

HOMBROS I

CALENTAMIENTO: PRESS MILITAR CON BARRA Z 2 SERIES DE 15 REPETICIONES

	Ejercicio	Observaciones
1	A shirtless man stands with dumbbells at his sides. He then lifts them straight up to his shoulders.	
	4 X 10 -12	
2	A shirtless man sits on a bench holding dumbbells. He extends his arms out to the sides until they are parallel to the ground.	
	4 X 10 -12	
3	A shirtless man sits on a bench holding dumbbells above his head. He then lowers them back down.	
	4 X 10 -12	
4	A shirtless man stands holding a dumbbell in each hand. He raises his right arm out to the side while keeping his left arm straight forward.	
	4 X 8 - 10 POR HOMBRO	
5	A shirtless man stands holding dumbbells. He bends over at the waist while keeping his back straight, then raises his arms out to the sides.	
	4 X 10-12	