

FASE 1

FECHA DE INICIO: 05-03-2015
ESTATURA: 1,70
PESO INICIAL: 75
IMC: 26
ESTADO: Sobrepeso

	JUEVES	VIERNES	SÁBADO	DOMINGO	LUNES	MARTES	MIÉRCOLES
SEMANA 1	05-03-2015 CARDIO CHALLENGE MIN: SEG:	06-03-2015 TABATA POWER MIN: SEG:	07-03-2015 SWEAT INTERVALS MIN: SEG:	08-03-2015 TABATA POWER MIN: SEG:	09-03-2015 FRIDAY FIGHT: ROUND 1 MIN: SEG:	10-03-2015 DESCANSO O PULSE (OPCIONAL) MIN: SEG:	11-03-2015 DESCANSO
SEMANA 2	12-03-2015 CARDIO CHALLENGE MIN: SEG:	13-03-2015 TABATA POWER MIN: SEG:	14-03-2015 SWEAT INTERVALS MIN: SEG:	15-03-2015 TABATA POWER MIN: SEG:	16-03-2015 FRIDAY FIGHT: ROUND 1 MIN: SEG:	17-03-2015 DESCANSO O PULSE (OPCIONAL) MIN: SEG:	18-03-2015 DESCANSO
SEMANA 3	19-03-2015 CARDIO CHALLENGE MIN: SEG:	20-03-2015 TABATA STRENGTH MIN: SEG:	21-03-2015 SWEAT INTERVALS MIN: SEG:	22-03-2015 TABATA STRENGTH MIN: SEG:	23-03-2015 FRIDAY FIGHT: ROUND 1 MIN: SEG:	24-03-2015 DESCANSO O PULSE (OPCIONAL) MIN: SEG:	25-03-2015 DESCANSO
SEMANA 4	26-03-2015 CARDIO CHALLENGE MIN: SEG:	27-03-2015 TABATA STRENGTH MIN: SEG:	28-03-2015 SWEAT INTERVALS MIN: SEG:	29-03-2015 TABATA STRENGTH MIN: SEG:	30-03-2015 FRIDAY FIGHT: ROUND 1 MIN: SEG:	31-03-2015 DESCANSO O PULSE (OPCIONAL) MIN: SEG:	01-04-2015 DESCANSO