

| PR | CADERA | S | r | R | PR | PECHO | S | r | R | PR | ABDOMINALES | S | r | R |
|-----|-----------------------------------|---|---|----|-----|---------------------------------------|---|---|----|-----|---|---|---|----|
| | EXT. CADERA TOTAL HIP()POLEA() | | | | | PRESS VERTICAL | | | | 1-3 | ABDOMINALES BPC()SOBRE BALON() | 3 | | 20 |
| 1-4 | EXT. CADERA MAQUINA()MANC() | | | | 2-5 | PRESS PLANO MANCUERNA()BARRA() | 4 | | 10 | 2-4 | ABD BPC AL LIMITE()EN BALON() | | | |
| | ADUCCION MAQUINA()LIBRE() | 4 | | 12 | | PRESS PLANO MAQUINA()BALON() | | | | | ABDOMINALES BPL()SOBRE BALON() | 3 | | 20 |
| 1-4 | ADUCCION TOTAL HIP()POLEA() | | | | 2-5 | PRESS INCLINADO MAQ()HAMMER() | | | | 5 | ABD BPL AL LIMITE()EN BALON() | | | |
| | ADUCCION MAQ()TOTAL HIP() | 4 | | 12 | | PRESS INCLINADO MANC()LIBRE() | 4 | | 10 | 1-3 | CRUNCHES ARCO()MAQUINA() | 3 | | 25 |
| | ADUCCION POLEA()LIBRE() | | | | | PRESS DECLINADO MANC()LIBRE() | | | | | ELV PIERNA ACOSTADO()LATERAL() | 3 | | 20 |
| | | | | | | PRESS DECLINADO HAMMER | | | | | ELEVACION PIERNA CON BALON | | | |
| | | | | | | PRESS MIXTO LIBRE | | | | | ELV PIERNA COLGADO()EN BANCO() | | | |
| | MUSLOS Y GLUTEOS | | | | | PECK DECK()VUELOS MAQUINA() | | | | | INCORPORADAS EN BANCO PLANO | | | |
| | SENTADILLA CON BALON()INCLI() | | | | | TRACCIONES POLEA | | | | | INCORPORADAS EN BANCO INCLINADO | | | |
| | SENTADILLA LIBRE()SMITH() | | | | | FLEXION CODO CUADRUPEDIA PISO | | | | | ROTACION CADERA EN DECUBITO | | | |
| | SENTADILLA MANCUERNA | | | | | PULL OVER MANC()MAQ()BARRA() | | | | | ROTACION CADERA CON BALON | | | |
| 1-4 | PRESA HORIZONTAL ACOST()INCLI() | 4 | | 12 | | VUELOS MANC PLANO()BALON() | | | | 2-4 | OBLICUOS CRUZADOS SOBRE BALON | 3 | | 20 |
| | PRESA HORIZONTAL SENT() | | | | | VUELOS MANCUERNA INCLINADO | | | | | OBLICUOS CRUZADOS EN BALON | | | |
| | PRESA INCLINADO GLUTEO | | | | | | | | | | INCLINACION LATERAL SOBRE BALON | | | |
| | TIJERA LIBRE()MANCUERNA() | | | | | | | | | | INCLINACION LATERAL MAQUINA | | | |
| | TIJERA CON BALON()SMITH() | | | | | HOMBRO | | | | | CRUNCHES MAQUINA COMBINADA | | | |
| 1-4 | TIJERA EN BALON()MARCHA() | 4 | | 12 | | ELEVACION LATERAL MANC()MAQ() | | | | | LUMBARES | | | |
| | EXT RODILLA MAQUINA SENTADO | | | | | ELEVACION LATERAL POLEA()INCLI() | | | | 2-4 | EXTENSION LUMBAR MAQUINA | 3 | | 15 |
| 1-4 | EXTENSION RODILLA HAMMER() | 4 | | 12 | | ELEVACION LATERAL ROT IN()ROT EXT() | | | | | EXT BANCO HORIZONTAL()INCLI() | | | |
| | FLEXION RODILLA MAQ SENTADO | | | | | ELEVACION FRONTAL MANC()POLEA() | | | | | PESO MUERTO MANCUERNA()BARRA() | | | |
| | FLEXION RODILLA INCLINADO MAQ | | | | | ELEVACION FRONTAL BARRA() | | | | | CORE | | | |
| | FLEXION RODILLA HAMMER | | | | 2-5 | PRESS MANCUERNA()MAQ()MILITAR() | 4 | | 10 | | FLEXION-EXT COLUMNA CUADRUPEDIA | | | |
| | FLEXION RODILLA DECUBITO MANC | | | | | PRESS HAMMER()LIBRE() | | | | | FLEX-EXT COLUM. CUADRUPEDIA CON BALON | | | |
| | FLEXION RODILLA DECUBITO MAQ | | | | | REMO ERGUIDO MANCUERNA()POLEA() | | | | | COORD LUMBO PELVICA SENT EN BALON | | | |
| | STEP ASCENSO()LATERAL() | | | | | REMO ERGUIDO BARRA() | | | | | COORDINACION LUMBO PELVICA DECUBITO | | | |
| | STEP STIFFNESS | | | | | ENCOGIMIENTO HOMBRO MANCUERNA | | | | | COORD LUMBO PELVICA DECUBITO EN BALON | | | |
| | STEP CRUZADO ANT()POST() | | | | | ENCOGIMIENTO HOMBRO MAQ POLEA | | | | | PUENTE BIPODAL()ALTERNOC() | 3 | | 15 |
| | STEP DESCENSO | | | | | ENCOGIMIENTO HOMBRO MAQ LIBRE() | | | | | PUENTE UNIPODAL | | | |
| | | | | | | BRAZO ANTERIOR | | | | 1-5 | EXT DE CADERA CON APOYO DE BRAZOS | | | |
| 1-4 | PANTORRILLAS | | | | | FLEX CODO MANC()POLEA()HAMMER() | | | | | EXT DE CADERA CON APOYO DE CODOS | | | |
| | ELEVACION TALONES SENT()INCLI() | 4 | | 10 | 3 | FLEXION CODO BARRA()MAQUINA() | 4 | | 12 | | EXT DE CADERA SIN APOYO()ALTERNOC() | | | |
| | ELEVACION TALONES DE PIE | | | | | PREDICADOR MANCUERNA()MAQ() | | | | | EXTENSION DE CADERA UNIPODAL | | | |
| | TIBIALES MAQUINA | | | | | PREDICADOR LIBRE | | | | | EXT DE CADERA CON ROTACION EN UN PIE | | | |
| | | | | | | MARTILLO MANC()LAZO()MAN() | 4 | | 12 | | EXTENSION DE COLUMNA SOBRE BALON | | | |
| | | | | | | BRAZO POSTERIOR | | | | | EXT DE COLUMNA SOBRE BALON UNIPODAL | | | |
| 2-5 | ESPALDA | | | | | PUSH DOWN | | | | | ORADOR DINAMICO()UNIPODAL() | | | |
| | REMO BAJO HAMMER() | 4 | | 10 | 3 | FONDOS MAQUINA()LIBRE() | 4 | | 12 | | CRUZADO SENTADO | | | |
| | REMO ALTO HAMMER PRONO | | | | | FONDOS ASISTIDOS | | | | | PUENTES LATERALES()SOBRE BALON() | | | |
| | REMO ALTO HAMMER SUPINO | | | | | EXTENSION VERTICAL BARRA()POLEA() | | | | | BODYTECH()UNIPODAL() | | | |
| 2-5 | REMO POLEA()BARRA TL() | 4 | | 10 | 3 | EXT VERTICAL MANC()HAMMER() | 4 | | 12 | | SUPERMAN | | | |
| | REMO ANCLADO()BARRA T APO() | | | | | EXTENSION INCLINADO MANC()POLEA() | | | | 3 | SUPERMAN APOYO EN RODILLA()EN BALON() | 3 | | 15 |
| | REMO INCLINADO BARRA()POLEA() | | | | | | | | | | ORADOR DINAMICO INV()UNIPODAL() | | | |
| | REMO MANCUERNA()ANCLADO() | | | | | | | | | | ORADOR DINAMICO INV ALTERNO | | | |
| | HALON POLEA ABIERTO() | | | | | ANTEBRAZO | | | | | | | | |
| | HALON POLEA CERRADO() | | | | | FLEXION MANCUERNA()BARRA()MAQ() | | | | | | | | |
| | DOMINADAS ASISTIDAS()LIBRES() | | | | | EXTENSION MANC()BARRA()MAQ() | | | | | | | | |
| | ADUCCION ESCAPULAR MAQUINA | | | | 3 | PRONO-SUPINACION | 4 | | 10 | | | | | |
| | ADUCCION MANCUERNA()BALON() | | | | | GRIPPER | | | | | | | | |

HC: _____ NOMBRE: Sergio Andres florez lopez TELEFONO: _____ EPS: famisanar

FECHA: 1-10-15 PESO: 70.6 (KG) TALLA: 1.71 (m) % GRASA: 22.8 INDICE MASA CORPORAL: 24.1 EDAD: 25

NIVEL DE ENTRENAMIENTO (P) (I) (A)

| CONTROL DE ASISTENCIA | | | | | |
|-----------------------|-------|---|----|-------|---|
| PR | FECHA | P | PR | FECHA | P |
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| ENTRENAMIENTO CARDIOVASCULAR | | | | | | | | | |
|------------------------------|----|----|--------|----|----|----|--------|---|-------------|
| MAQUINA | PR | Fr | METODO | T | PR | Fr | METODO | T | |
| BANDA | 2 | | 1X0 | 40 | | | | | |
| ELIPTICA | 3 | | 1X0 | 40 | | | | | 1.5 /2.5 |
| BICICLETA | 1 | | 1X0 | 40 | | | | | |
| ESCALADOR | | | | | | | | | |

| METODO ENTRENAMIENTO | | FC |
|----------------------|-------|-----------|
| CONTINUO | 1 X 0 | 140 - 150 |
| INICIADOR | 1 X 5 | |
| ADAPTATIVO | 1 X 4 | |
| ESTIMULANTE | 1 X 3 | |
| VIGOROSO | 1 X 2 | |
| INTENSIVO | 1 X 1 | |

| PROGRAMA DE ESTIRAMIENTOS 40 seg | | | | | | | | | | | | | |
|----------------------------------|---------------|----|----|----|----|----|----|----|--|--|--|--|--|
| PR | ESTIRAMIENTOS | | | | | | | | | | | | |
| 1-4 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | |
| 2-5 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | | | | |
| 3 | 3 | 4 | 5 | 6 | 7 | 9 | 10 | 17 | | | | | |

| ENTRENAMIENTO EN FUERZA | | | | | | | | | | | | | | |
|-------------------------|----|---|----|---|----|---|----|---|----|---|----|---|----|---|
| ZONA | P1 | | P2 | | P3 | | P4 | | P5 | | P6 | | P7 | |
| | B | C | B | C | B | C | B | C | B | C | B | C | B | C |
| MUSLO | / | / | | | | | / | / | | | | | | |
| CADERA | / | / | | | | | / | / | | | | | | |
| PIERNA | / | / | | | | | / | / | | | | | | |
| ESPALDA | | | / | / | | | | | / | / | | | | |
| PECHO | | | / | / | | | | | / | / | | | | |
| HOMBRO | | | / | / | | | | | / | / | | | | |
| BRAZO POST | | | / | / | | | | | / | / | | | | |
| BRAZO ANT | | | / | / | | | | | / | / | | | | |
| ANTEBRAZO | | | / | / | | | | | / | / | | | | |
| ABDOMINALES | / | / | / | / | / | / | / | / | / | / | / | / | / | / |
| LUMBARES | / | / | / | / | / | / | / | / | / | / | / | / | / | / |
| CORE | / | / | / | / | / | / | / | / | / | / | / | / | / | / |

| CLASES GRUPALES | | | |
|-----------------|----|----|------|
| CLASE | SI | NO | FREC |
| AEROBICOS ● | | | |
| STEP | | | |
| TONO | | | |
| DANZA ● | | | |
| RUMBA ● | | | |
| STRETCH | | | |
| PILATES | | | |
| YOGA | | | |
| TAE-BOX | | | |
| TAI-CHI | | | |
| SPINNING ● | | | |
| B-combat ● | | | |

OBJETIVOS
↑ % magro & graso

OBSERVACIONES
Core intermedio.
FIX MI diaria.
diar TIEMPO 2h

| FACTORES DE RIESGO | | | |
|--------------------|--|------|--|
| CV | | MET | |
| OM | | OTRO | |

| ZONAS HUMEDAS | | | |
|---------------|--|-------|----|
| NATACION | | TURCO | |
| JACUZZI | | SAUNA | 30 |