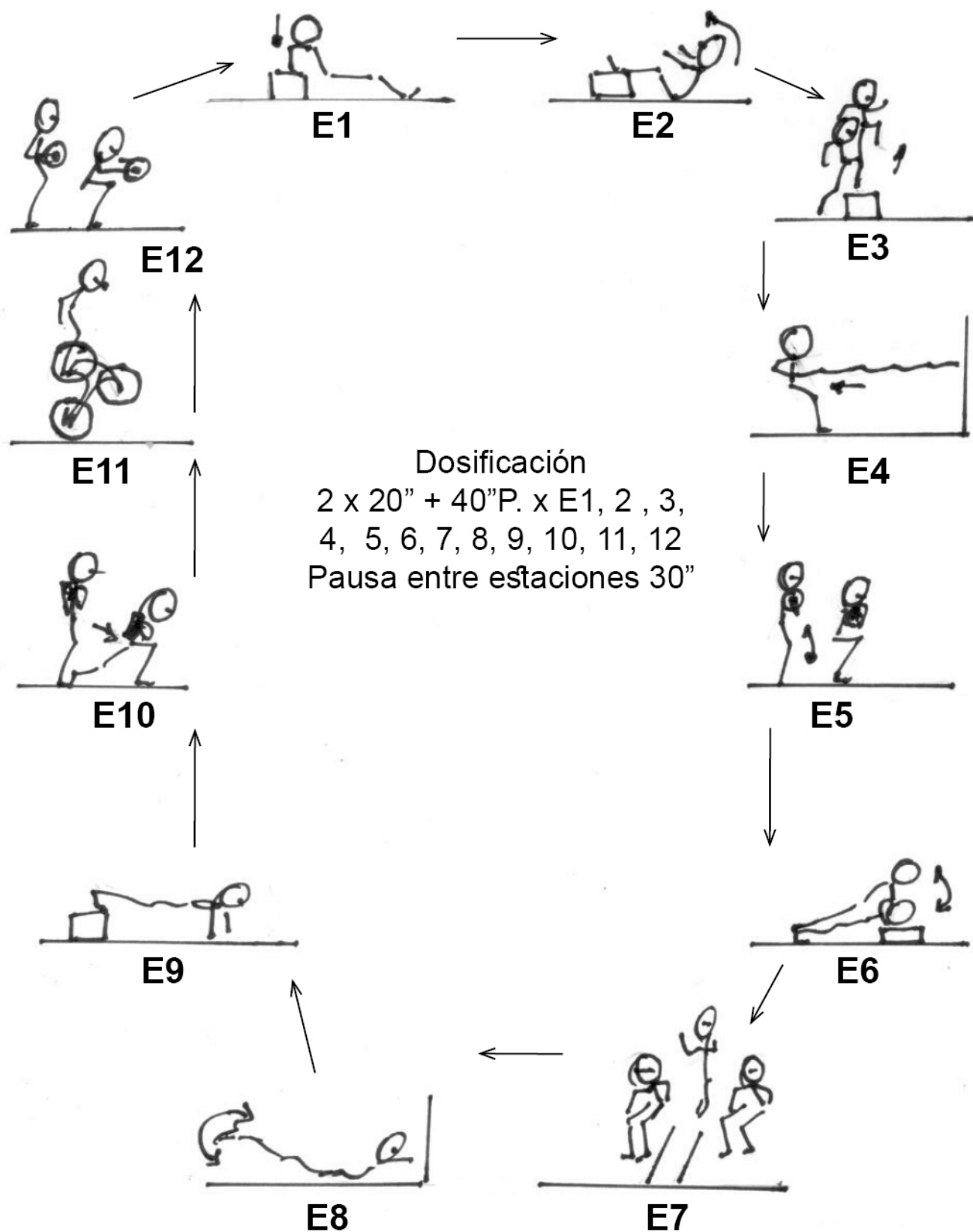


3 RONDAS

1		2	
3 x 10 Rep./70%/1RM /Reg. 2'		3 x 10 Rep./70%/1RM /Reg. 2'	
3		4	
3 x 10 Rep./70%/1RM /Reg. 2'		3 x 10 Rep./70%/1RM /Reg. 2'	
5		6	
3 x 10 Rep./70%/1RM /Reg. 2'		3 x 10 Rep./70%/1RM /Reg. 2'	
7		8	
3 x 10 Rep./70%/1RM /Reg. 2'		3 x 10 Rep./70%/1RM /Reg. 2'	
9		10	
3 x 10 Rep./70%/1RM /Reg. 2'		3 x 10 Rep./70%/1RM /Reg. 2'	





Barra - Soportes

4 x 10 Rep. / Reg. 1'



Bosla arena

4 x 10 Rep. / Reg. 1'



Cajas

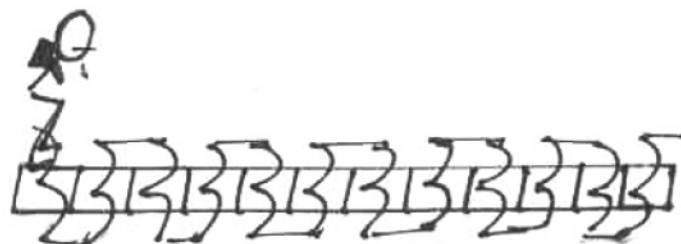
4 x 12 contactos / Reg. 1'



— 1.5 m — — 1.8 m — — 2.0 m —

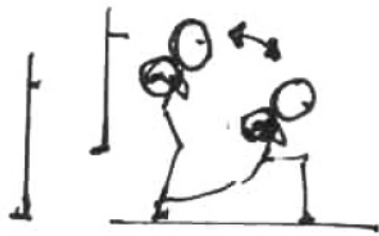
Bastones

4 x Reg. 1'

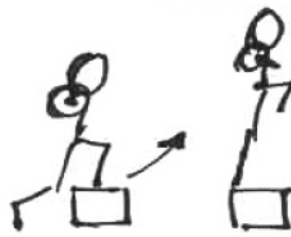


Escalera - bolsa de arena

4 x Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'