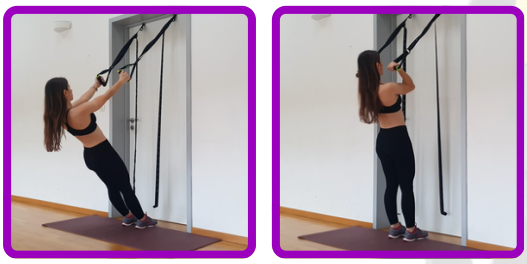
EJERCICIOS TRX

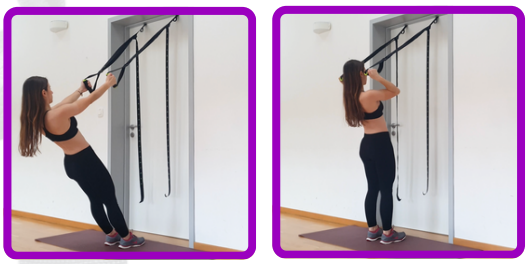
PARA BICEPS MÁS GRANDES Y FUERTES

3-5 SERIES **12 REPETICIONES** **6 EJERCICIOS**

1 CURL DE BÍCEPS

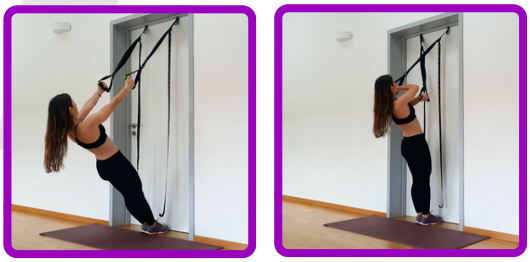


2 HAMMER CURL



3 CURL DE BÍCEPS INVERSO

4 CROSS CLUTCH CURL



5 CURL DE BÍCEPS UNILATERAL

6 CURL DE PECHO

Más tablas de ejercicios en **evalufit.com**