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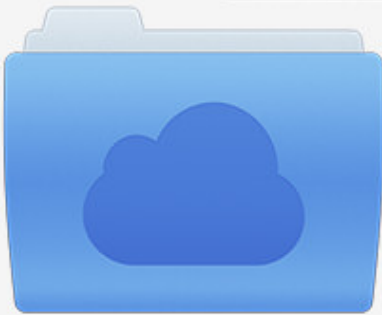
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PLAN DE ENTRENAMIENTO

CALENDARIO 12 PLANES DE ENTRENAMIENTO

SEMANA 1						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Cross Core Combat	Fuercs & Force Upper +Ultimate Abs	Plyo XT	Yoga XT	Piernas & Espalds	Sprawl & Brawl	Da de descanso
SEMANA 2						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Competition Core	Fuercs & Force Upper +Ultimate Abs	Plyo XT	Yoga XT	Piernas & Espalds	Cardio XT + Ultimate Abs	Da de descanso
SEMANA 3						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Cross Core Combat	Fuercs & Force Upper +Ultimate Abs	Plyo XT	Yoga XT	Piernas & Espalds	Sprawl & Brawl	Da de descanso
SEMANA 4						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Competition Core	Buns & Guns + Ultimate Abs	Boxeo Tailand s	Yoga XT	Sprawl & Brawl	Cardio XT + Ultimate Abs	Da de descanso
SEMANA 5						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Plyo XT	Tonificaci n Acondicionamiento + Ultimate Abs	Boxeo Tailand s	Yoga XT	Piernas & Espalds	Cardio XT + Ultimate Abs	Da de descanso
SEMANA 6						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Plyo XT	Tonificaci n Acondicionamiento + Ultimate Abs	Cross Core Combat	Yoga XT	Buns & Guns + Ultimate Abs	Sprawl & Brawl	Da de descanso
SEMANA 7						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Plyo XT	Tonificaci n Acondicionamiento + Ultimate Abs	Boxeo Tailand s	Yoga XT	Piernas & Espalds	Cardio XT + Ultimate Abs	Da de descanso
SEMANA 8						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Competition Core	Yoga XT	Sprawl & Brawl	Buns & Guns + Ultimate Abs	Yoga XT	Cardio XT + Ultimate Abs	Da de descanso
SEMANA 9						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Sprawl & Brawl	Fuercs & Force Upper +Ultimate Abs	Plyo XT	Yoga XT	Piernas & Espalds	Sprawl & Brawl	Da de descanso
SEMANA 10						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Competition Core	Tonificaci n Acondicionamiento + Ultimate Abs	Plyo XT	Yoga XT	Cardio XT + Ultimate Abs	Boxeo Tailand s	Da de descanso
SEMANA 11						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Plyo XT	Fuercs & Force Upper +Ultimate Abs	Cross Core Combat	Yoga XT	Piernas & Espalds	Sprawl & Brawl	Da de descanso
SEMANA 12						
DA1	DA2	DA3	DA4	DA5	DA6	DA7
Boxeo Tailand s	Buns & Guns + Ultimate Abs	Plyo XT	Competition Core	Sprawl & Brawl	Cardio XT + Ultimate Abs	TU NUEVO CUERPO



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