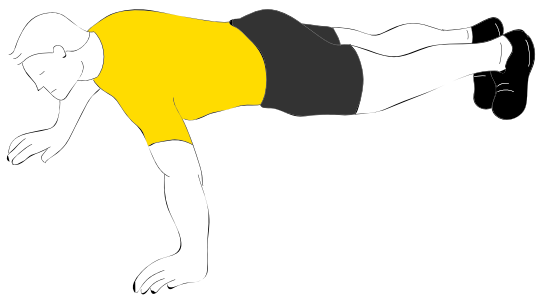
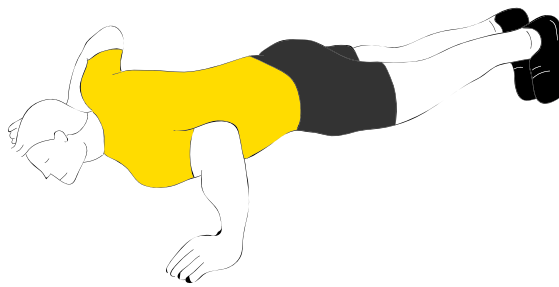


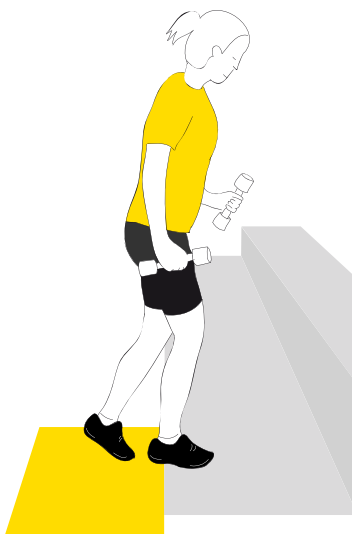
FLEXIONES
BRAZOS



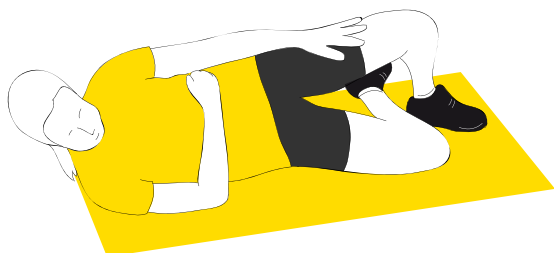
FLEXIONES
BRAZOS



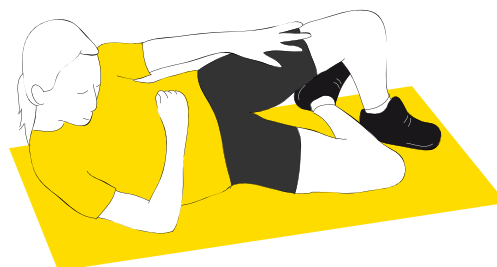
SALTOS ESCALÓN A, B y C



ABDOMINALES
OBLICUOS A



ABDOMINALES
OBLICUOS A



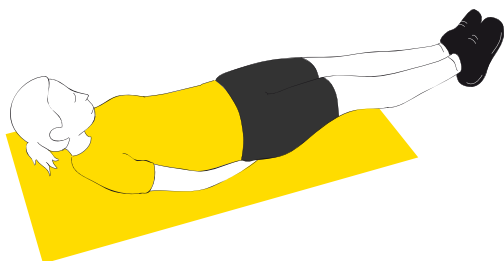
ZANCADA
ADELANTE A



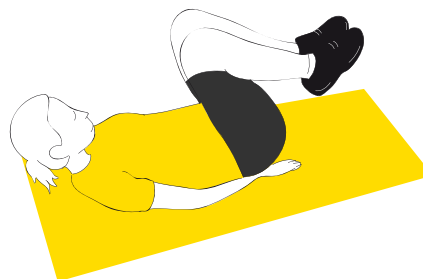
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ADELANTE B



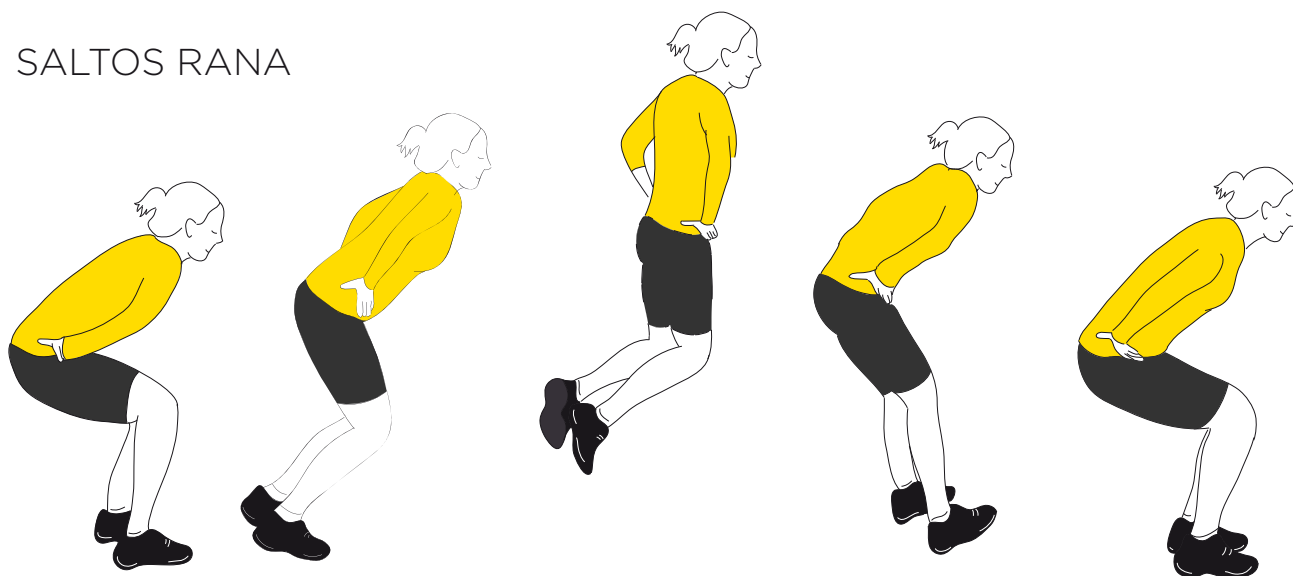
ABDOMINALES
INFERIORES A



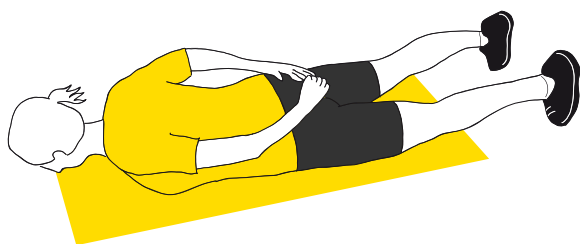
ABDOMINALES
INFERIORES B



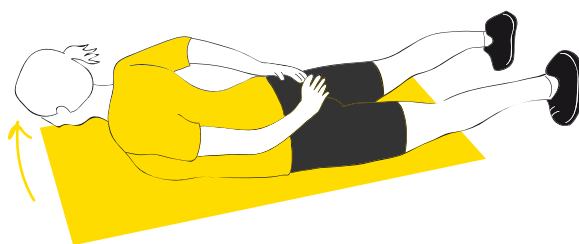
SALTOS RANA



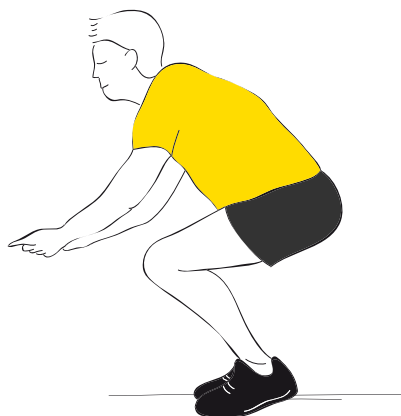
LUMBARES A



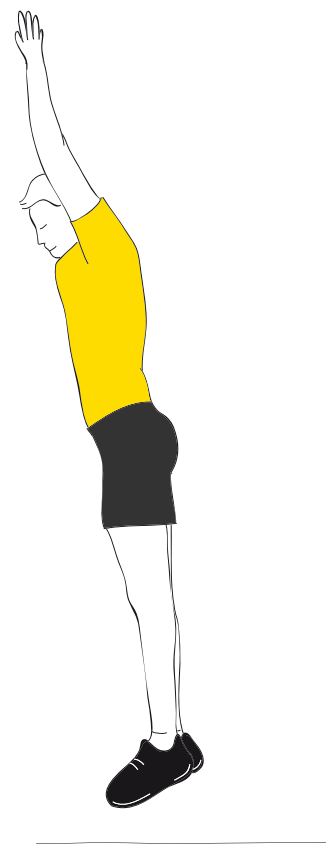
LUMBARES B



SOLDADITO A



SOLDADITO B



Trabajo general
Número de ejercicios: 8
Series: 2 o 3
Recuperación Grupo: 2'
Entre ejercicio no hay descanso

+ Progresión de 100 al 80%