

# Septiembre CASA

## Strong Girls Academy

Entrenamiento I	Entrenamiento II	Entrenamiento III
Peso Muerto 3 x 10 rep	Remo Horizontal 3 x 15 rep	Peso Muerto 1 Pierna 3 x 10 rep
Remo Unilateral 3 x 20 rep	Puente cadera Femoral 3 x 20 rep	Remo 1 Mano 3 x 8 rep
Goblet Squat TC 3 x 15 rep	Flexiones Cerradas 3 x 8 rep	Lunge Atrás Déficitir 3 x 10 rep
Flexiones 3 x Máx rep	Sentadilla Pump 3 series	Press Hombro 3 x 10 rep
Hip Thrust Plus 3 x 20 rep	Hip Thrust 100 rep	Hip Thrust 1 Pierna 3 x 12 - 15 rep
Abducción lateral 2 x 20 rep	Clamshell especial 2 x 20 rep	Patada Lateral Miniband 2 x 20 rep
Biceps 2 x 10 rep	Hombro Lateral 2 x 10 rep	Biceps 2 x 10 rep



## Extra de Glúteo:

2 o 3 Rondas:

EXTRA I 

Sentadilla 20 rep

Paso lateral con Mini Band 20 rep

Face Pull 20 rep

Triceps 20 rep

2 o 3 Rondas:

EXTRA I 

Frog Pump 20 rep

Fire Hydrant 20 rep

Abducción lateral 20 rep

Y's 20 rep

Triceps 20 rep