



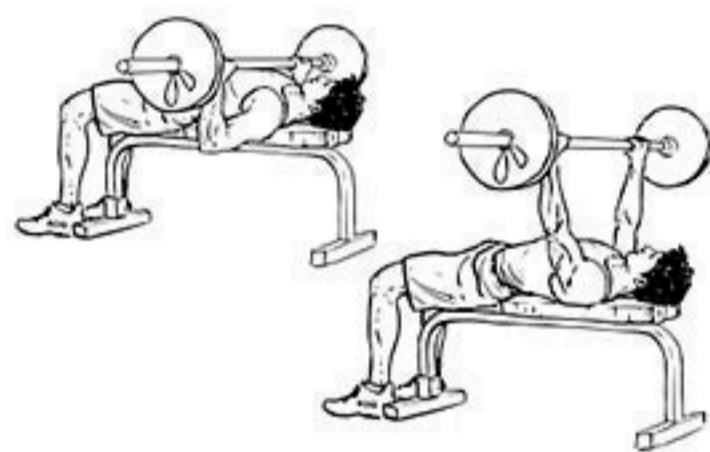
RUTINA DE PECHO

ESCULTURA DE PECHO

Entrenamientos imprimibles de gimnasio

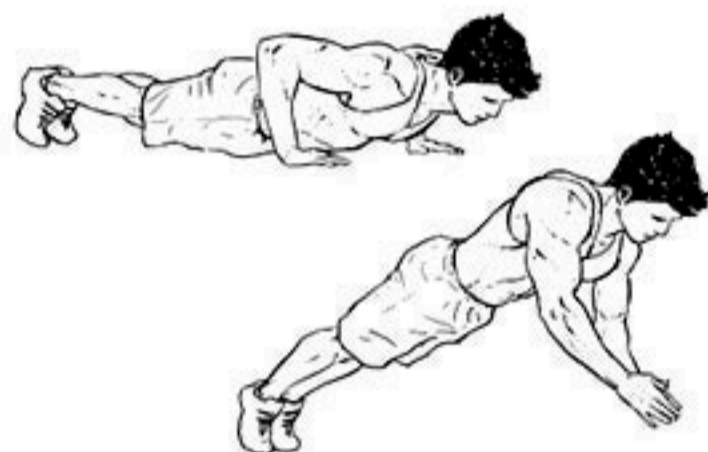
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Barbell Bench Press / Chest Press



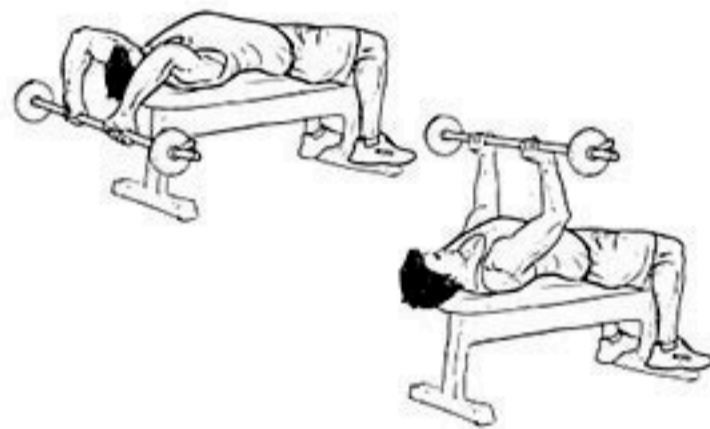
3 sets 12 reps

Dynamic Clap Push-up



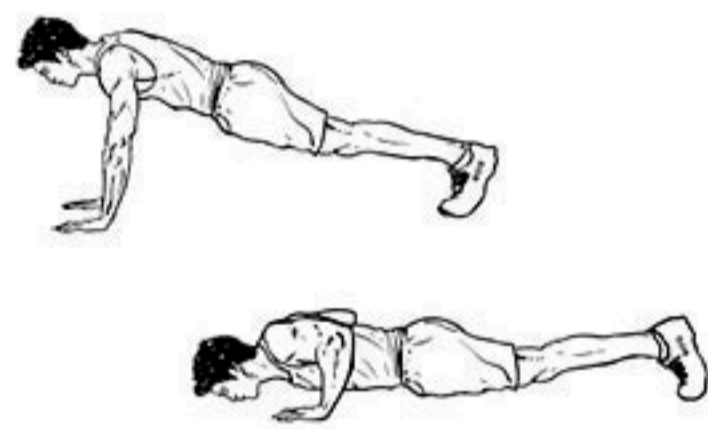
3 sets 15 reps

Barbell Pullover / Lying Chest Overhead Extension



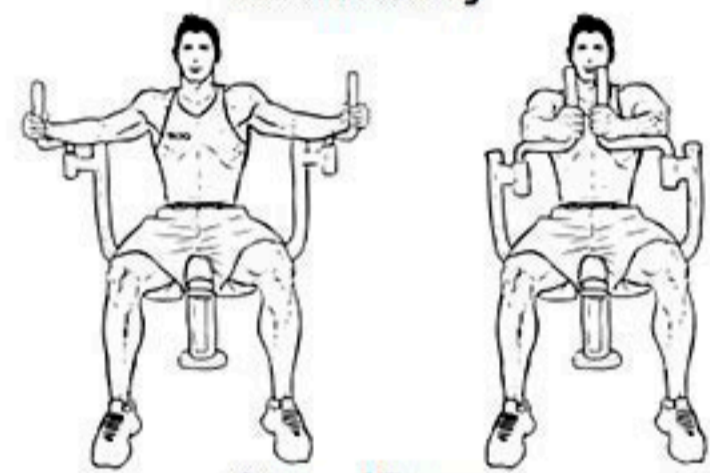
3 sets 12 reps

Push-up



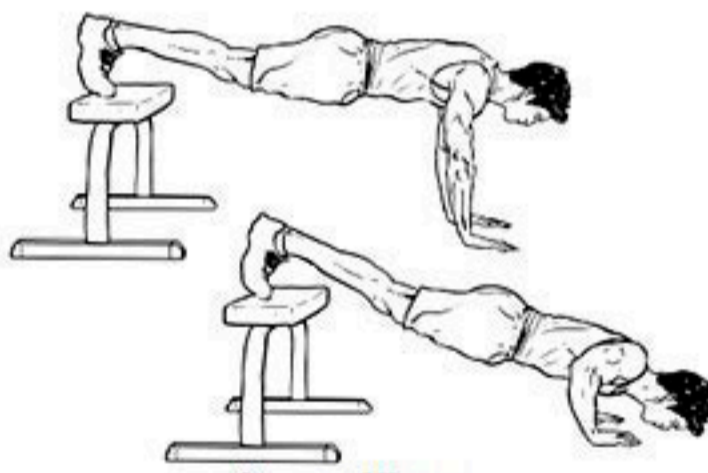
3 sets 15 reps

Butterfly / Pec Deck / Seated Machine Fly



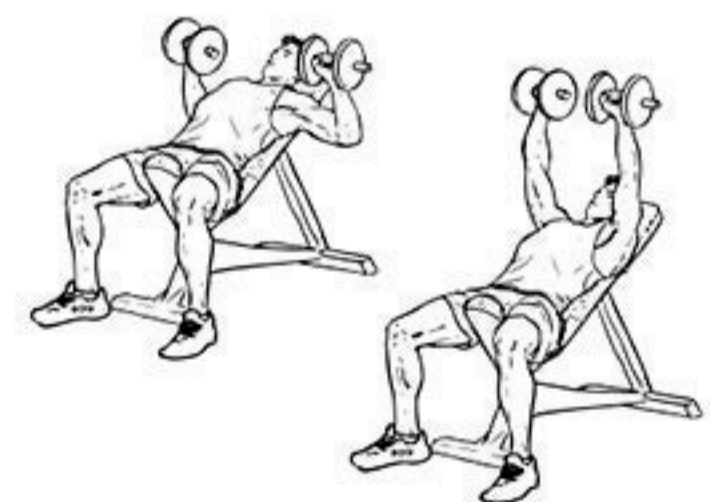
2 sets 15 reps

Decline Push-up



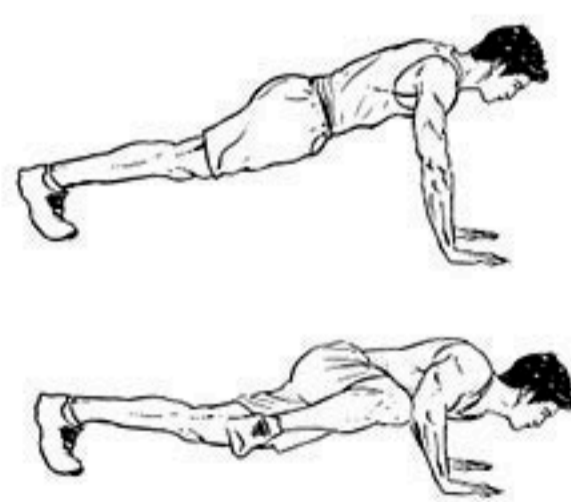
2 sets 15 reps

Incline Dumbbell Bench Press



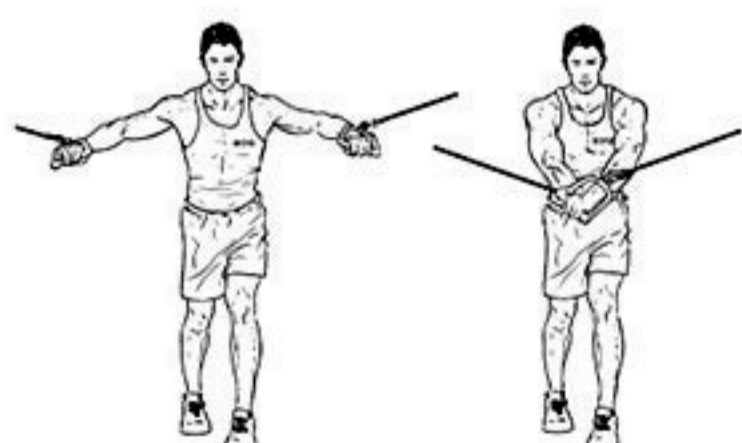
1 sets 15 reps

Spiderman Push-up



1 sets 15 reps

Standing Cable Crossover / Fly



1 sets 15 reps

Static Push-up Hold



1 sets 10 reps