

# Glúteo y piernas en casa

Caldea (undefined undefined)



Total time: 21 m

Kcal: 87 Kcal

Equipment: Mat, Free, no equipment

Objective: Si quieres un entrenamiento personalizado contacta a un profesional en mybeweeg

## 1- Esquat

2sets Recov:20s



Reps Dur.

12 15s

12 15s

## 2- Lunge

2sets Recov:20s



Reps Dur.

12 15s

12 15s

## 3- Abdució simple

2sets Recov:20s



Reps Dur.

30 30s

30 30s

## 4- Gos amb extensió d'u...

2sets Recov:20s



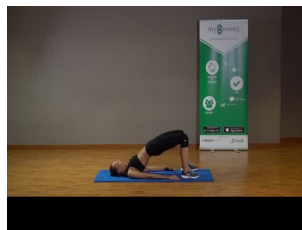
Reps

30

30

## 5- El pont

2sets Recov:20s



Reps Dur.

12 15s

12 15s

## 6- Gos amb extensió de ...

2sets Recov:20s



Reps

30

30

## 7- El pont aixecant una...

2sets Recov:



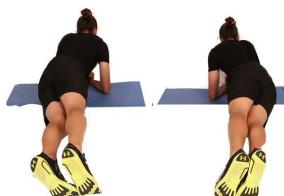
Reps Dur.

12 15s

12 15s

## 8- Planxa lateral alter...

1sets Recov:20s



Reps Dur.

12 15s

## 9- Planxa

2sets Recov:20s



Dur.

20s

20s

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10- Estirament bessó 1

2sets Recov:5s



Reps Dur.

1 10s

1 10s

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11- Estirament del isqui...

2sets Recov:5s



Reps Dur.

1 10s

1 10s

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12- De peu estirament is...

2sets Recov:5s



Reps Dur.

1 10s

1 10s

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13- De peu estirament is...

2sets Recov:5s



Reps Dur.

1 10s

1 10s

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14- Estirament quàdricep...

2sets Recov:5s



Reps Dur.

1 10s

1 10s

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15- De peu estirament qu...

2sets Recov:5s



Reps Dur.

1 10s

1 10s