

5 EJERCICIOS PARA PONERSE EN FORMA

1 SENTADILLAS

Es uno de los mejores ejercicios para fortalecer piernas y glúteos.



2 FLEXIONES

Este ejercicio fortalece los músculos de los brazos, los pectorales y los hombros.



3 ELEVACIÓN LATERAL DE PESAS

Se pueden combinar con elevaciones frontales para tonificar distintos músculos de los brazos.



4 PLANCHAS

Las planchas son un ejercicio isométrico que fortalece la musculatura de brazos, piernas, pecho y CORE.



5 BURPEES

Trabajan la fuerza y la resistencia y ayudan a ejercitar gran parte de los músculos del cuerpo y a potenciar el tren inferior.



Entrenamiento Para Estar En Forma

**Kenney, W. Larry, Wilmore,
Jack, Costill, David**



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