

Mayo Strong Girls Academy

| Entrenamiento I | Entrenamiento II | Entrenamiento III |
|---|----------------------------------|--|
| Hip Thrust 20 / 15 / 10 rep | Hip Thrust 12 / 10 / 8 rep | Hip Thrust 10 / 8 / 5 rep |
| Dominada 3 x Máx rep | Dominada Excéntrica 3 x 6 rep | Dominada Asistada 3 x Máx rep |
| Lunge Atrás Déficit 3 x 10 rep | Sentadilla 3 x 10 rep | Bajada Step 3 x 15 rep |
| Press Pecho barra 3 x 6 rep | Press Inclinado 3 x 12 rep | Press Hombro Sentado 3 x 12 rep |
| Puente de cadera 1 Pierna 3 x 15 rep | Peso Muerto Rumano 3 x 8 rep | Curl Femoral Deslizamiento 3 x 15 rep |
| Hip Thrust Plus Mancuerna 2 x 20 rep | Hip Thrust Pausa 2 x 10 rep | Hip Thrust 1 + 1/4 2 x 20 rep |



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Extra de Glúteo:

3 Rondas.

EXTRA I 🚀

Clamshell 20 rep

Abducción sentada 20 rep

Patada atrás 50 rep

Puente de cadera 20 rep

Biceps 20 rep

Triceps 20 rep

EXTRA II 🔥🔥

Sentadilla 20 rep

Patada lateral 15 rep

Hip Thrust 1 pierna 20 rep

Elevación lateral hombro 20 rep



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