

Rutina Principiante Con Material

Esta rutina consiste en un entrenamiento en formato de circuito:

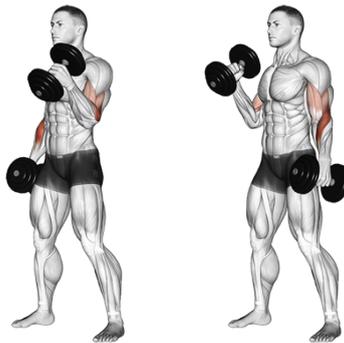
- 1- 2 rondas de 21 ejercicios. Cuando acabes los 21 ejercicios en orden habrás acabado una ronda.
- 40 segundos de trabajo y 20 segundos de descanso entre ejercicios.

¿Qué material necesitas? Mancuernas.

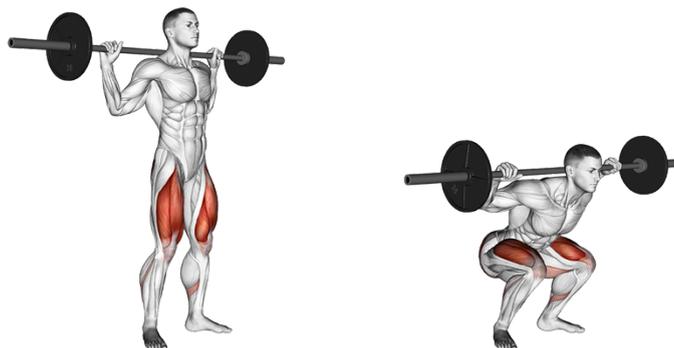
Te aconsejamos:

- Realizar como mínimo 1-2 rondas, según tu estado físico, en la primera semana de la rutina, y 2-3 rondas en la segunda semana.
- Hidratarte durante el entrenamiento.

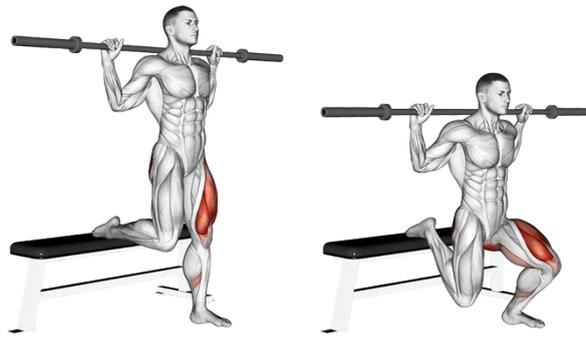
1. Martillo de bíceps



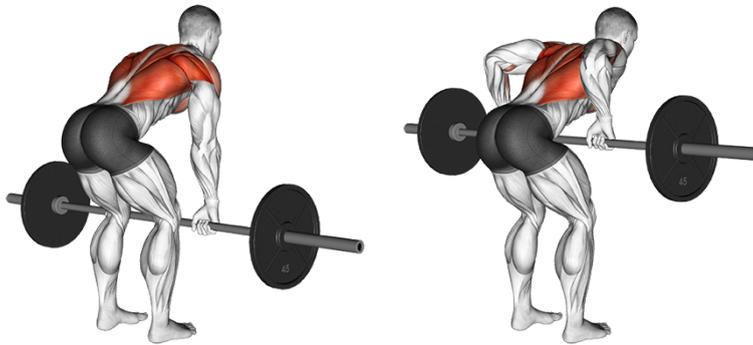
2. Sentadilla



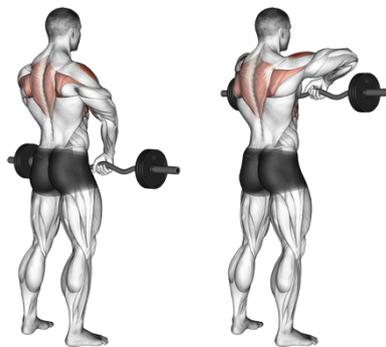
3. Sentadilla búlgara



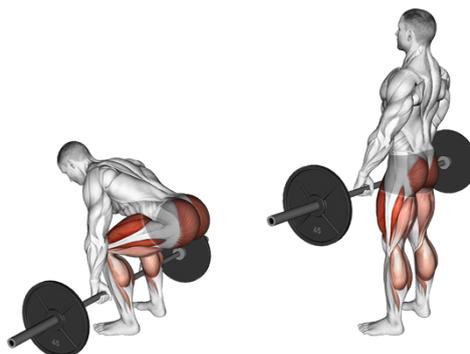
4. Remo



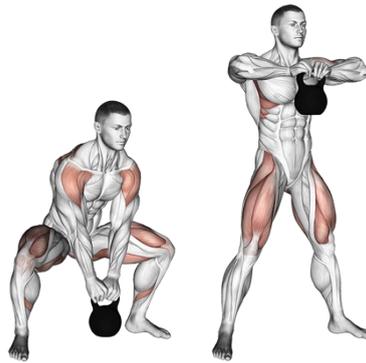
5. Tirón vertical



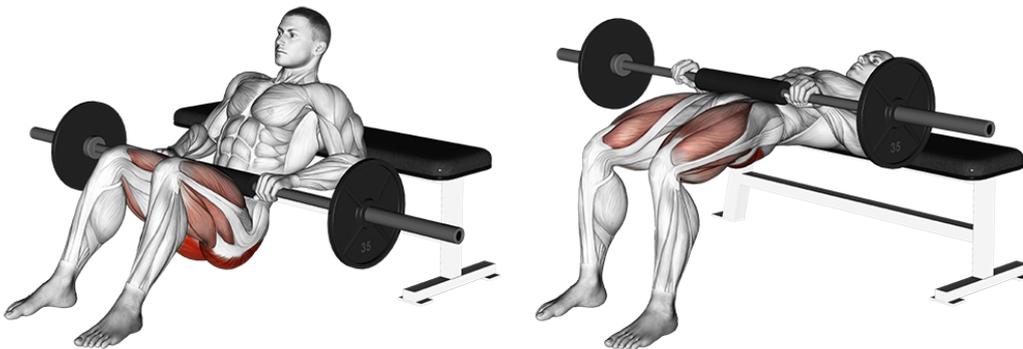
6. Peso muerto



7. High pull + Squat



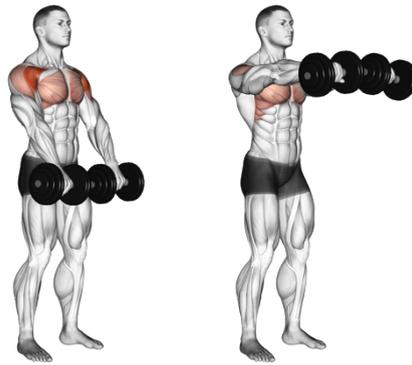
8. Hip thrust



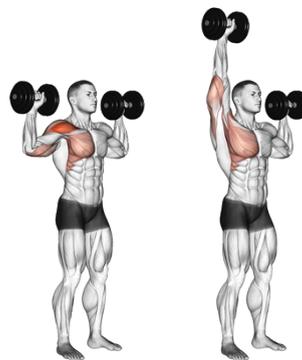
9. Zancada lateral



10. Elevaciones frontales



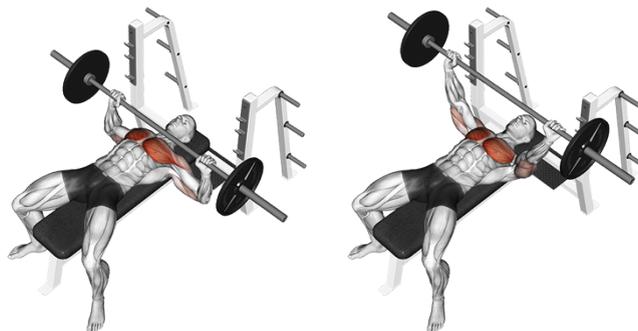
11. Press de hombro



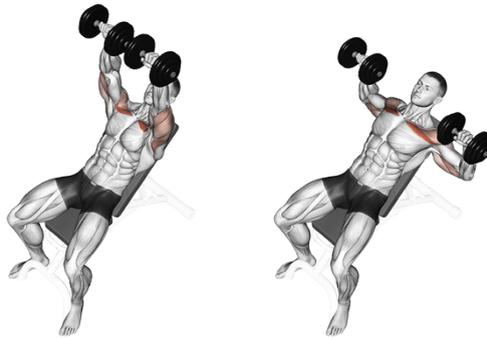
12. Elevaciones posteriores



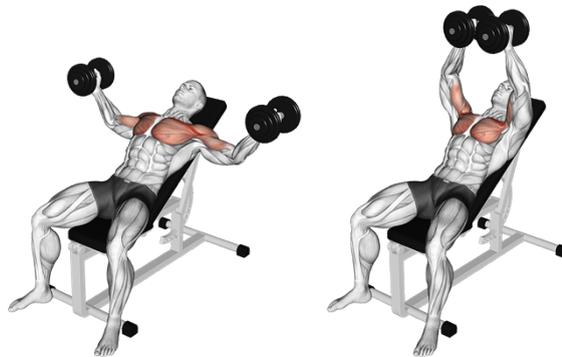
13. Press banca



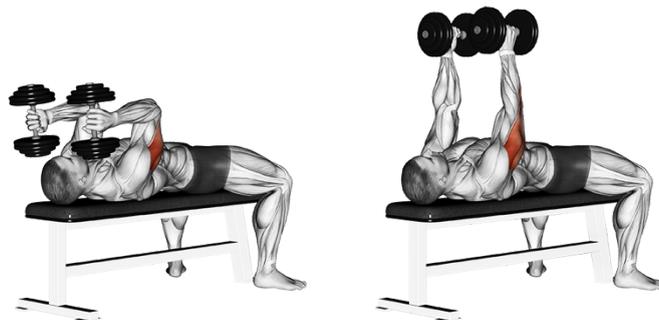
14. Press inclinado



15. Apertura inclinada



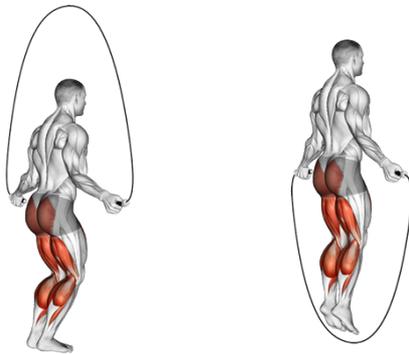
16. Press francés



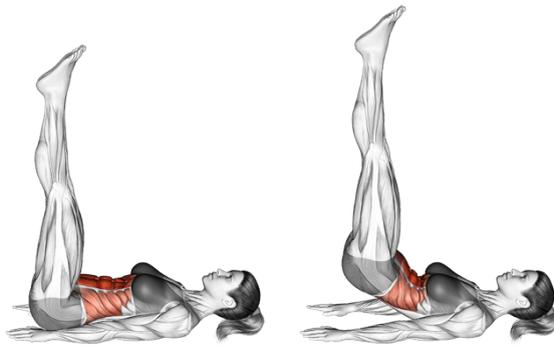
17. Dips de tríceps



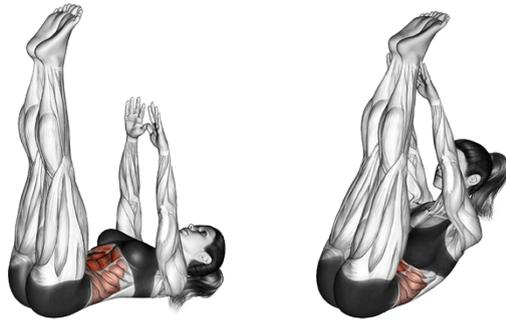
18. Saltos a la comba



19. Elevaciones de cadera



20. Crunch con piernas estiradas



21. Climbers

