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↑ **CARGA**
más eficazmente
↑ **FUERZA**

PRINCIPIANTE A
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AVANZADO O
EXPERIMENTADO
>80% 1RM

REPS Y SERIES



8-12 REPS
1-3 SERIES
(3 series son más
efectivas)

DESCANSO
ENTRE SERIES
2-3 MIN

2-10 SEG DESCANSO
ENTRE REPS PODRÍA
PERMITIR ↑ **CARGAS**

TIEMPO BAJO TENSIÓN



VELOCIDAD
(lenta-moderada)

INDIVIDUOS
DESENTRENADOS
EMPEZAR POR 1-2 SEG

↑ **TIEMPO DE TENSIÓN**
podría
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Evaluacion Y Prescripcion Del Ejercicio

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