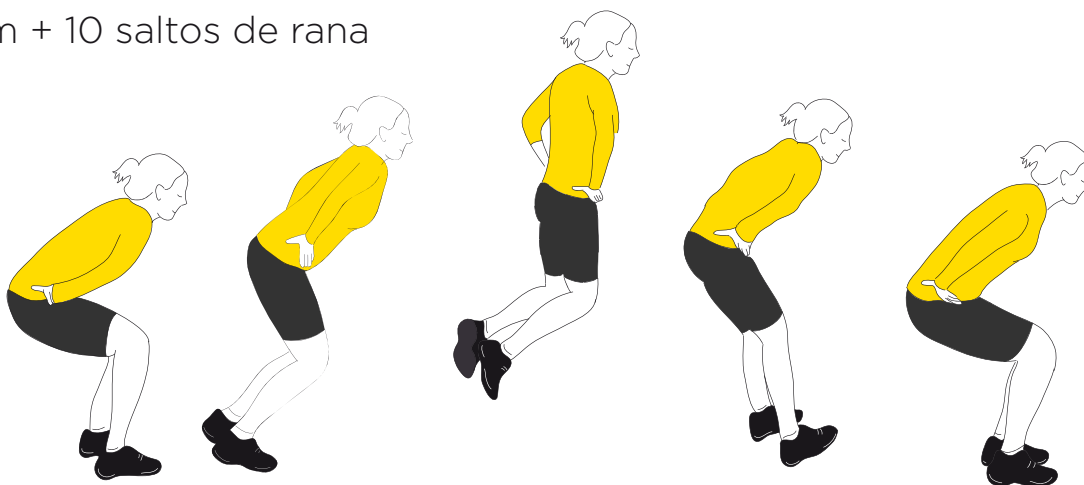
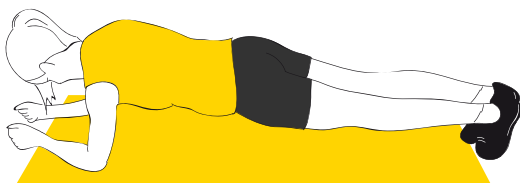


SALTOS DE RANA
100m + 10 saltos de rana



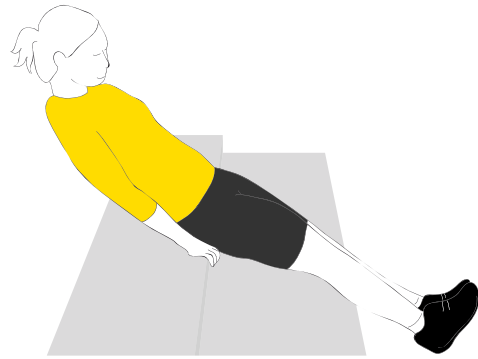
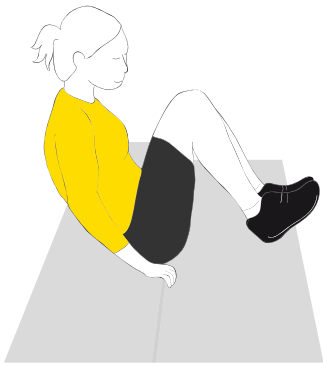
ABDOMINALES + LUMBARES
100m + 20" de abdominales + lumbares



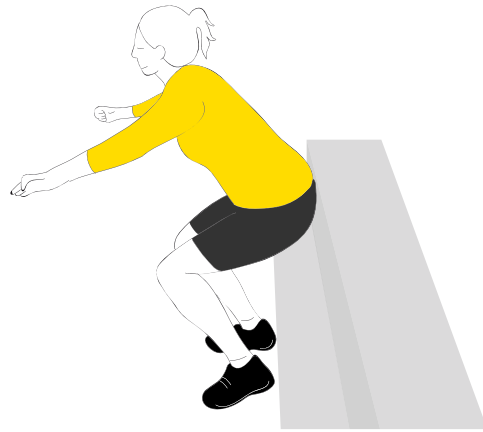
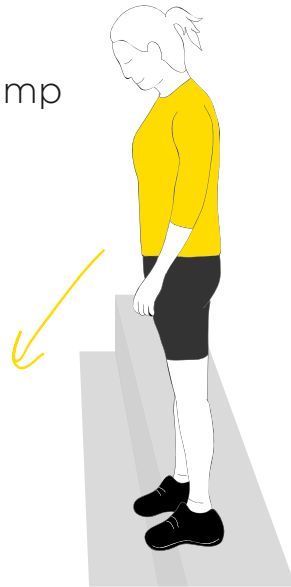
SENTADILLAS
100m + 10 sentadillas



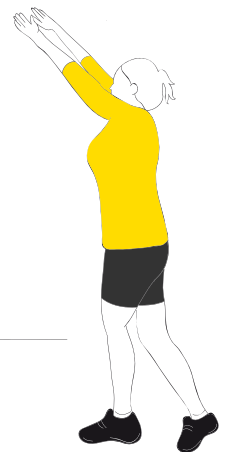
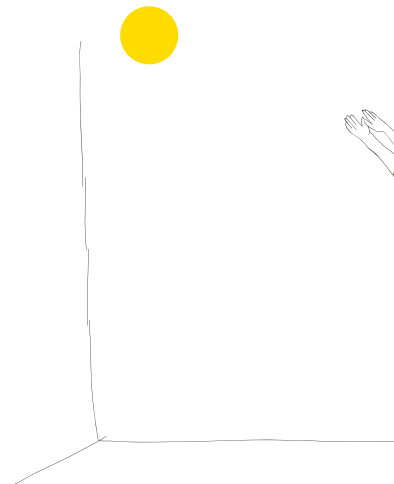
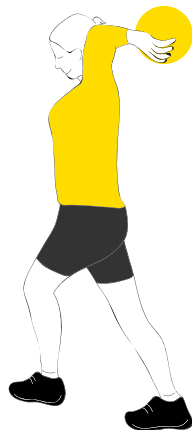
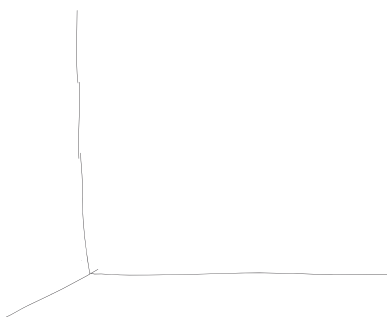
ABDOMINALES INFERIORES 100m + 20 abdominales inferiores



DROP JUMP 100m + 10 Drop Jump



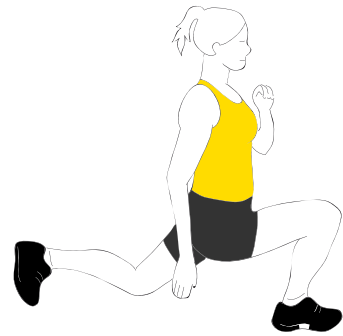
ABDOMINALES CON BALÓN MEDICINAL 100m + 10 abdominales con balón medicinal (contra una pared)



FONDOS DE PIERNA

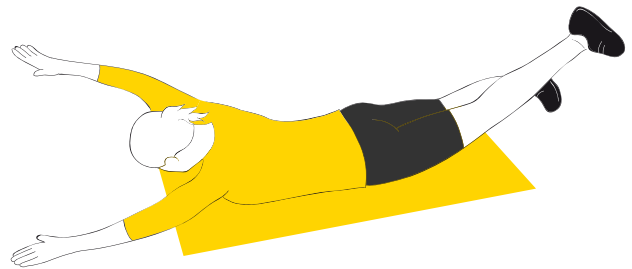
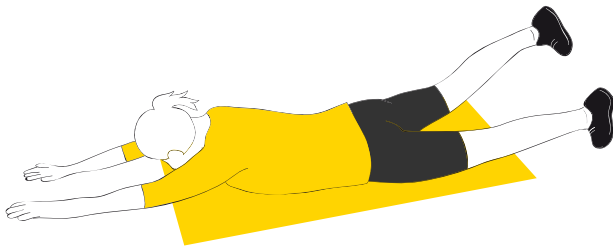
100m + 20 fondos de pierna

Dar un paso hacia adelante y bajar el cuerpo flexionando las rodillas hasta que la rodilla quede casi en contacto con el suelo. Después repetir con otro paso hacia adelante con la otra pierna. x20



LUMBARES

100m + 20" lumbares



ISQUIOTIBIALES + LUMBARES

100m + 10 Isquiotibiales + Lumbares

