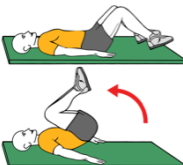
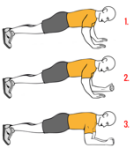
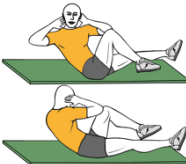
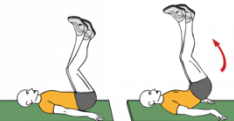
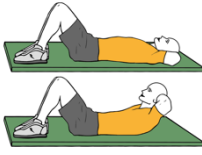
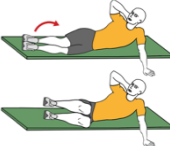
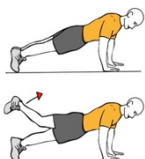
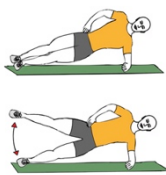
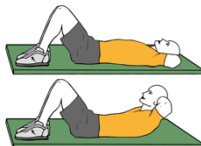
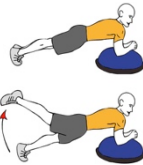
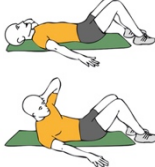
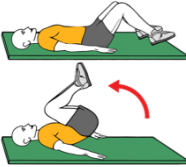
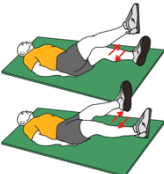
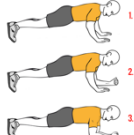


ENTRENAMIENTO 4 SEMANAS DE CORE - ABDOMINAL

SEMANA 1

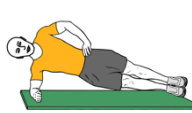
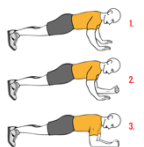
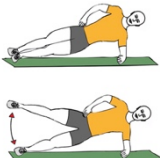
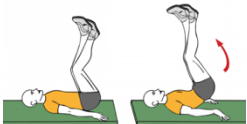
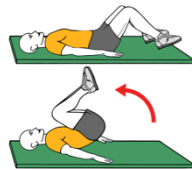
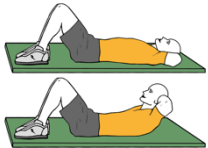
DÍA 1	30 seg	Plancha Abdominal	20 seg	Plancha Abdominal lateral	10 reps	Rodillas pecho	20 reps	Superman
		rec 15"		rec 15"		rec 15"		rec 15"
DÍA 2	20 seg	Plancha Abdominal	15 reps	Contracción Alterna	20 reps	Cadera Arriba	20 reps	Chin Ups
		rec 15"		rec 15"		rec 15"		rec 15"
DÍA 3	30 seg	Plancha Abdominal Brazos Rect	15 reps	Oblicuos	25 SEG	Plancha Abdominal Lateral	20 seg	Equilibrio Sobre gluteos
		rec 15"		rec 15"		rec 15"		rec 15"

SEMANA 2

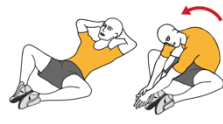
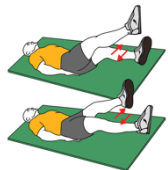
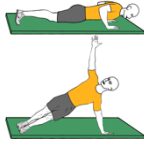
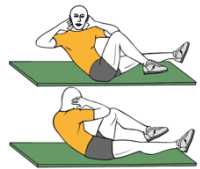
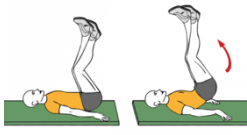
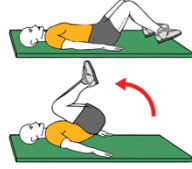
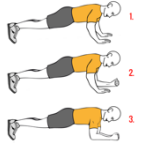
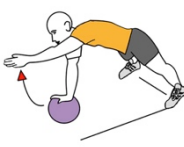
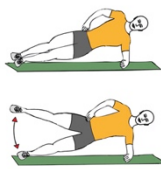
DÍA 1	30 seg	Plancha	25 seg	Plancha + Aducción cadera	12 reps	Sit ups	20 seg	Chin Ups
		rec 15"		rec 15"		rec 15"		rec 15"
DÍA 2	30 SEG	Plancha Abdominal + BOSU	30 reps	Contracción Oblicuo	12 reps	Piernas arriba	15 reps	Contracción + Pierna estirada
		rec 15"		rec 15"		rec 15"		rec 15"
DÍA 3	15 reps	Cruce Piernas	30 SEG	Plancha Abdominal Lat	30 seg	Plancha Abdominal	24 reps	Superman
		rec 15"		rec 15"		rec 15"		rec 15"

ENTRENAMIENTO 8 SEMANAS DE CORE - ABDOMINAL

SEMANA 3

DÍA 1	30 seg	Plancha Abdominal		rec 15"
	30 seg	Plancha Abdominal		rec 15"
	30 seg	Plancha Abdominal		rec 15"
DÍA 2	26 reps	Superman		rec 15"
	35 seg	Plancha Abdominal		rec 15"
	40 SEG	Plancha Abdominal Apertura		rec 15"
DÍA 3	15 reps	Piernas y Cadera arriba		rec 15"
	15 reps	Contracción mariposa		rec 15"
	15 reps	Oblicuos con balón		rec 15"
DÍA 3	30 SEG	Plancha Abdominal		rec 15"
	15 reps	Rodillas al pecho		rec 15"
	15 reps	Contracción abdominal		rec 15"

SEMANA 4

DÍA 1	35 seg	Plancha Abdominal		rec 15"
	40 SEG	Plancha Abdominal Lat		rec 15"
	15 reps	Contracción mariposa		rec 15"
DÍA 2	20 reps	Cruce Piernas		rec 15"
	40 SEG	Plancha Abdominal		rec 15"
	35 seg	Plancha Abdominal Lat		rec 15"
DÍA 3	30 reps	Contracción alterna		rec 15"
	15 reps	Piernas y Cadera arriba		rec 15"
	15 reps	Rodillas al pecho		rec 15"
DÍA 3	20 reps	Plancha abdominal		rec 15"
	35 seg	Equilibrio alterno		rec 15"
	35 seg	Plancha Abdominal Apertura		rec 15"