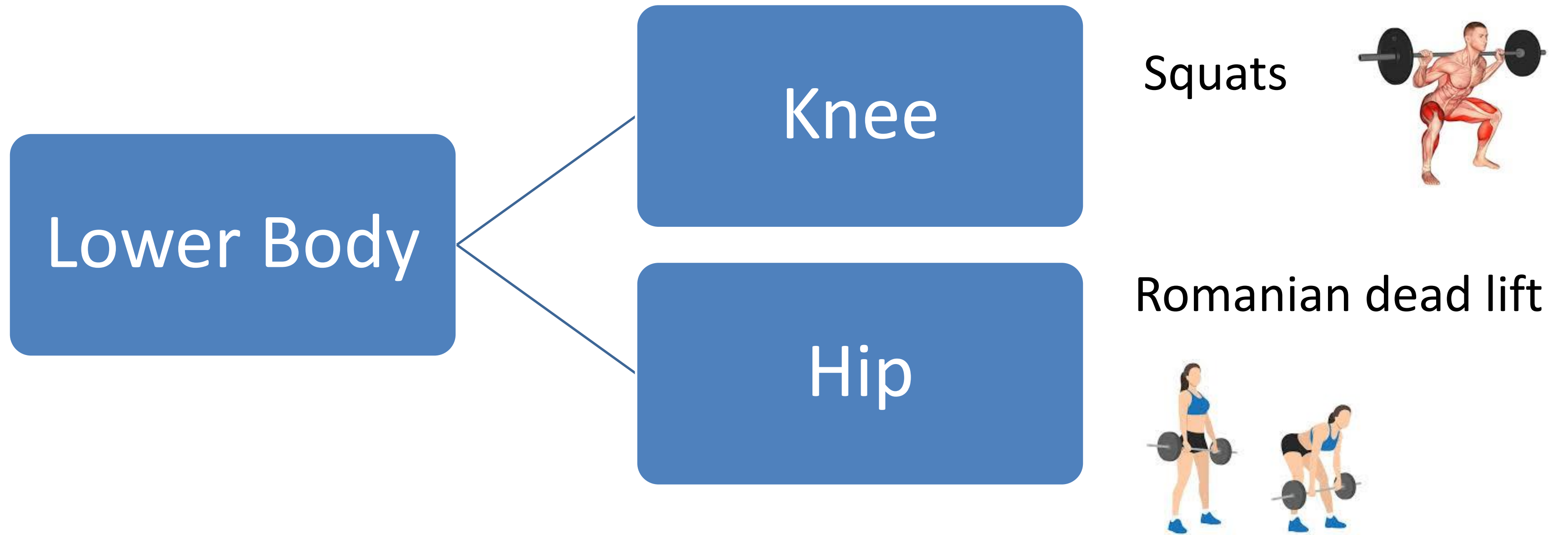


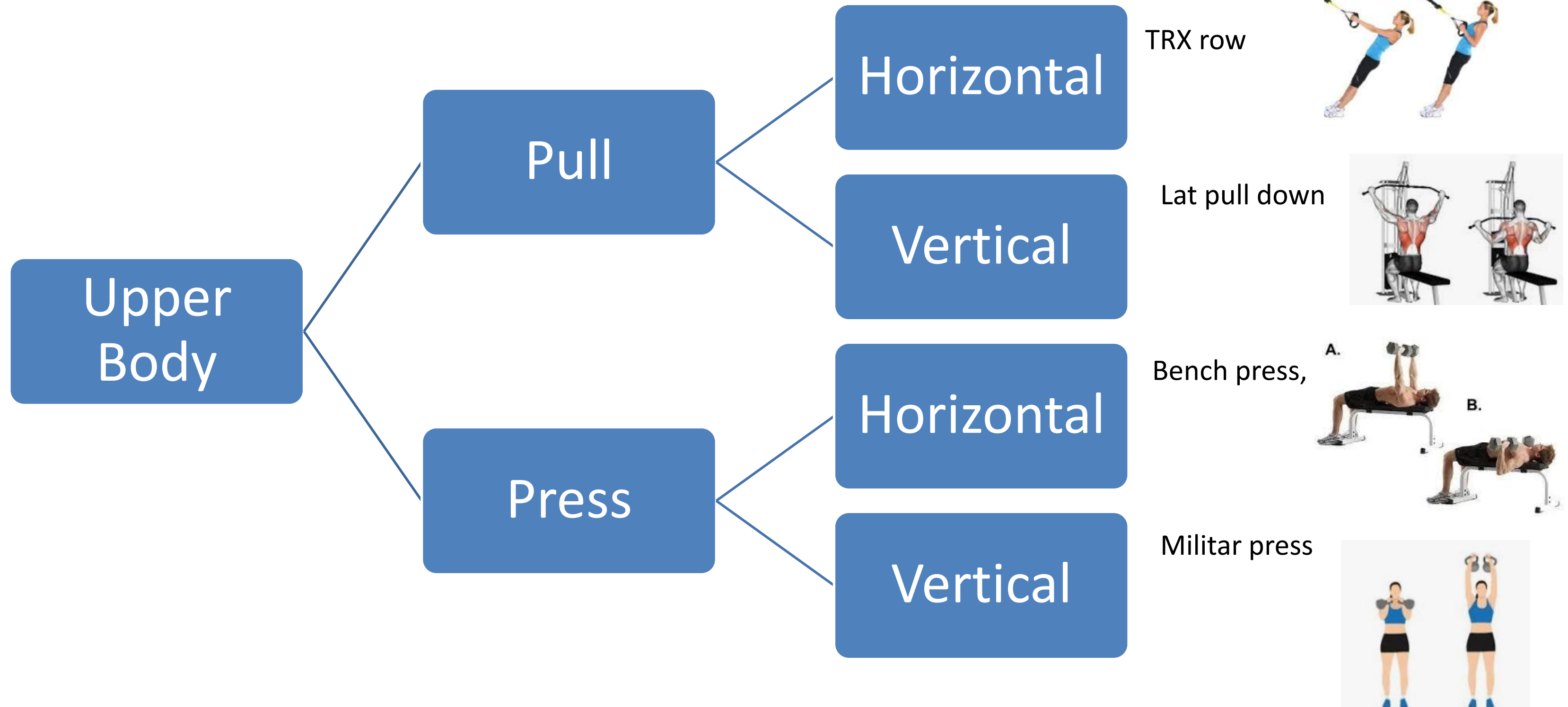
# STRENGTH TRAINING

[Strength training](#) © 2026 by [Álvaro Letón](#) is licensed under [CC BY-NC-ND 4.0](#)

# EXERCISE CLASSIFICATION



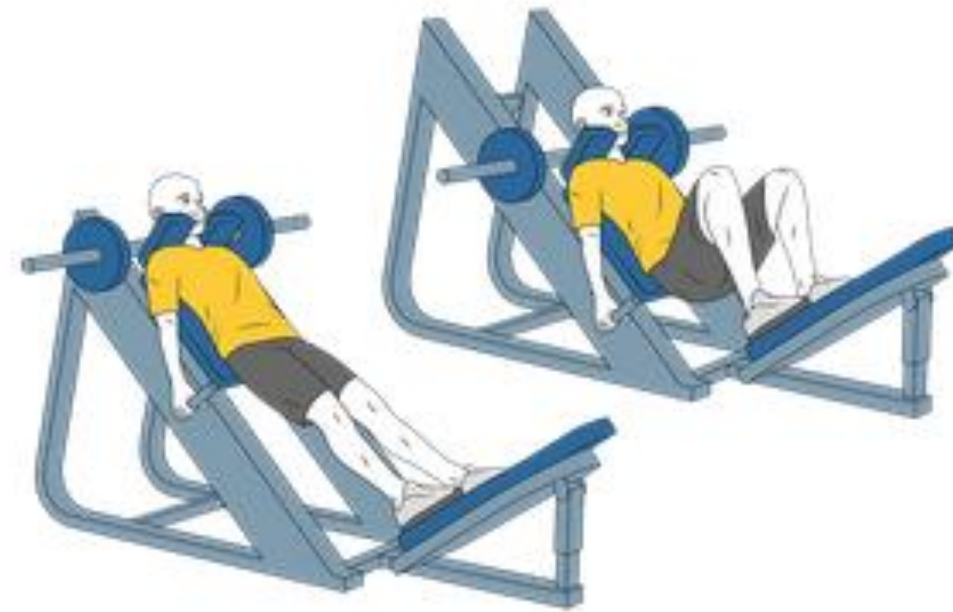
# EXERCISE CLASSIFICATION



# MACHINE EXERCISES



MULTIPOWER SQUAT  
SENTADILLA EN MULTIPOWER



HACK SQUAT  
SENTADILLA HACK



LEG PRESS  
PRENSA DE PIERNAS



LEG EXTENSION  
EXTENSIÓN DE PIERNAS

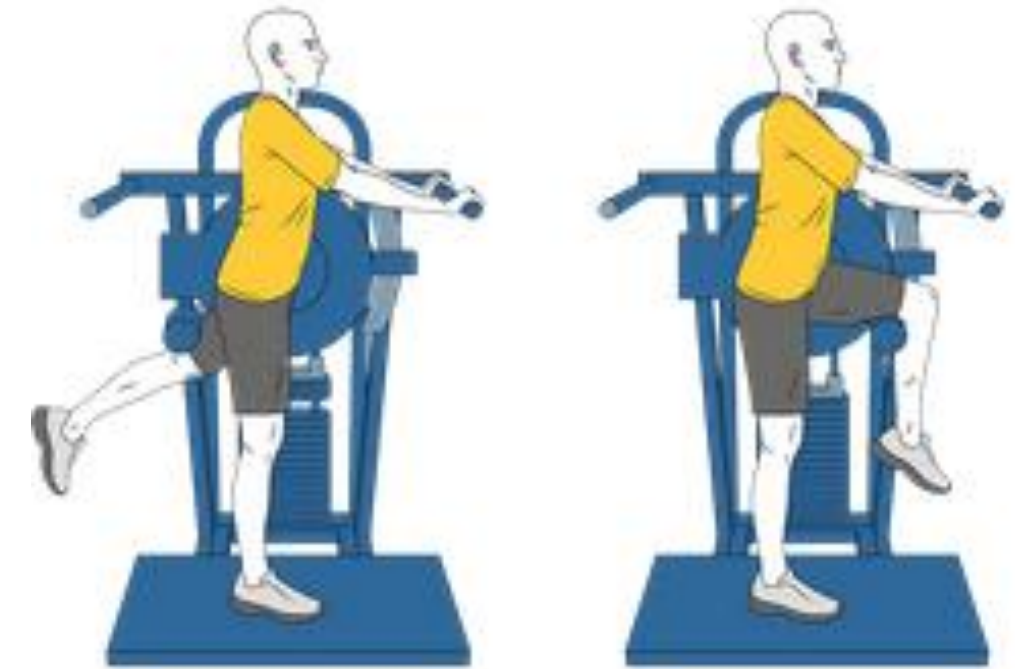
# MACHINE EXERCISES



SEATED HIP ABDUCTION  
ABDUCCIÓN DE CADERA SENTADO



LEG CURL  
CURL DE PIERNAS



HIP EXTENSION  
EXTENSIÓN DE CADERA

# MACHINE EXERCISES



PEC DECK  
APERTURAS DE PECHO



PECTORAL PRESS  
PRESS DE PECHO



SHOULDER PRESS  
PRESS DE HOMBROS



LAT PULL DOWN  
JALÓN AL PECHO

# SPLIT AND FULLBODY



## Fullbody

If you train 1 day or 2. (you train all your body in the same day)

## Split training

If you train more than 3 days

PPL (PUSH, PULL, LEGS) SPLIT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PUSH	LEGS	PULL	OFF	PUSH	LEGS	PULL

Play the game!

[https://www.educaplay.com/learning-resources/14922099-rosco\\_de\\_fuerza.html](https://www.educaplay.com/learning-resources/14922099-rosco_de_fuerza.html)