

MESOCICLO II

LUNES

MIÉRCOLES

ANTI-FLEXIÓN LATERAL

1. Off Bench oblique hold with pulse



2. Half-Kneeling landmine lateral raises



3. Overhead pallof press TRX



ANTI-EXTENSIÓN

1. Long Lever Plank Shoulder Taps



2. Overhead Med-Ball Slam

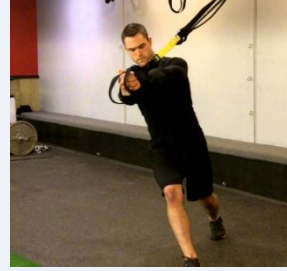


3. Pull over declined



ANTI-ROTACIÓN

1. TRX Anti Rotación

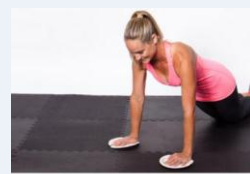


2. Sliding Push-ups



ANTI-EXTENSIÓN

1. Sliding Push-ups



3x8 (der. adelante adelante y cruz

Si no se dispone de deslizadores