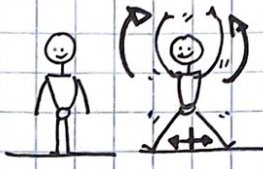


FUERZA 3



CALENTAMIENTO

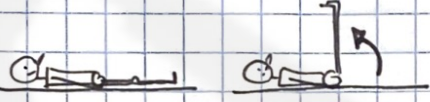

30 seg

 RUNNING




 JUMPING JACKS 30 seg



EJERCICIO

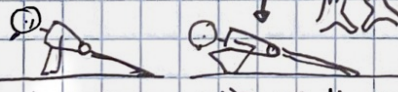
1.  +  x 3
 FLEXIONES 10 REP. SENTADILLAS 10 REP.

2.  +  x 3
 ABDOMINALES 10 REP. DESPLANTES 10 REP.

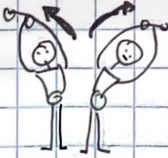



3.  +  x 3
 PLANCHA 1 MIN. DESPLANTES LATERALES 10/10

4.  +  x 3
 GEMELO UNILATERAL 10/10 BICEPS PUERTA 10 REP.

5.  +  x 3
 "DIPS" SILLA 10 REP. PLANCHA LATERAL 30 seg Bil.

6.  +  x 3
 FLEXIONES MANOS "ROMBO" 10 REP. SENTADILLA BULGARA 10/10

ESTIRAMIENTO FINAL

 20 seg
 20 seg
 20 seg
 10/10

