

# MESOCICLO I

## LUNES

### ANTI-EXTENSIÓN

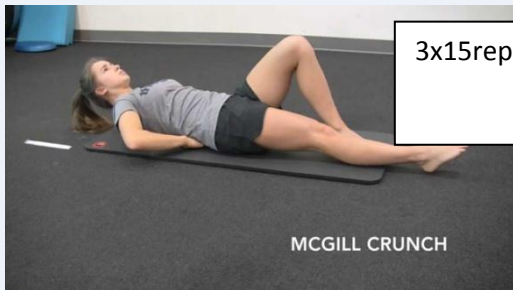
#### 1. Plank Fitball

3x30"



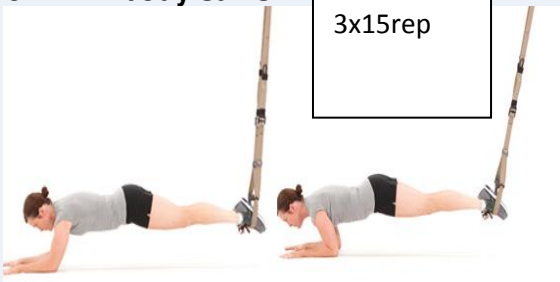
#### 2. McGill Crunch

3x15rep



#### 3. TRX body saws

3x15rep



## MIÉRCOLES

### ANTI-ROTACIÓN

#### 1. Landmine with short arms

3x15rep



#### 2. Split stance one arm cable chest press

3x15rep



### ANTI-FLEXIÓN LATERAL

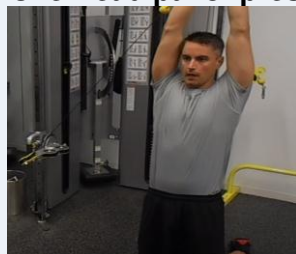
#### 1. Side plank

3x30"



#### 2. Overhead pallof press

3x15rep



## VIERNES

### ANTI-EXTENSIÓN

#### 1. Fitball Roll out

10x15rep



#### 2. Bosu plank with tilts



3x8 por lado



#### 3. McGill Crunch

3x15rep



	 <b>Descanso entre Ejercicios: 1'00''</b>	 <b>Poco peso en general</b>