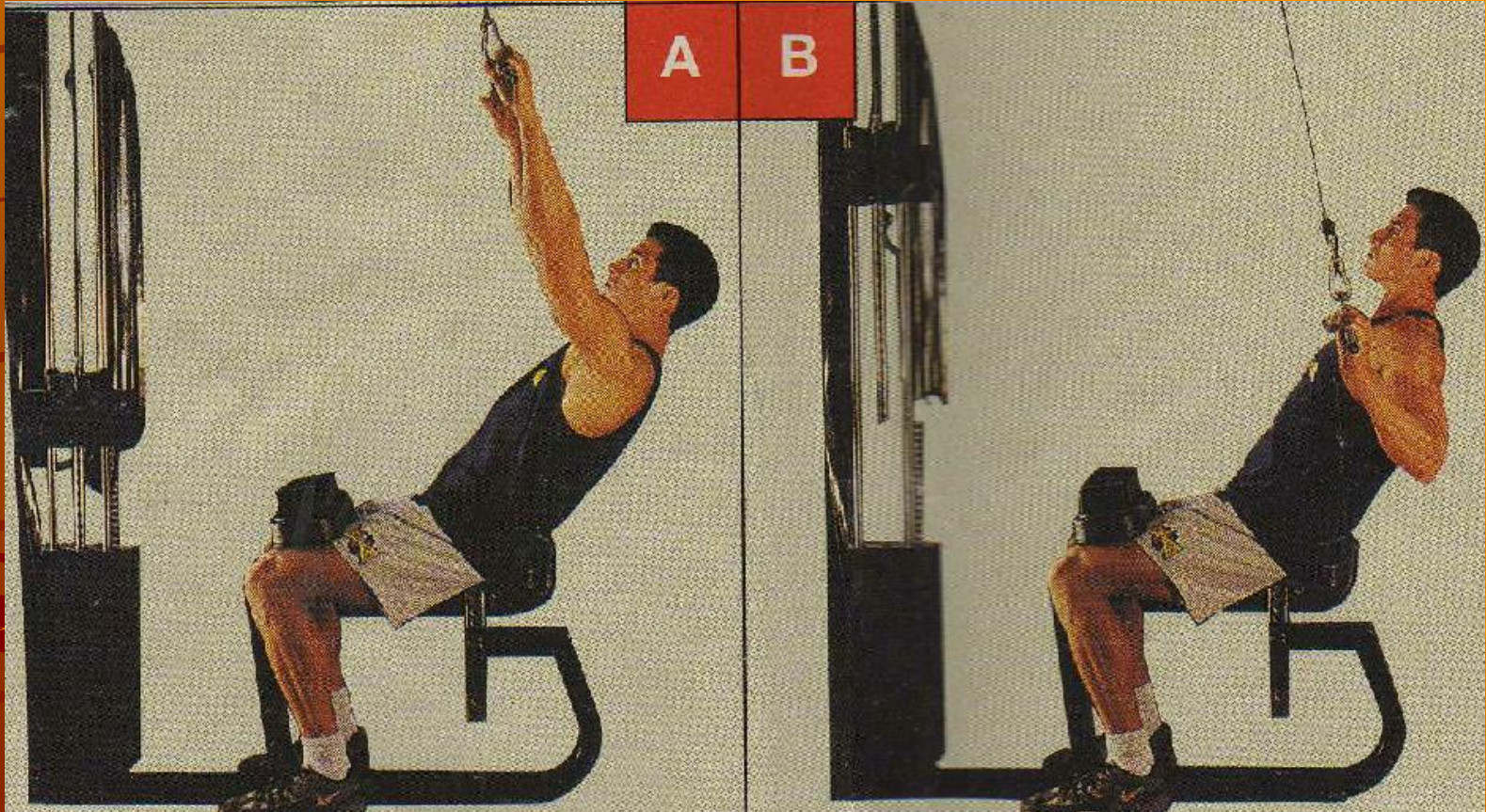


# REMO T



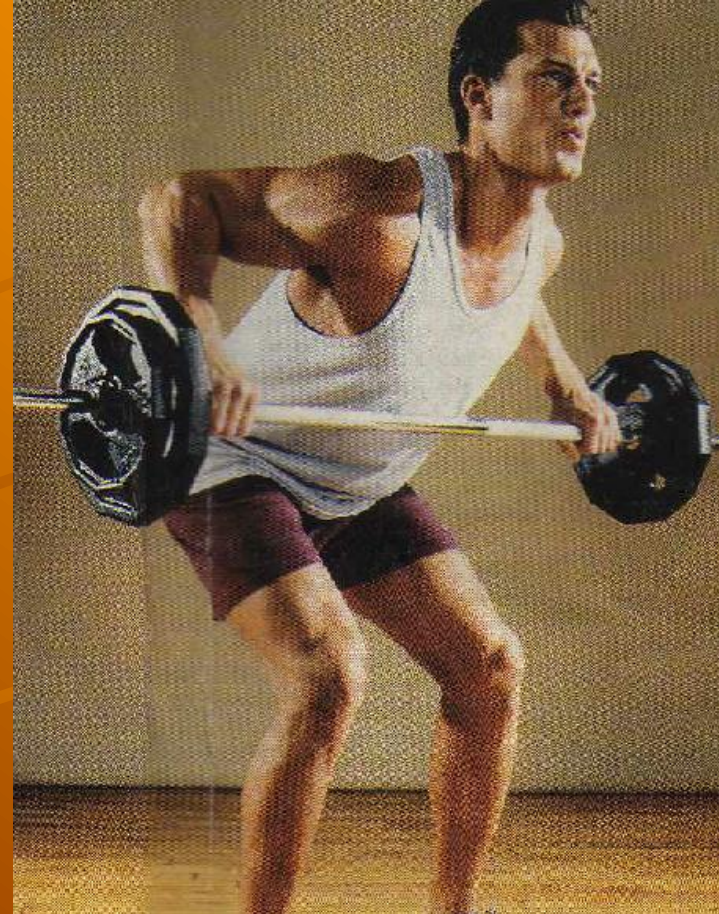
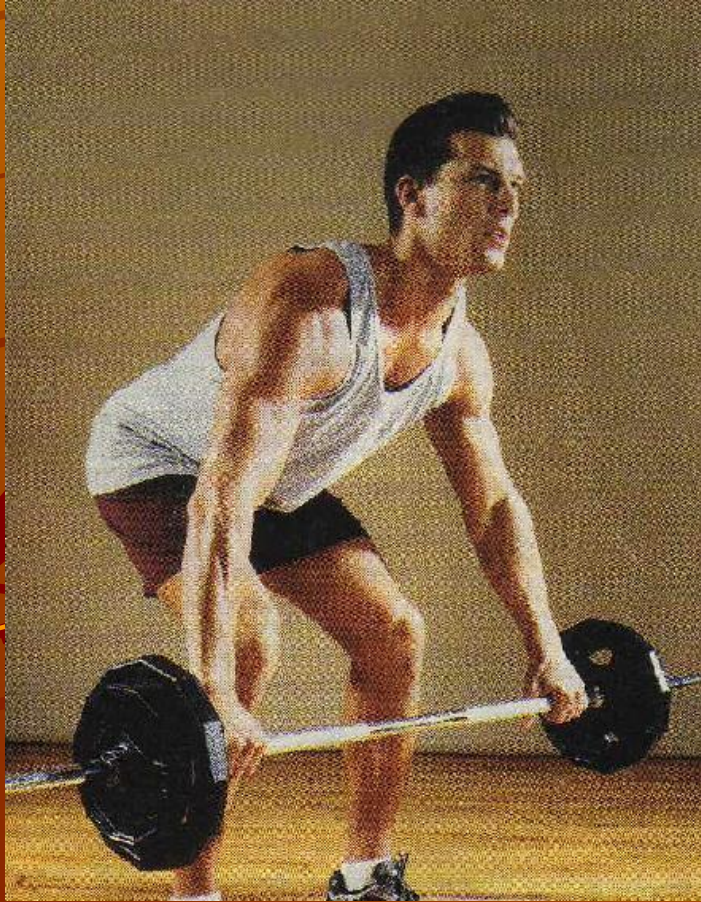


# POLEA ALTA PECHO



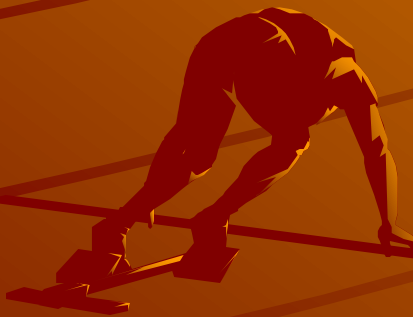
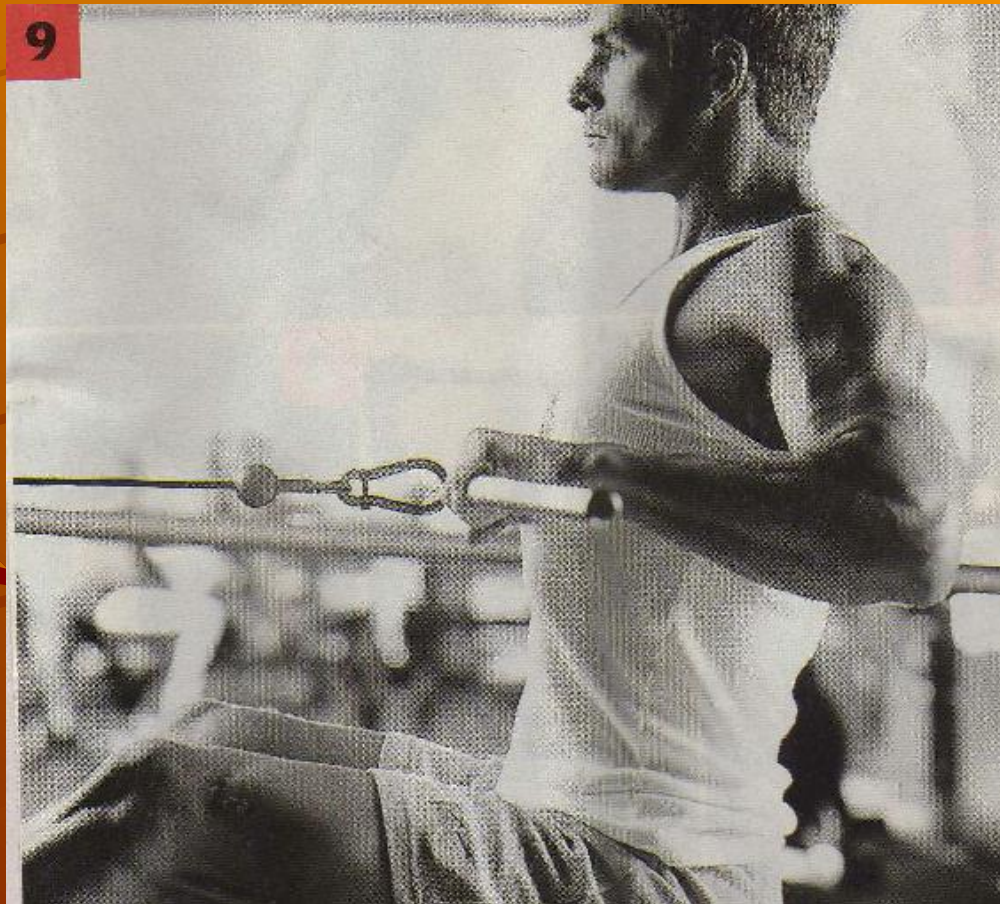


# REMO INCLINADO





# REMO POLEA BAJA

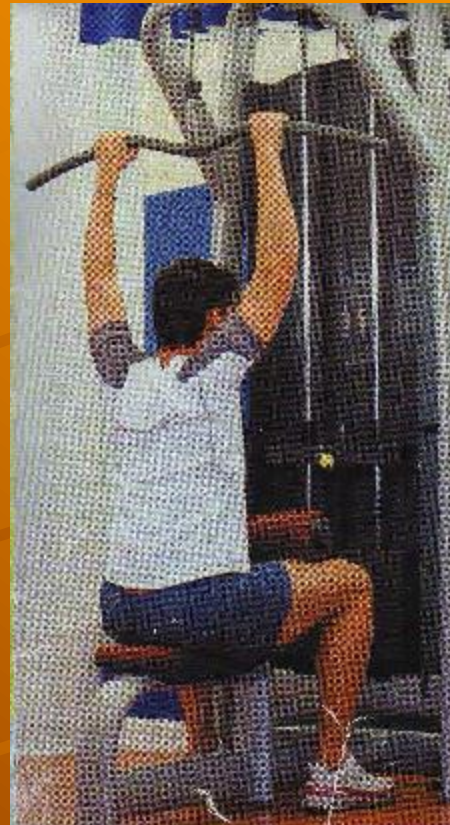




# POLEA DORSAL



# POLEA ALTA PECHO

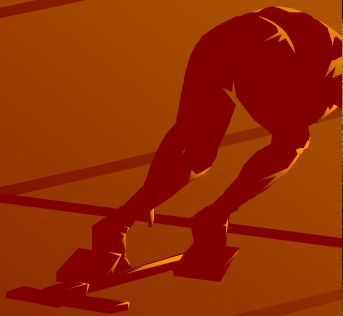
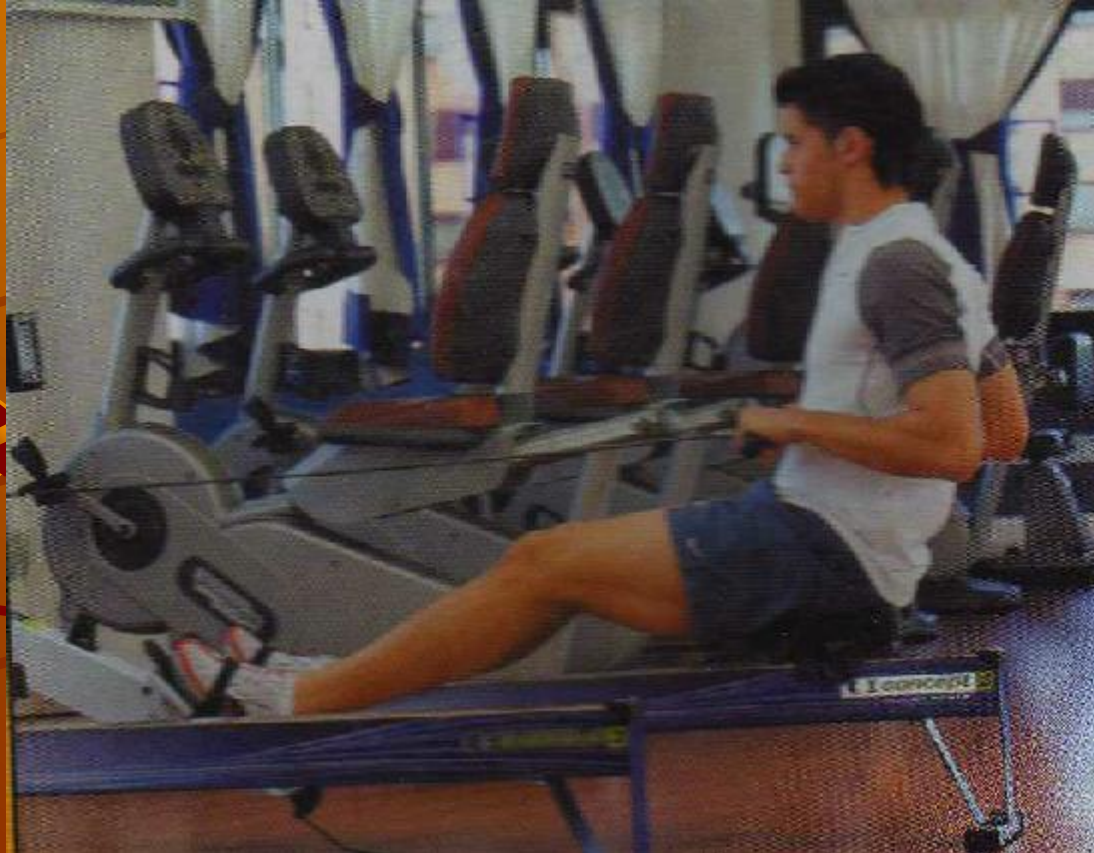




# POLEA ALTA VARIOS AGARRES

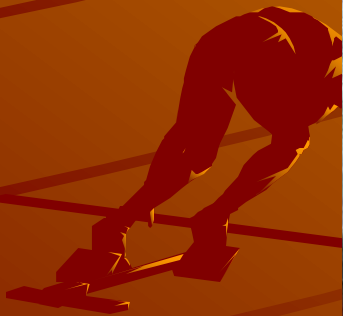
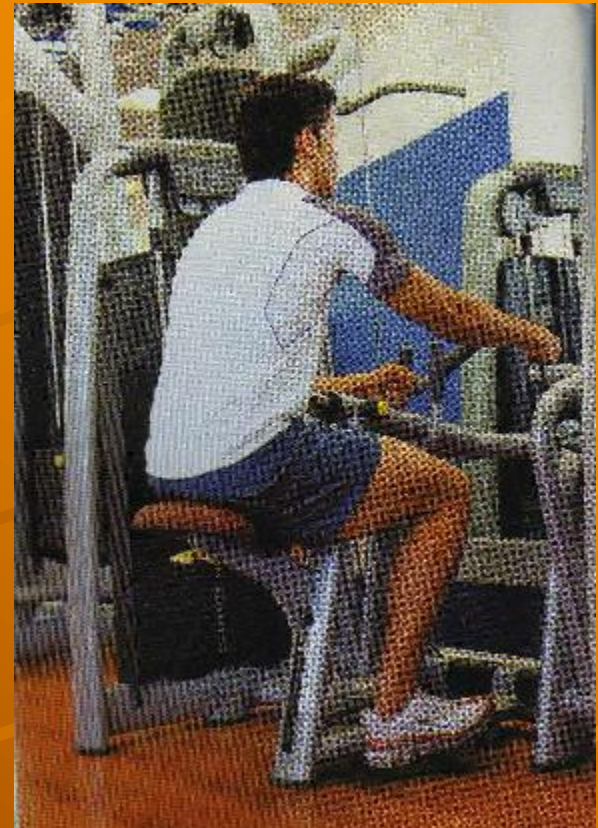
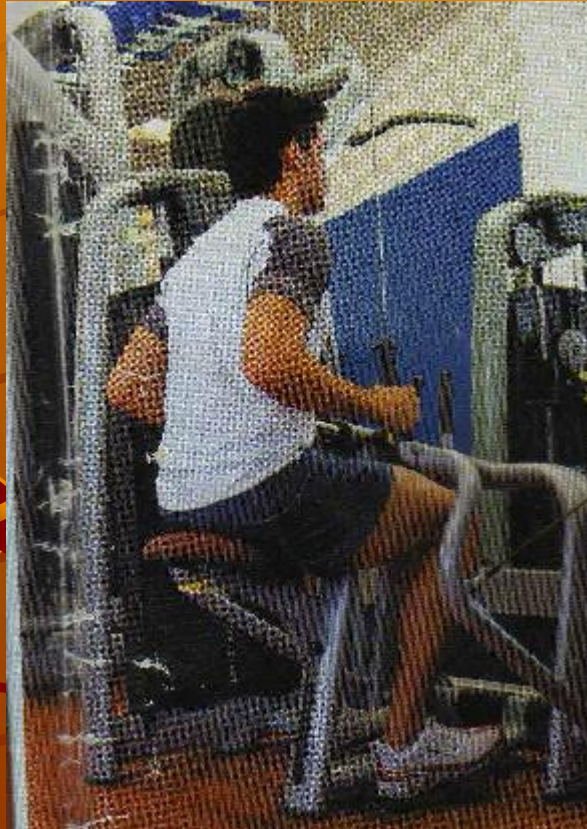


# REMO POLEA BAJA





# REMO AL OMBLIGO

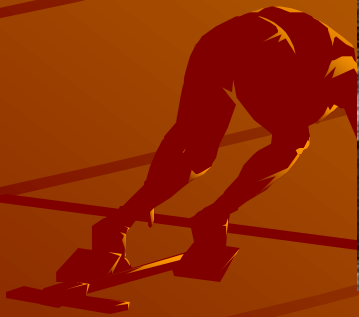
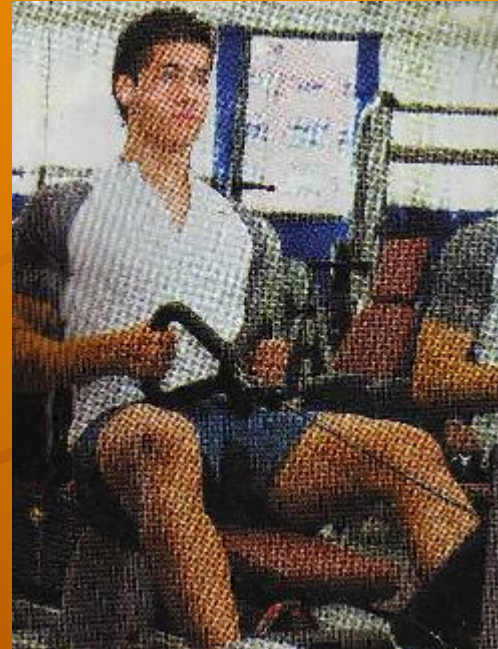
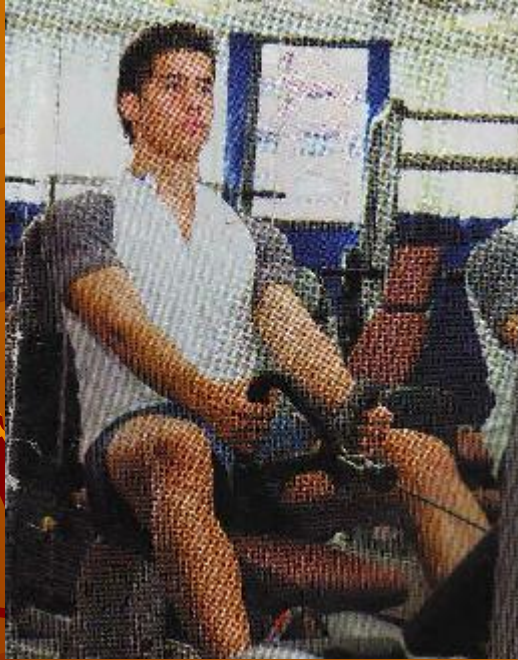


# REMO AL PECHO

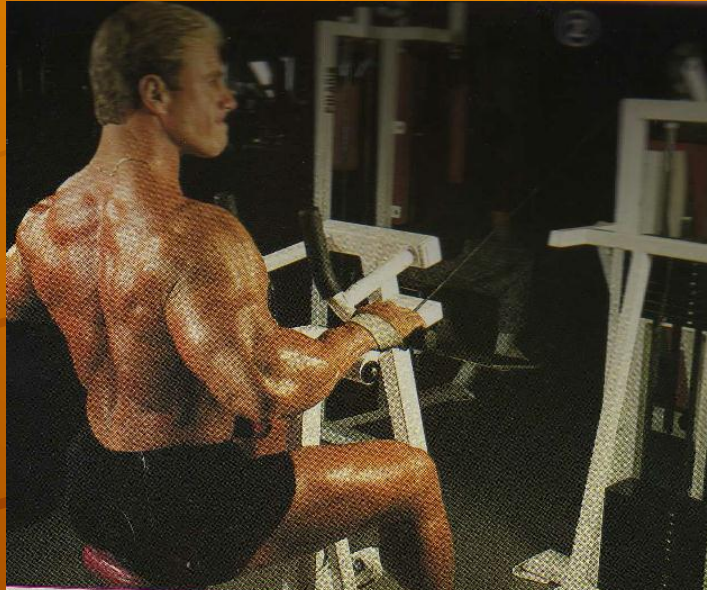




# REMO

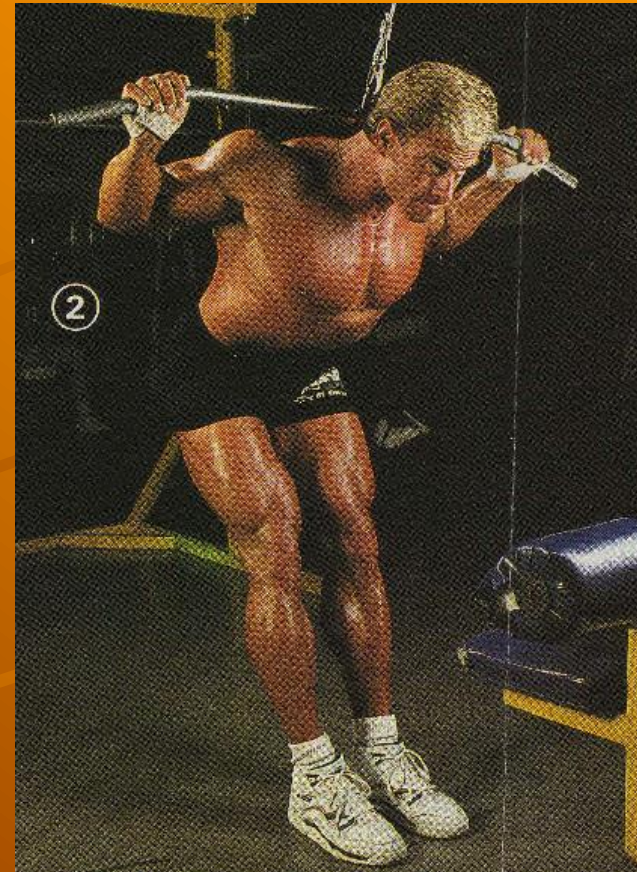
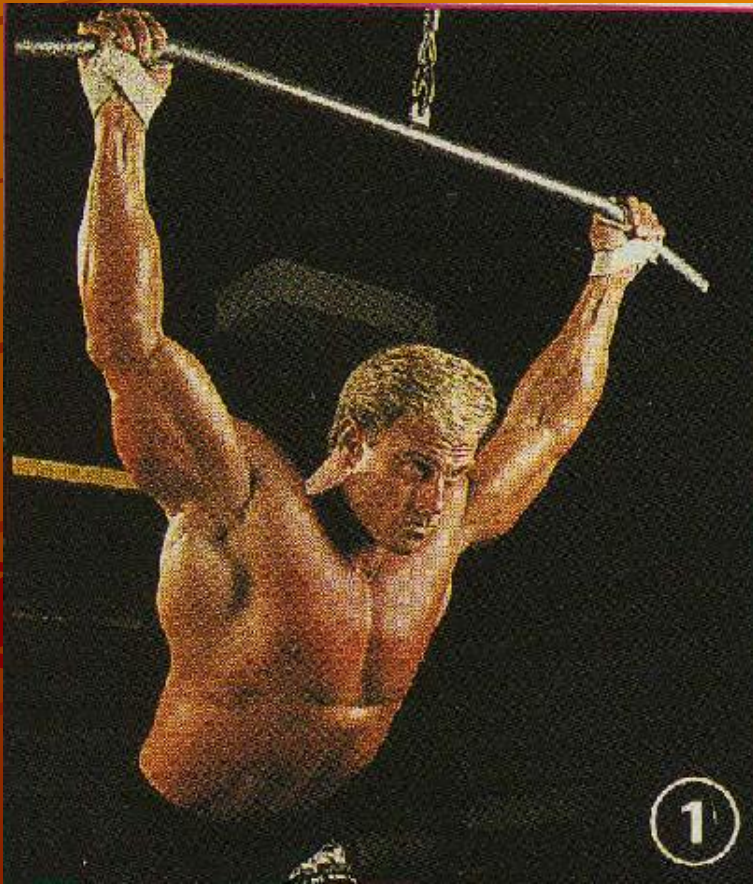


# REMO SENTADO



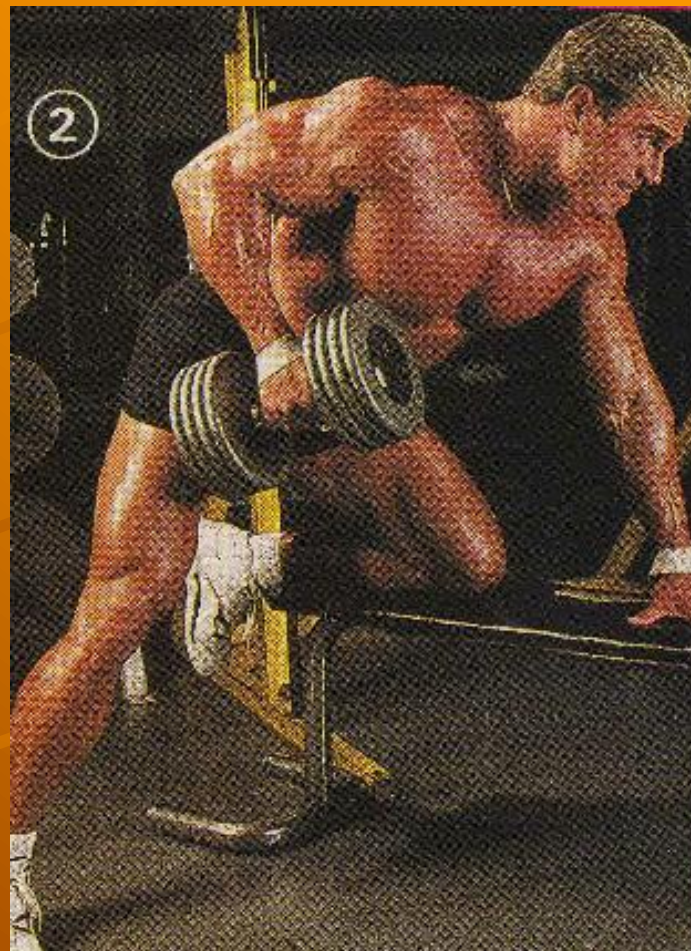
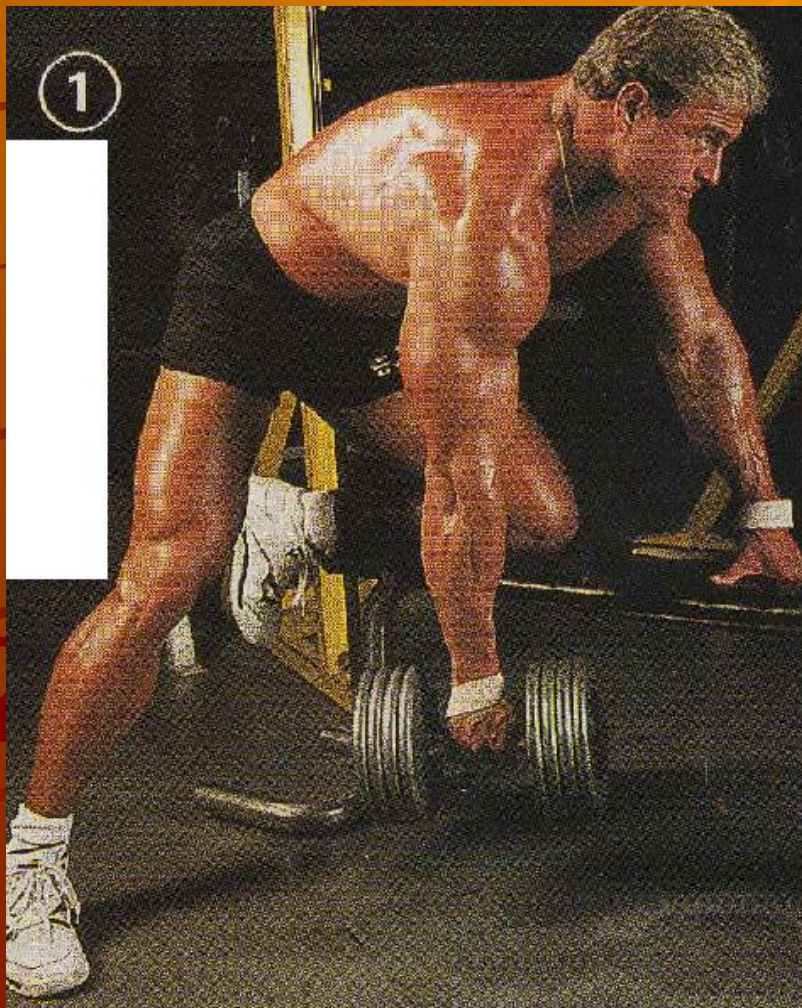


# JALONES DORSAL DE PIE

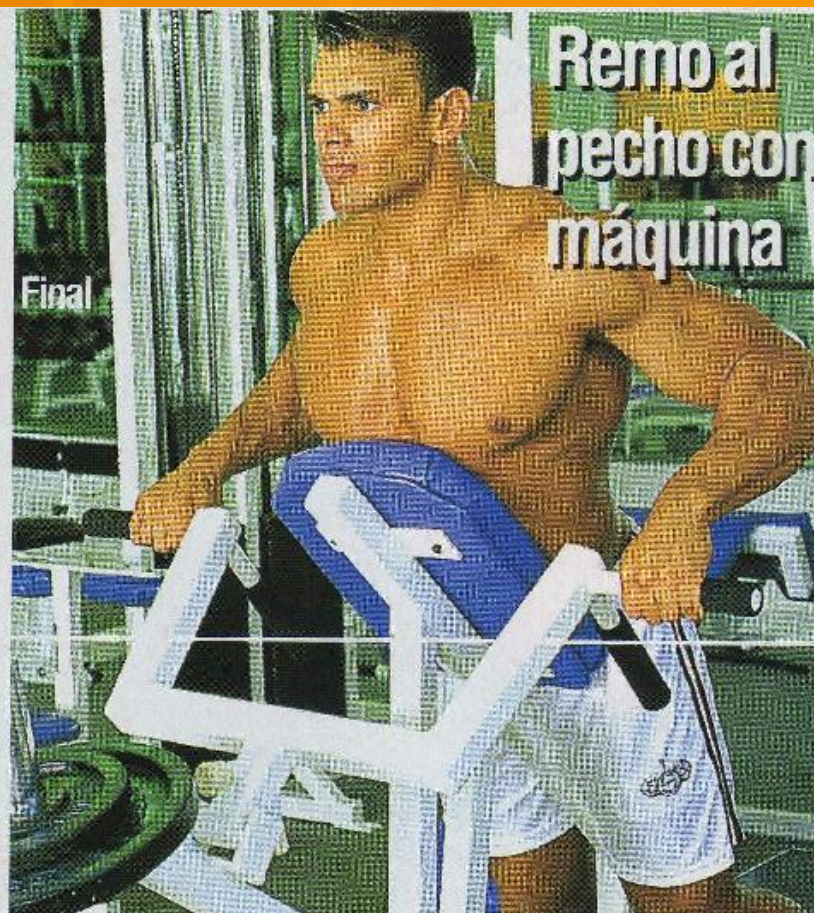
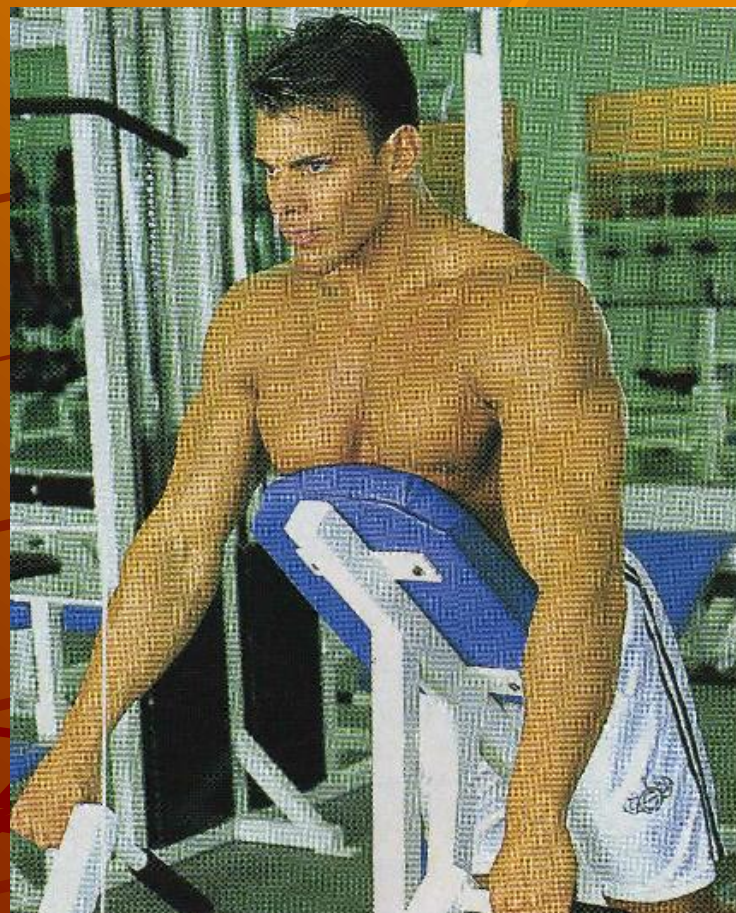




# REMO CON MANCUERNA

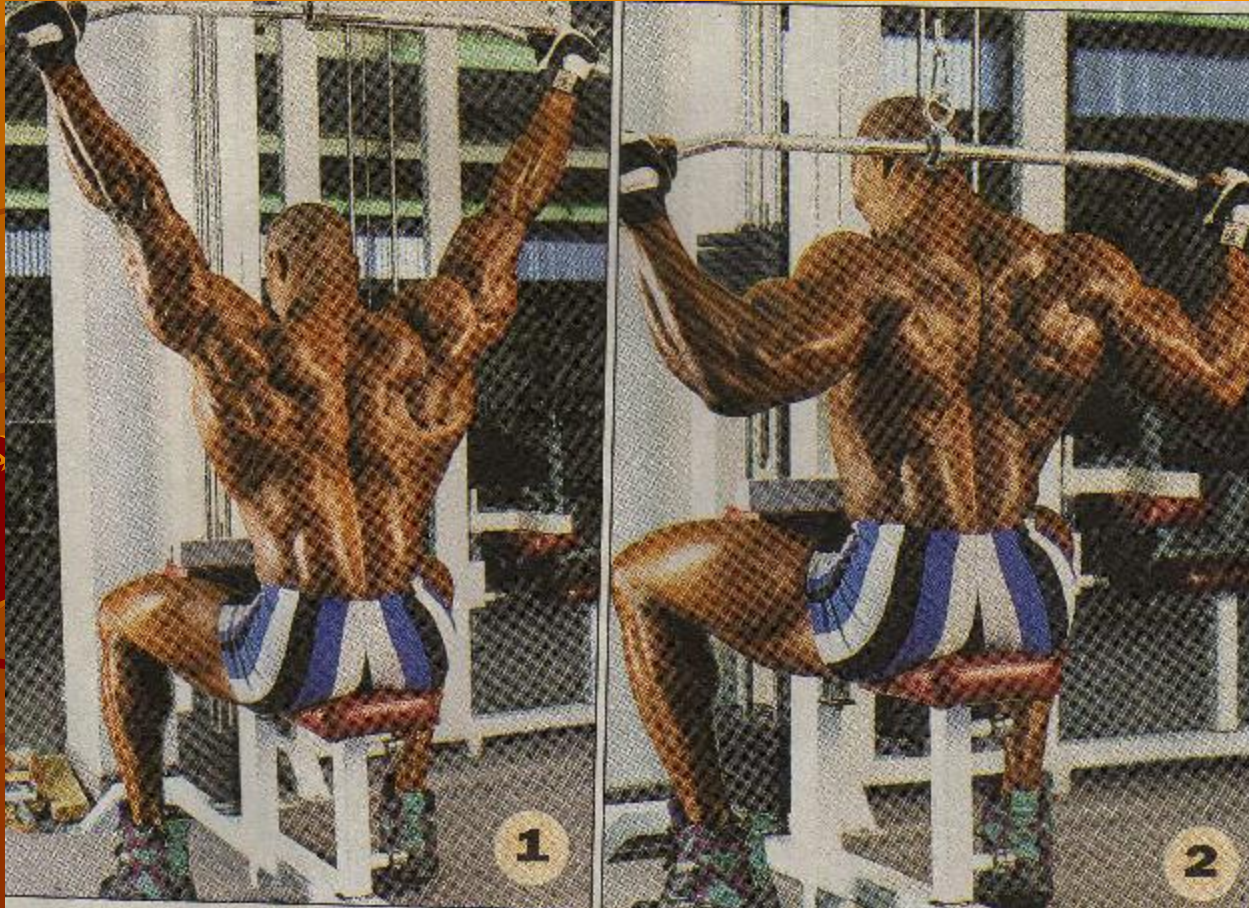






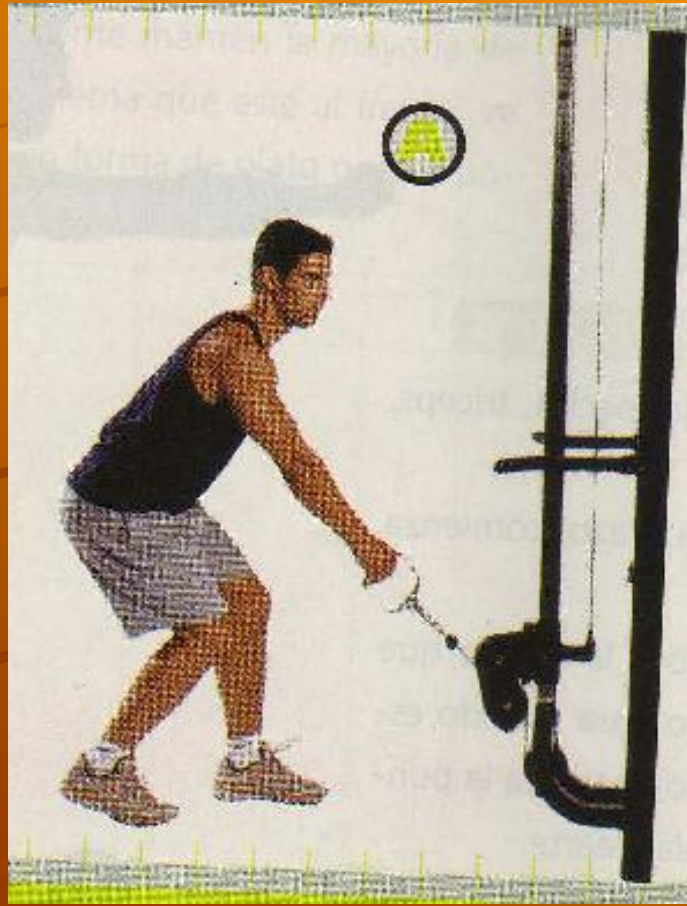


# POLEA DORSAL





# REMO A UNA MANO CON POLEA



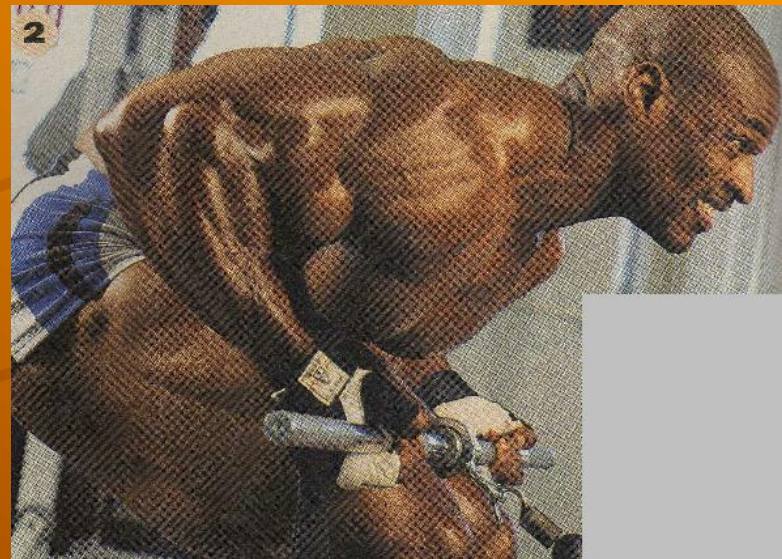
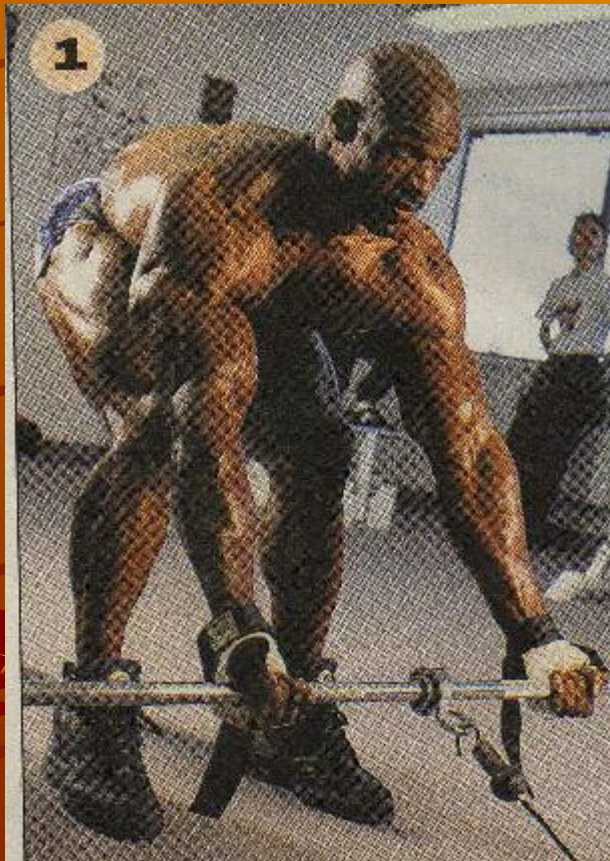


**Dominada en  
posición de "Cristo"**



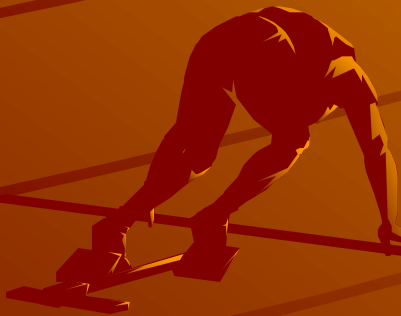
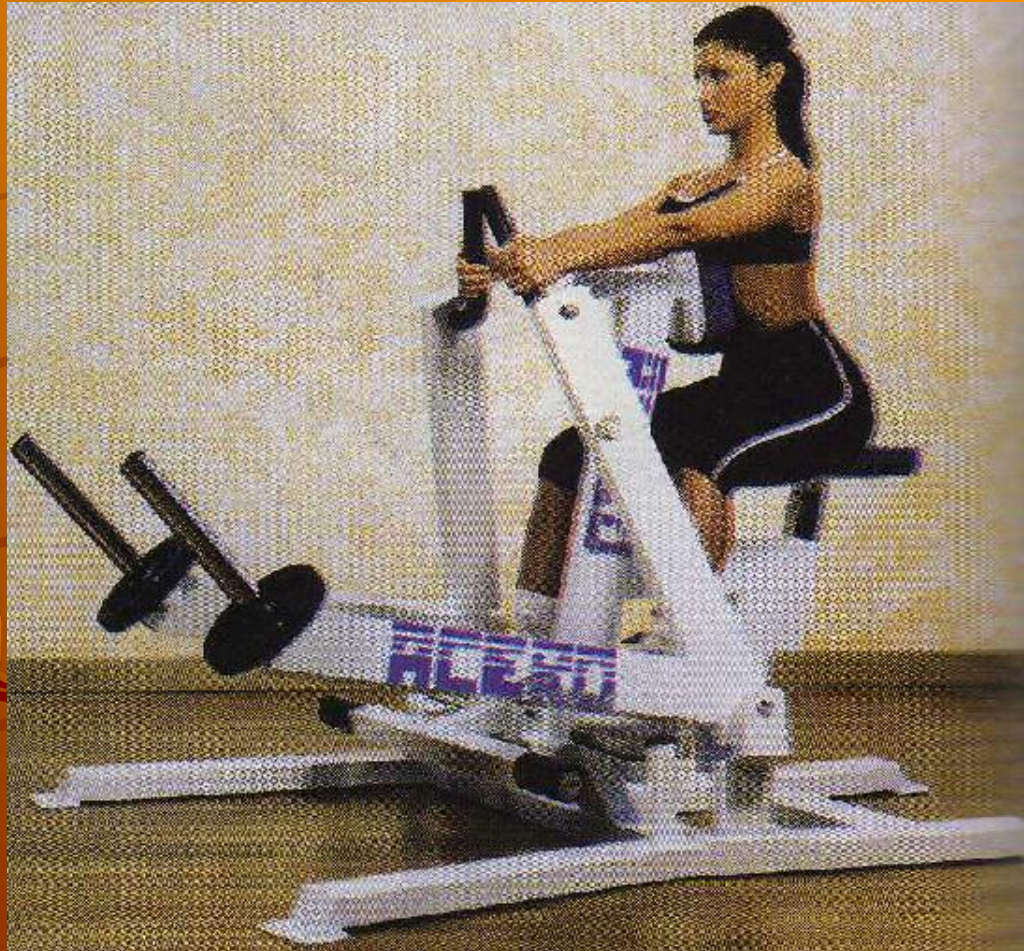


# REMO EN POLEA CON AGARRE INVERTIDO





# REMO CON APOYO PECHO

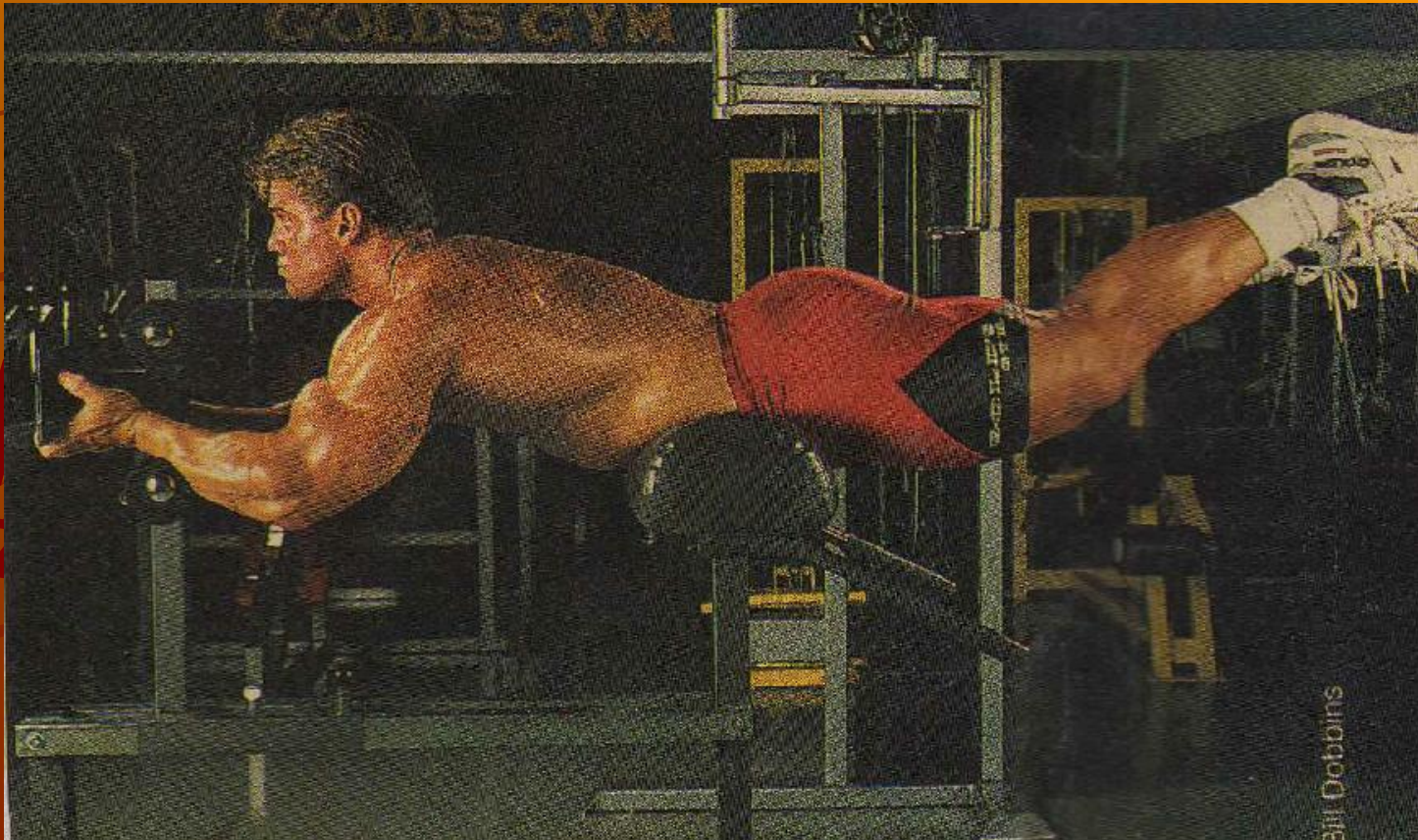




# EJERCICIOS ZONA LUMBAR



# HIPEREXTENCIONES PIERNAS

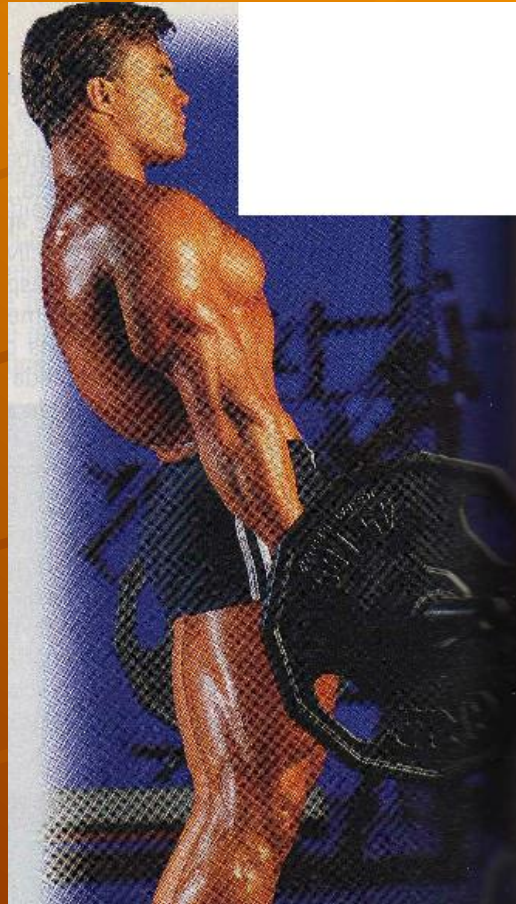




# HIPEREXTENCIONES TRONCO

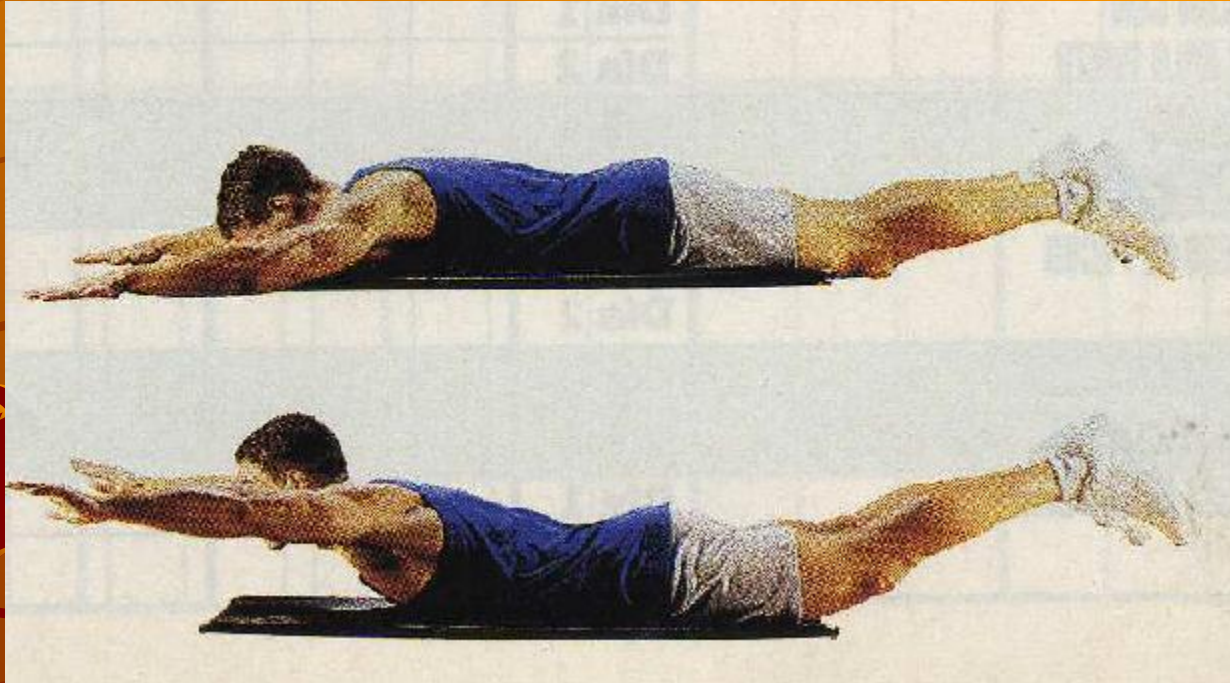


# PESO MUERTO



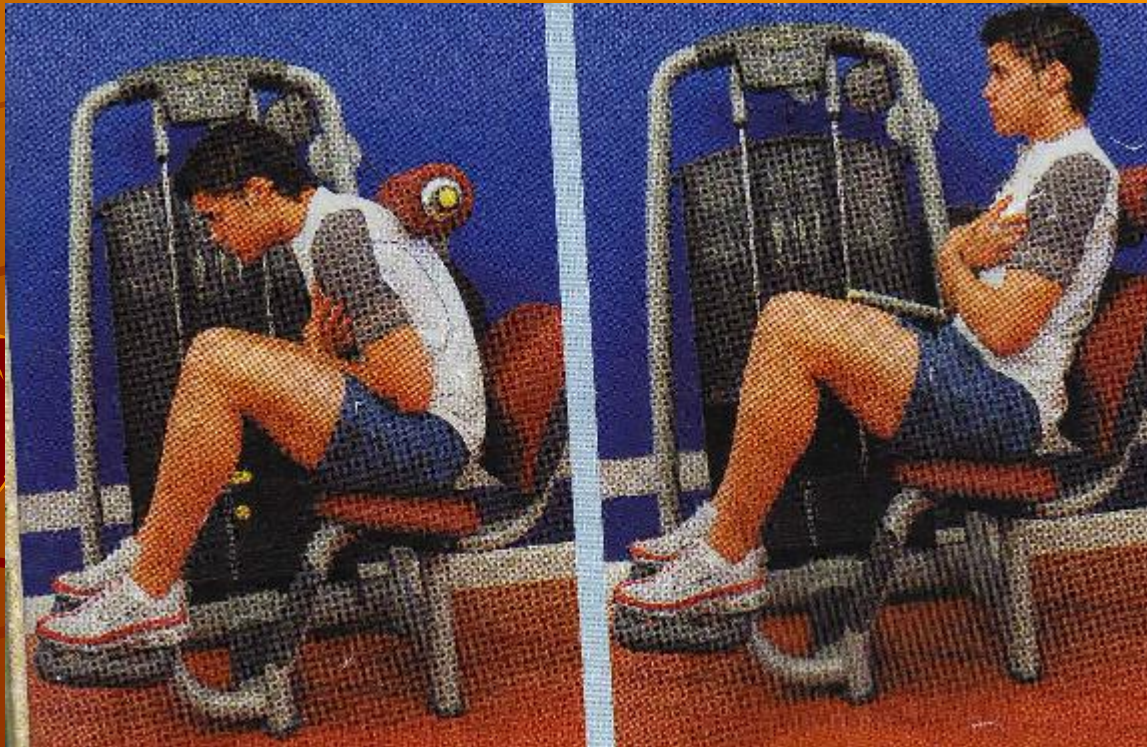


# SUPERMAN O EXTENSION DE ESPALDA



# MUSCULO PARAVERTEBRAL

## EXTENSION DE TRONCO





# EJERCICIOS TRAPECIO

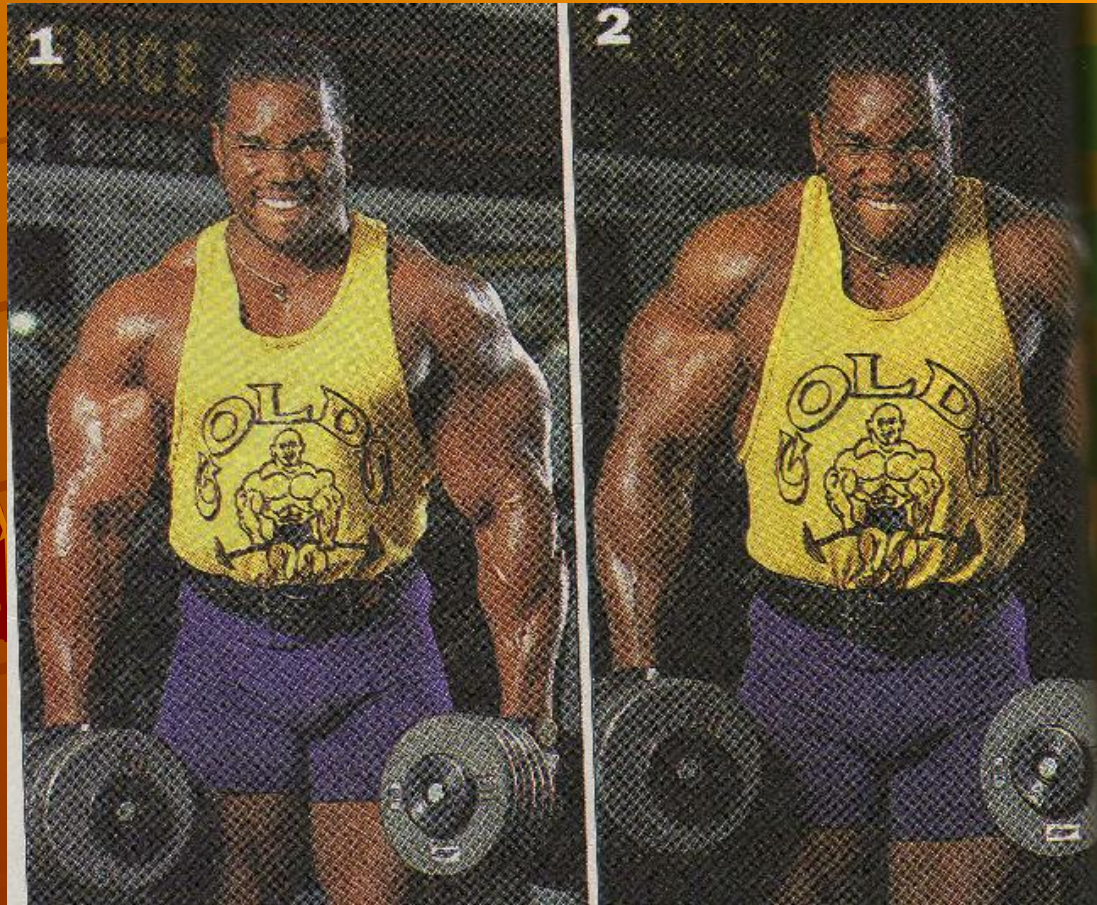


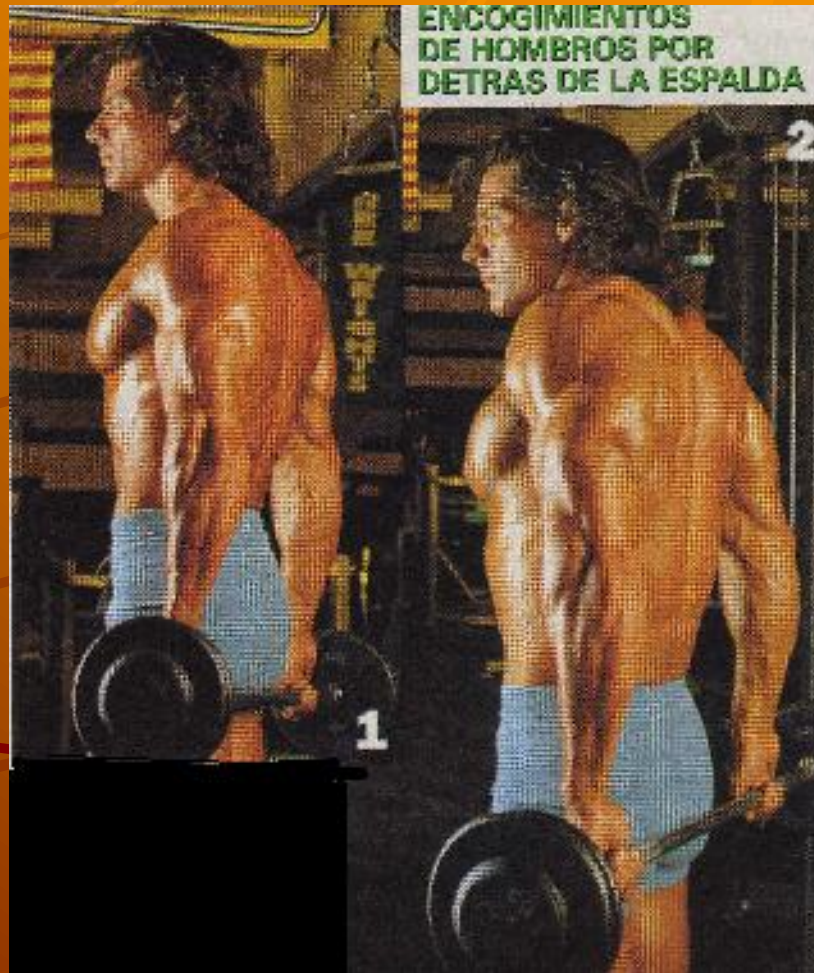
# ENCOGIMIENTO CON MAQUINA





# ENCOGIMIENTO CON MANCUERNAS



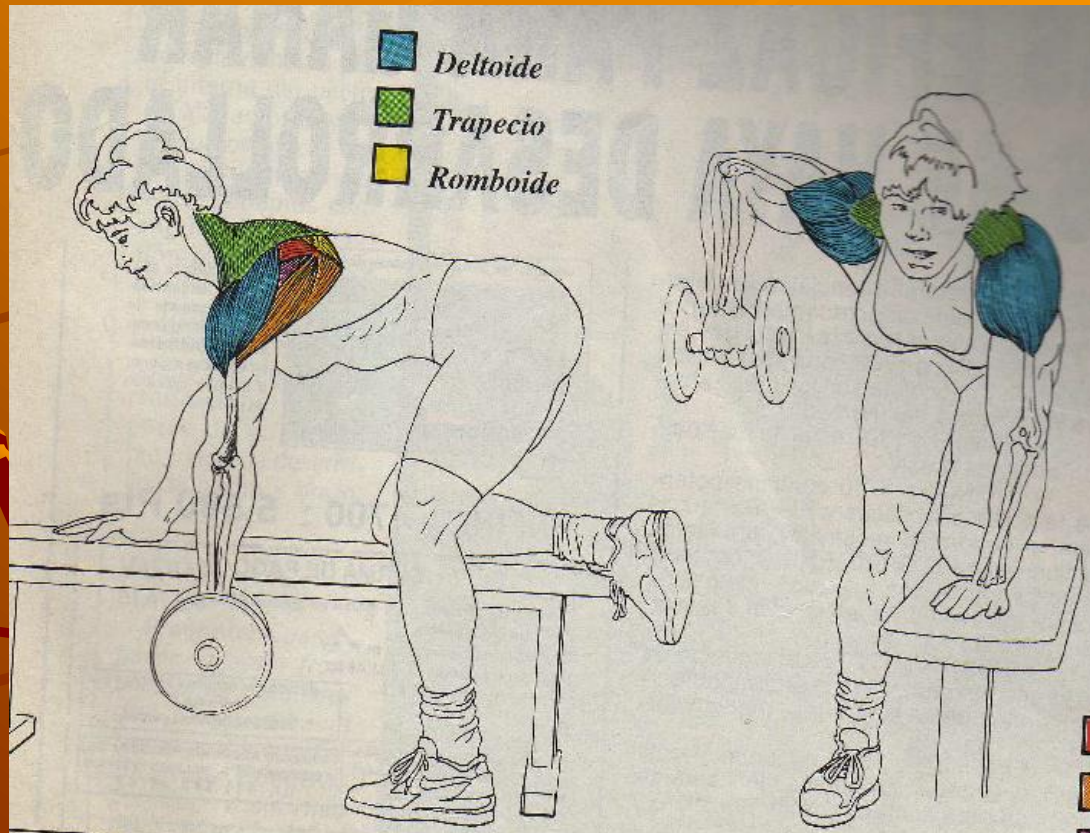




# ELEVACIONES DE HOMBRO

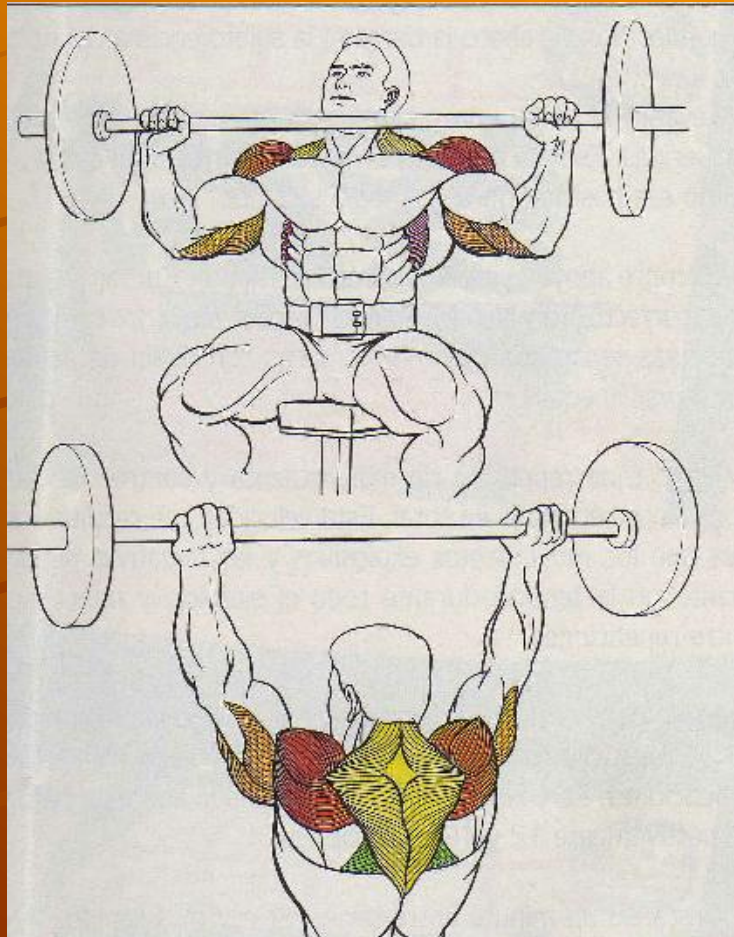


# REMO CON MANCUERNAS

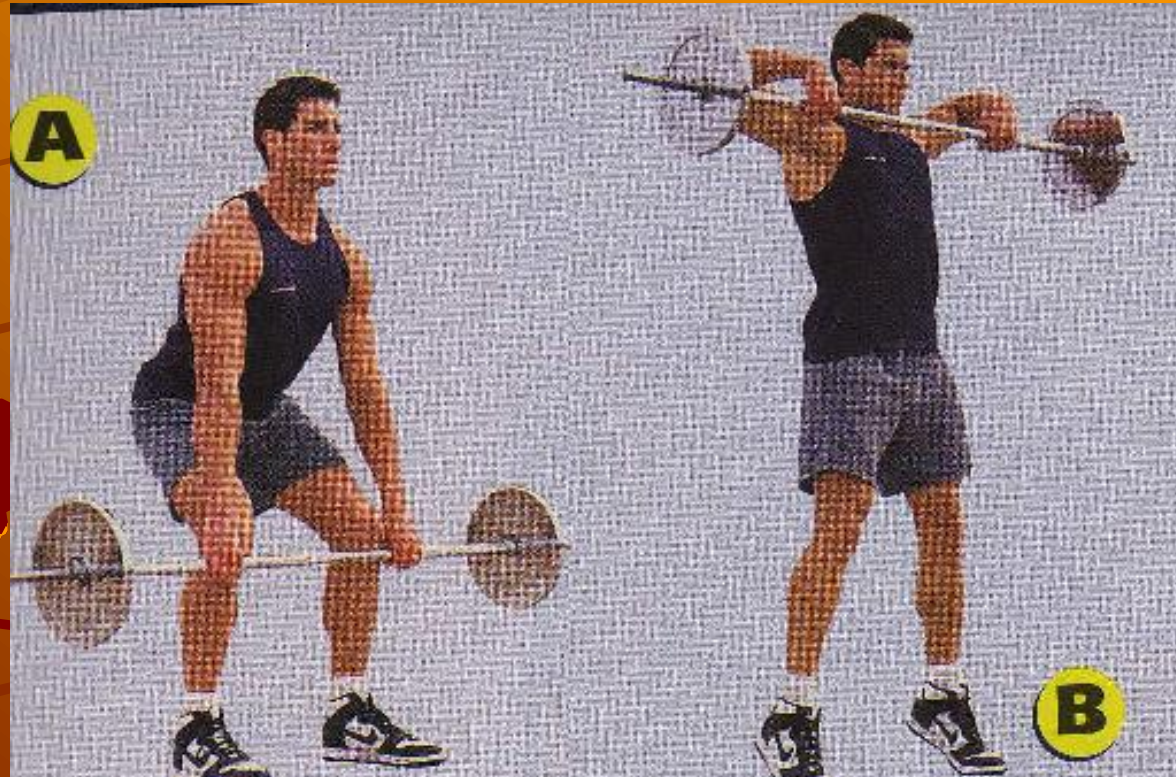




# PRESS HOMBRO PECHO



# CLEAN





# REMO AL MENTON



# EJERCICIOS ABDOMINALES





# ABDOMINAL INCLINADO



# CRUNCHE INVERTIDO

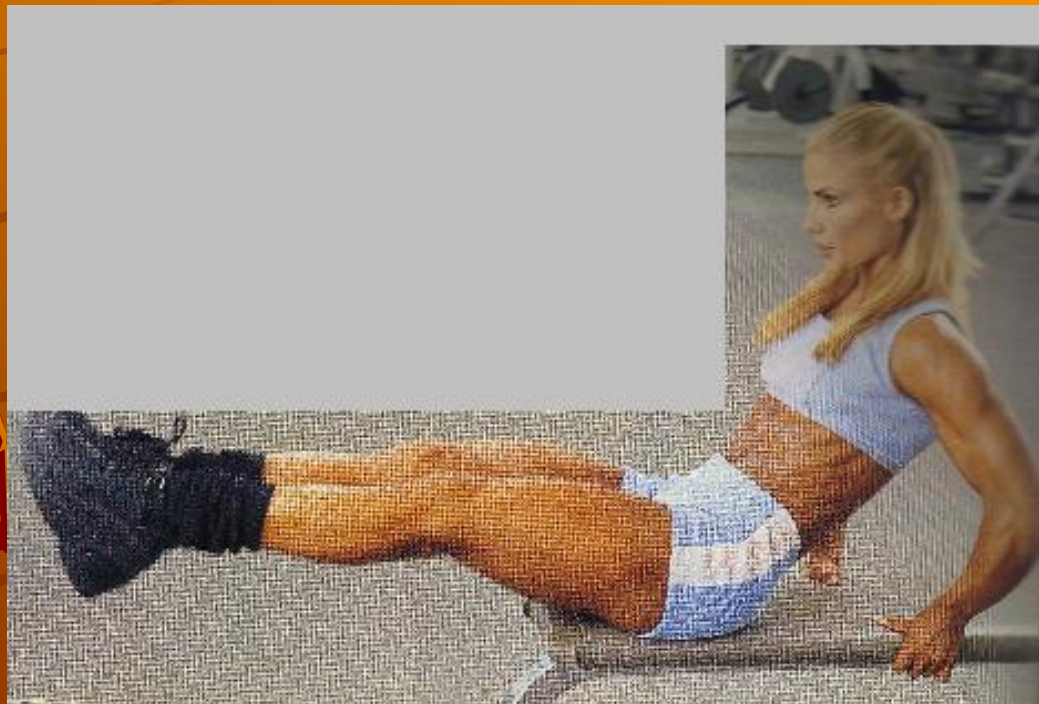




# ELEVACION DE CADERAS



# ABDOMINAL





# ABDOMINAL OBLICUO



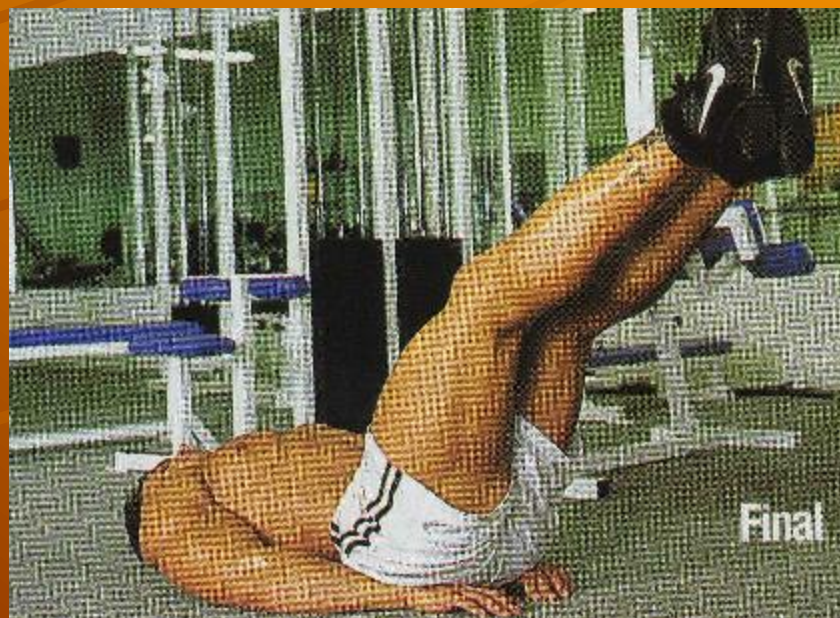
# OBLICUO EN BARRA





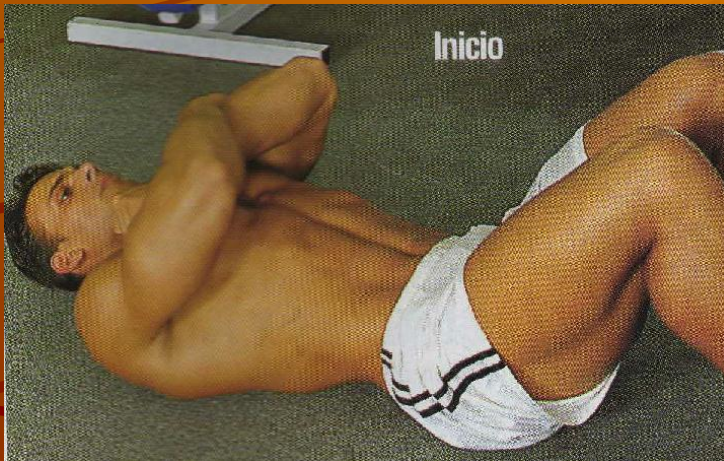
# ABDOMINAL EN BARRA SUSPENDIDA





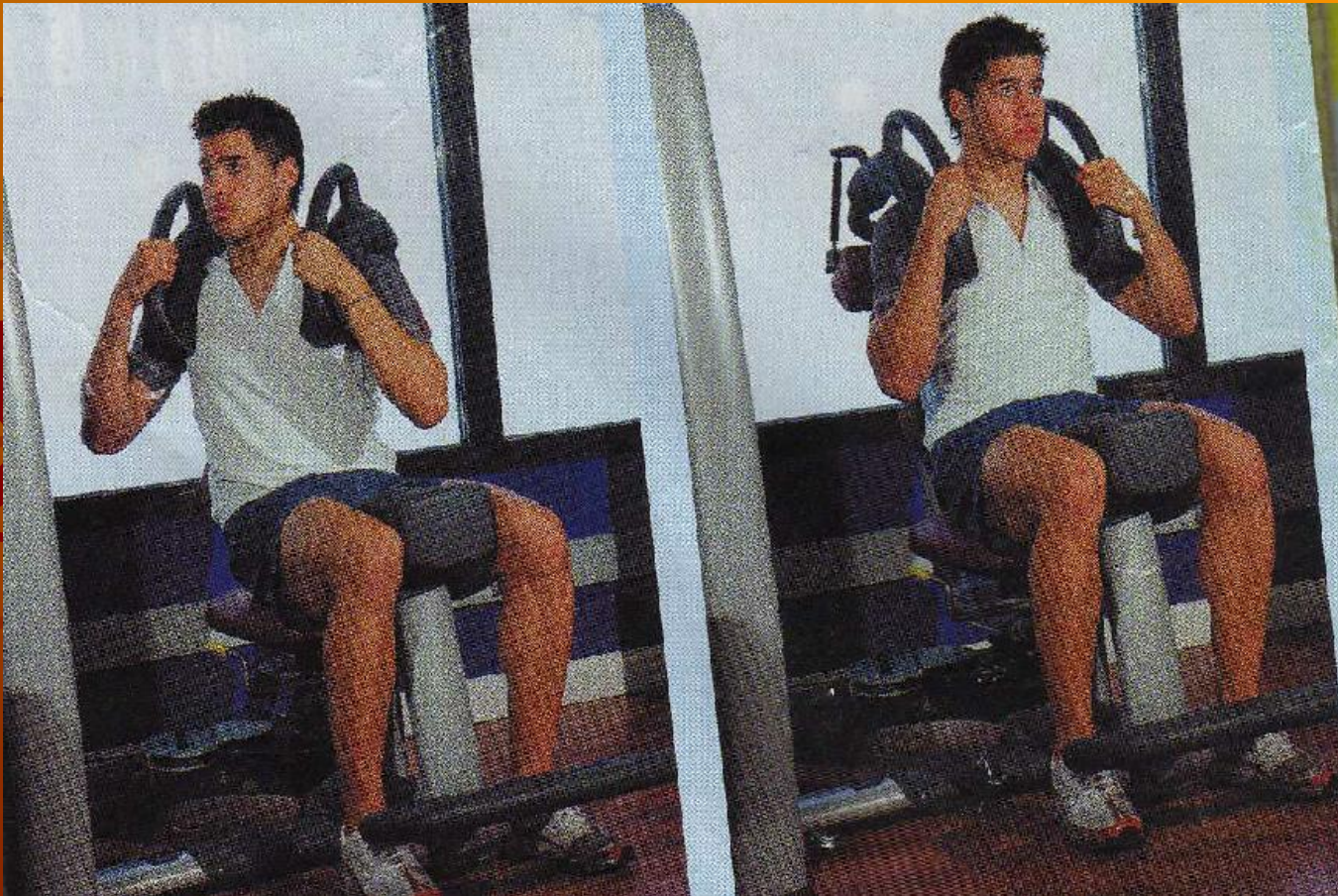


# CRUNCHES





# ABDOMINAL OBLICUOS

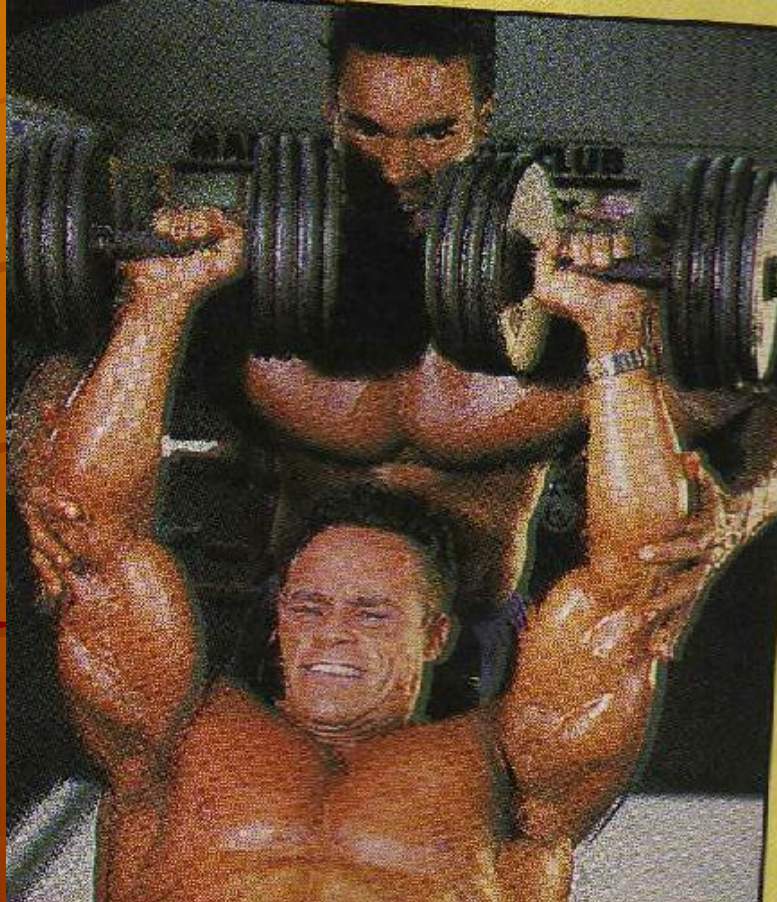




# EJERCICIOS PECTORAL

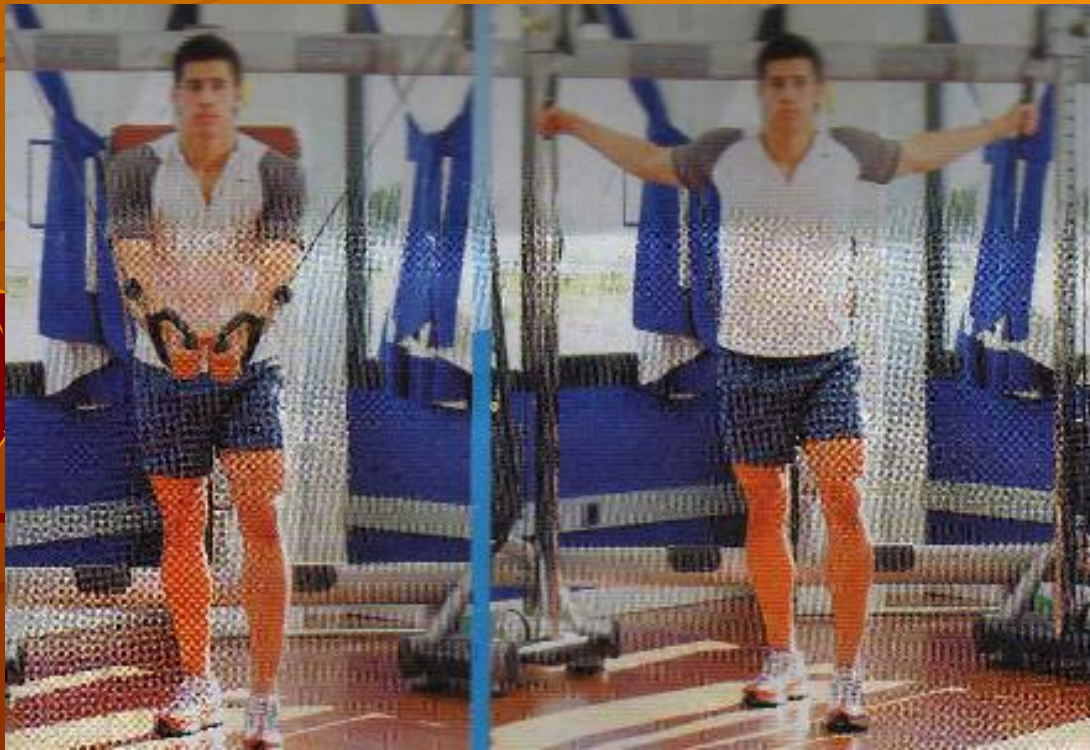


# PRESS INCLINADO CON MANCUERNAS





# CROSS OVER

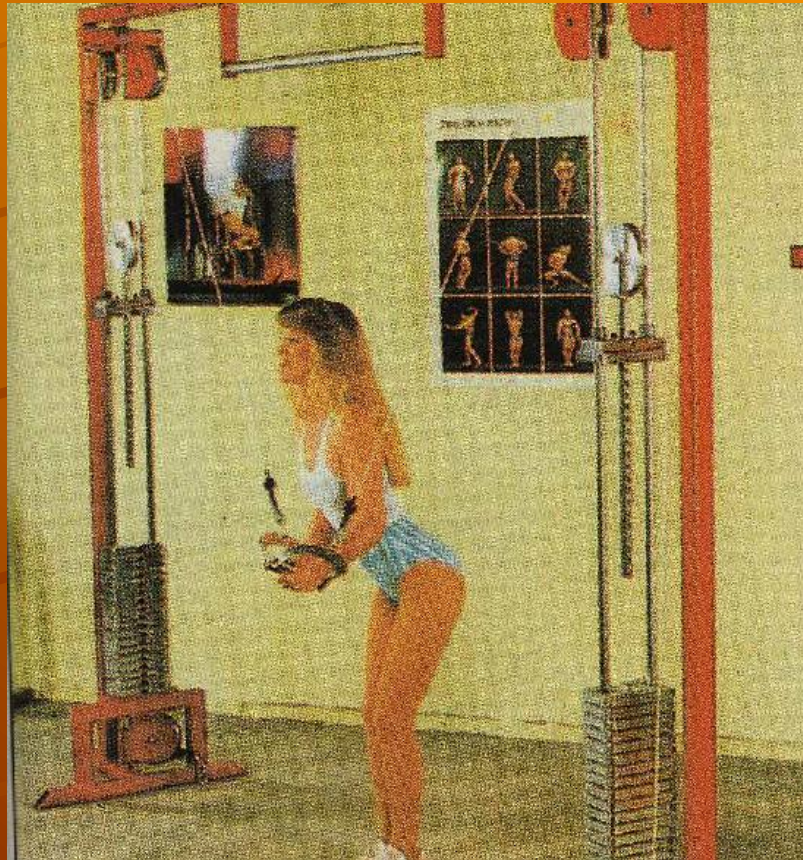


# FONDO EN PARALELA





# CRUCE DE POLEAS

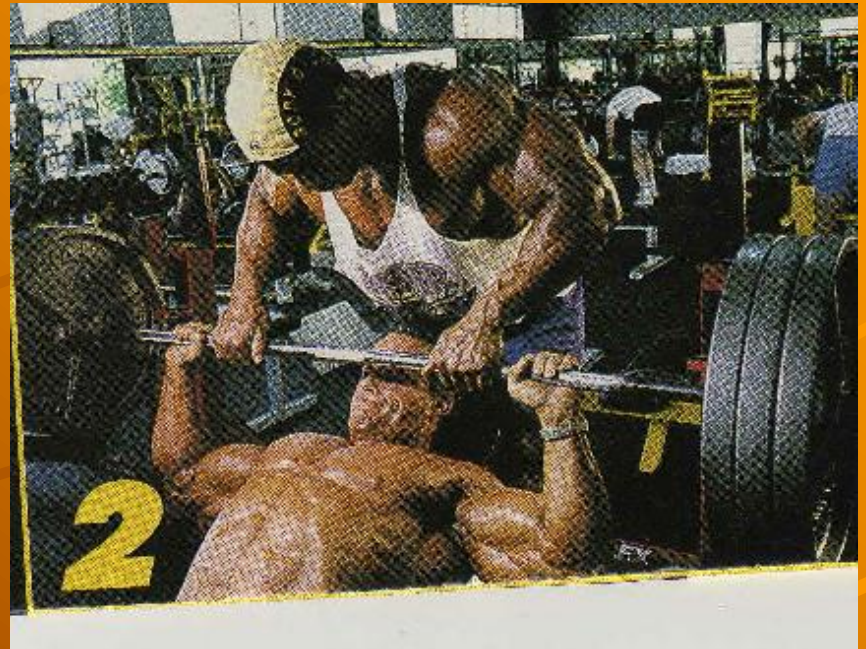


# APERTURAS CON MANCUERNAS



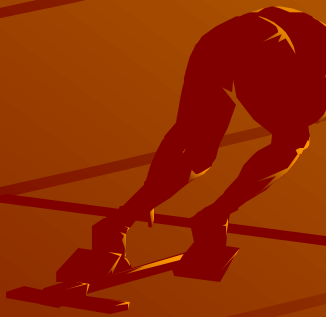
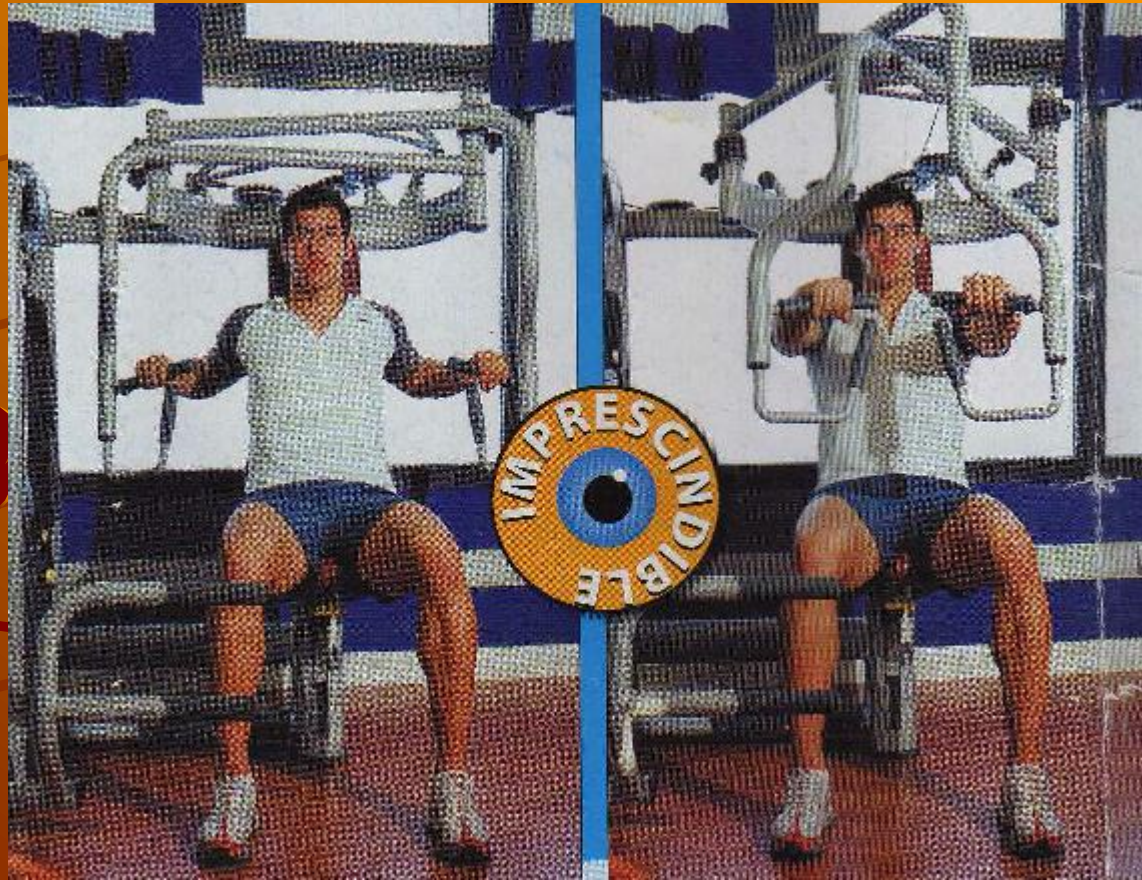


# PRESS INCLINADO BARRA



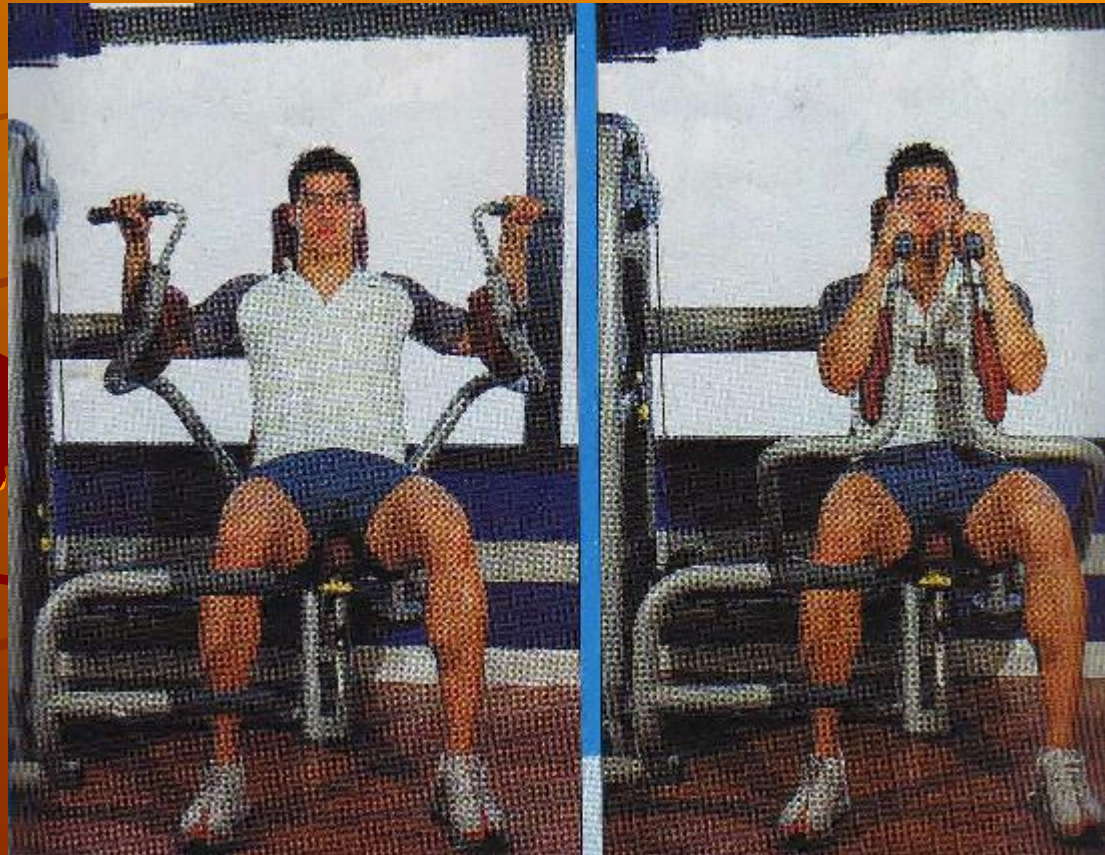


# EXTENSION HORIZONTAL

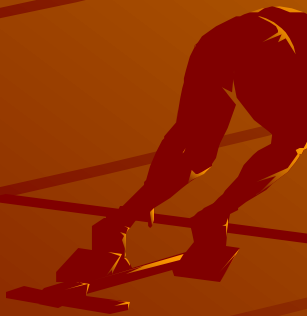
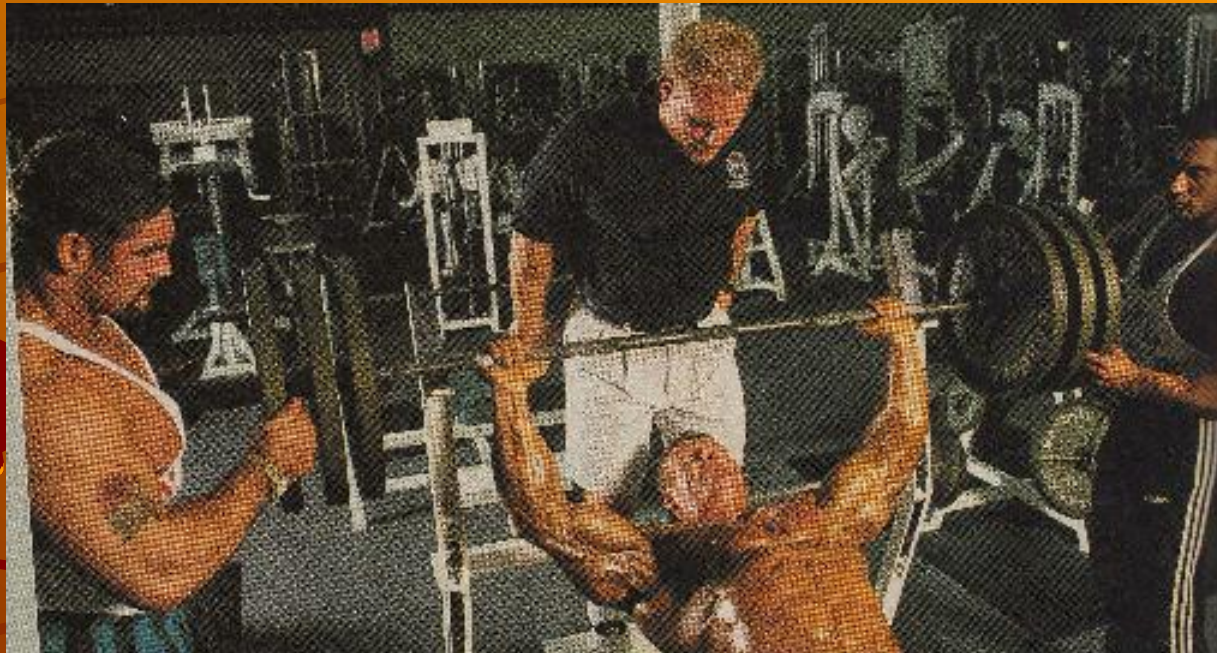




# PECK DECK

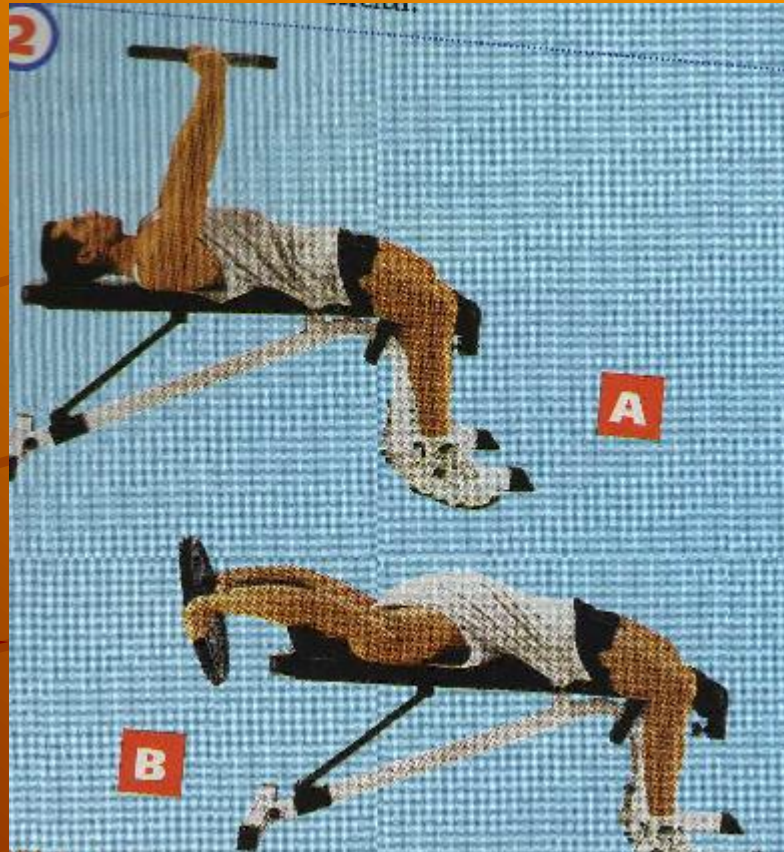


# PRESS INCLINADO SERIES DESCENDENTES





# PULLOVER CON DISCO

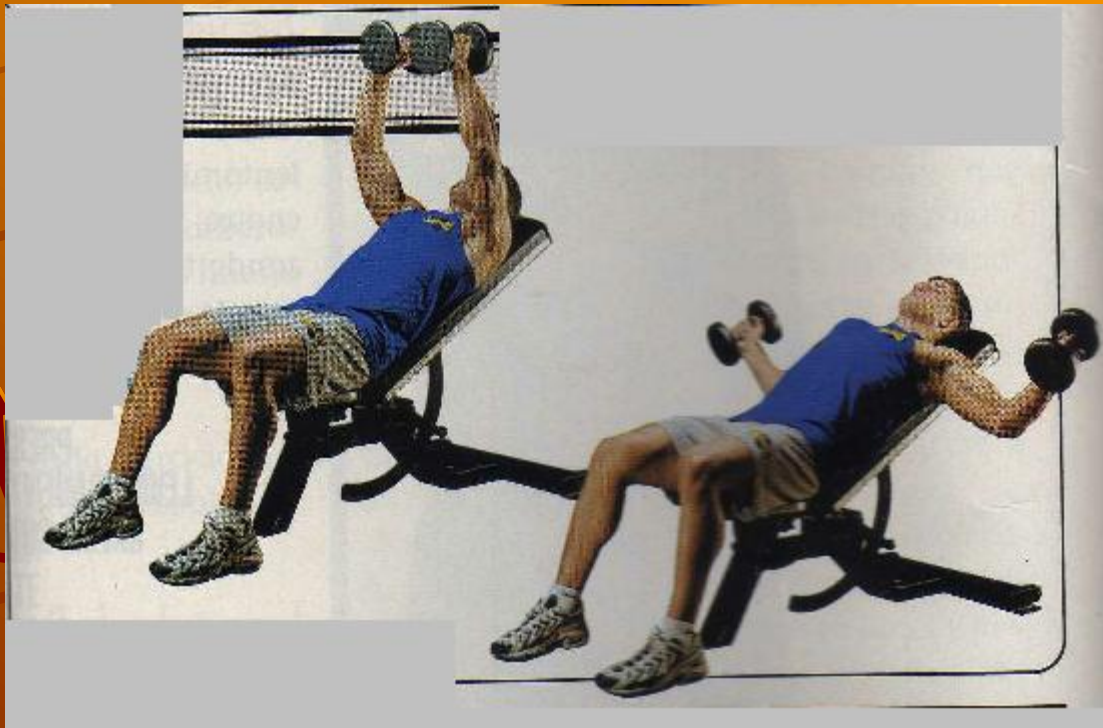


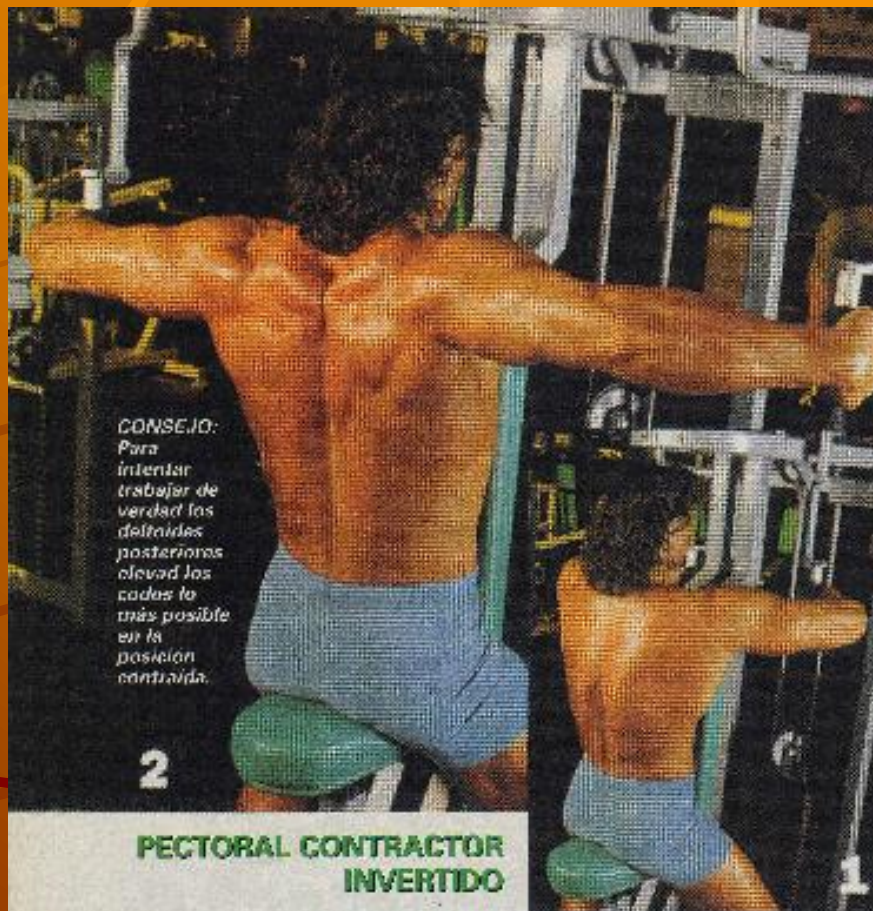
# PRESS DECLINADO





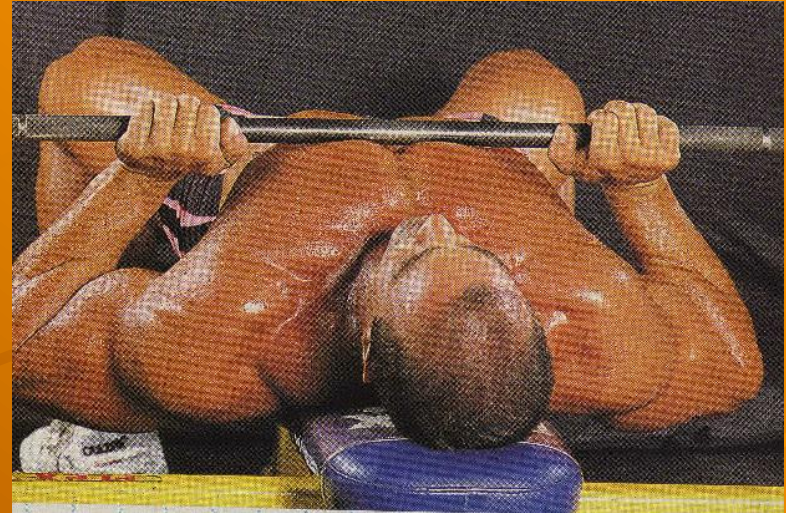
# APERTURA INCLINADO







# PRESS PLANO VARIOS AGARRES



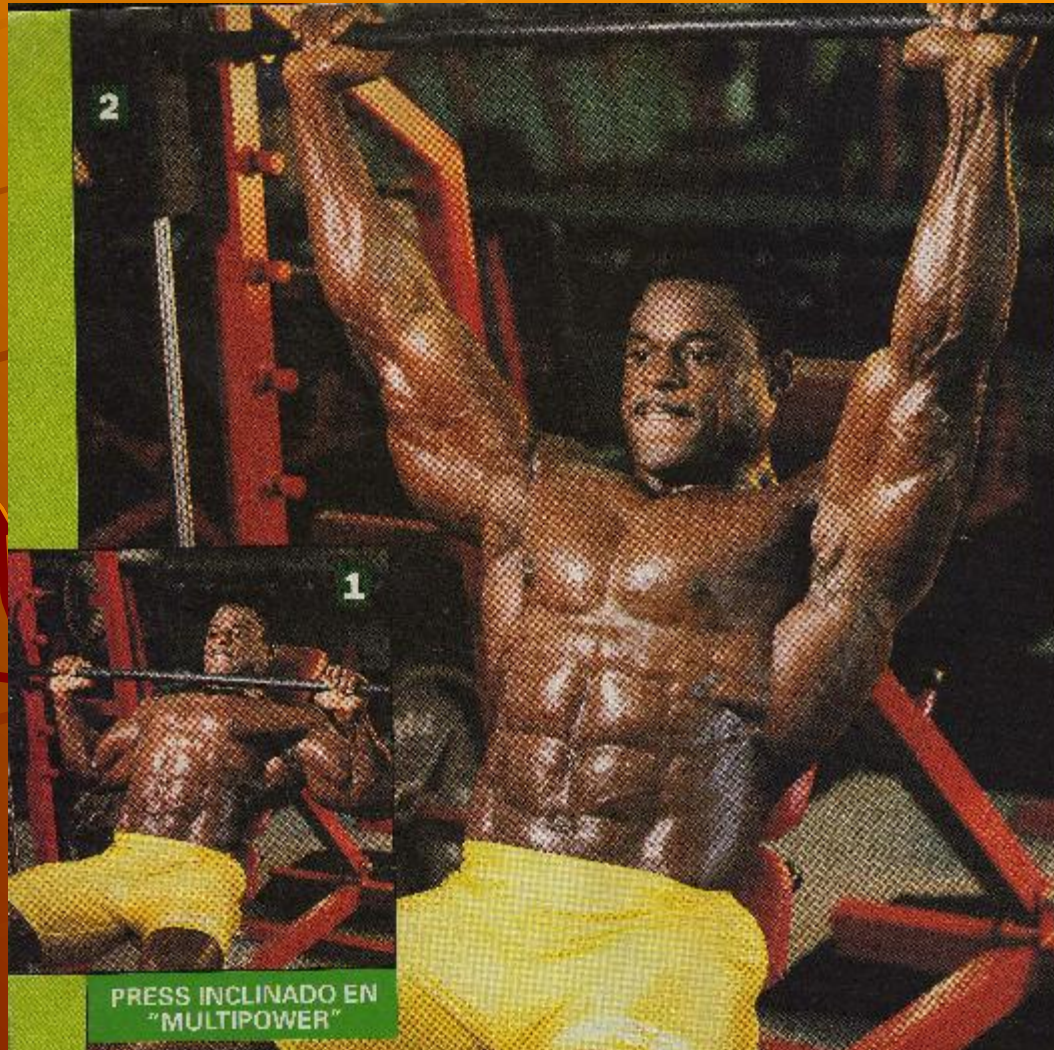


# PRESS CON MANCUERNAS



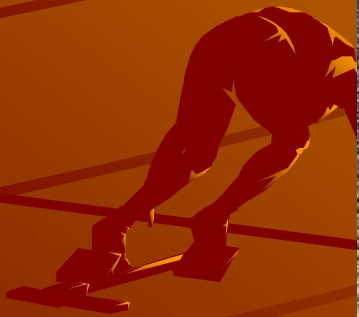
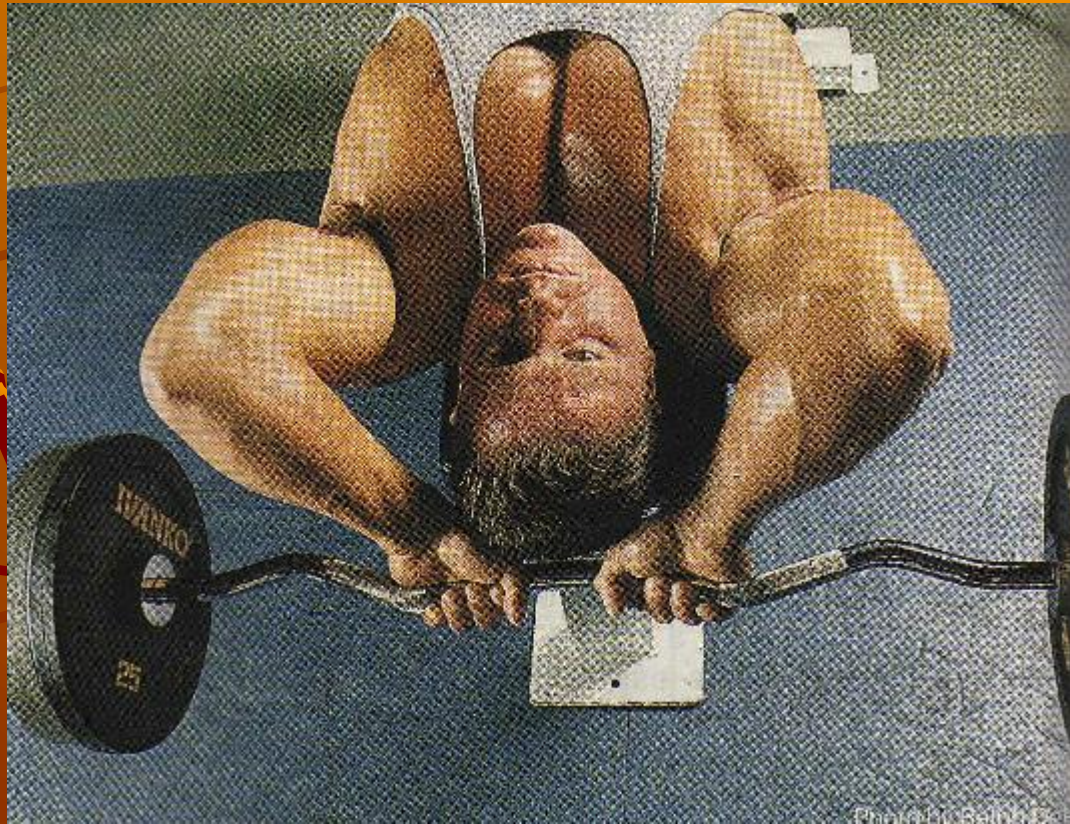


# PREES INCLINADO MULTIPOWER





# PULLOVER CON BARRA





# PECK DECK



# PULLOVER MANCUERNAS





# FLEXO EXTENSIONES DE CODO





# CRUCES DE POLEA EN BANCO





