

For today's training session, we're going to perform exercises with the legs. For today's training session, we're going to perform exercises with the arms. The arms will be the protagonist muscles. We're going to perform 3 weight categories with 8 repetitions. The resting time between series will be between 60 and 90 seconds and between exercise of 3 minutes. The exercises will be:

- Sit up plus front elevation.



- Alternating strides up forward



- Alternating strides backward.



- Frontal sit up with leap.

