15 EJERCICIOS
CON CORREAS DE SUSPENSIÓN

1

x 8

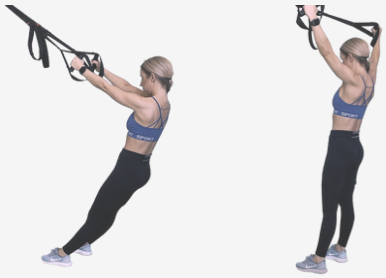
Flexión

2

x 8

Remo

3



x 8

Power Y

4

x 8

Superman

5

x 8

extension de

Tríceps

6

x 8

Curl

7

x 8

Curl

inverso

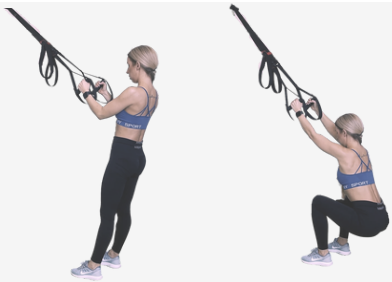
8

x 8

Curl

cruzado

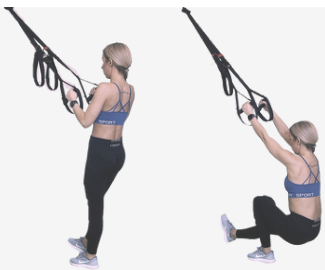
9



x 8

Sentadilla

10



x 8

Sentadilla

1 pierna

15 EJERCICIOS
CON CORREAS DE SUSPENSIÓN

11

x 30"

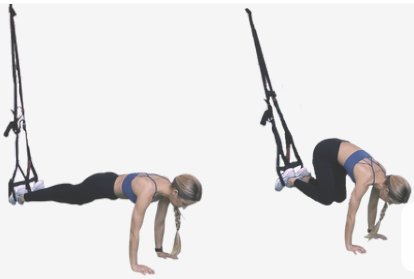
Plancha

12

x 8

Escaladores

13



x 8

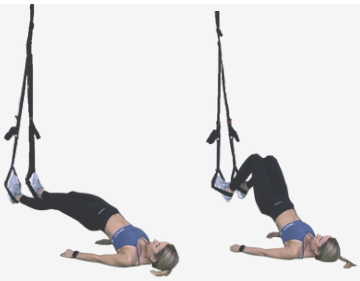
Rodilla a pecho

14

x 8

Empuje de cadera

15



x 8

Curls de isquiotibiales

Más tablas de ejercicios en

evalufit.com