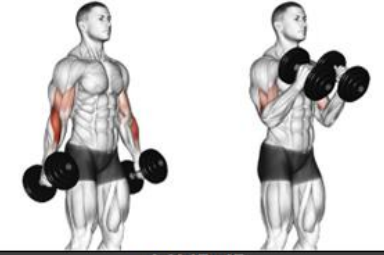
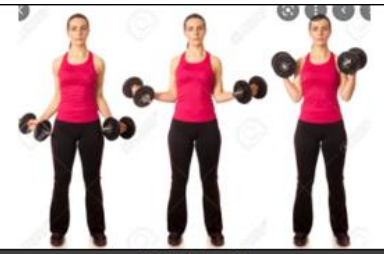


BICEPS I

CALENTAMIENTO: CURL BICEPS CON BARRA Z 2 SERIES DE 15 REPETICIONES

	Ejercicio	Observaciones
1	 4 X 10 -12	
2	 4 X 10 -12	
3	 4 X 10 - 12	
4	 4 X 10 - 12	
5	 4 X 16 - 18	