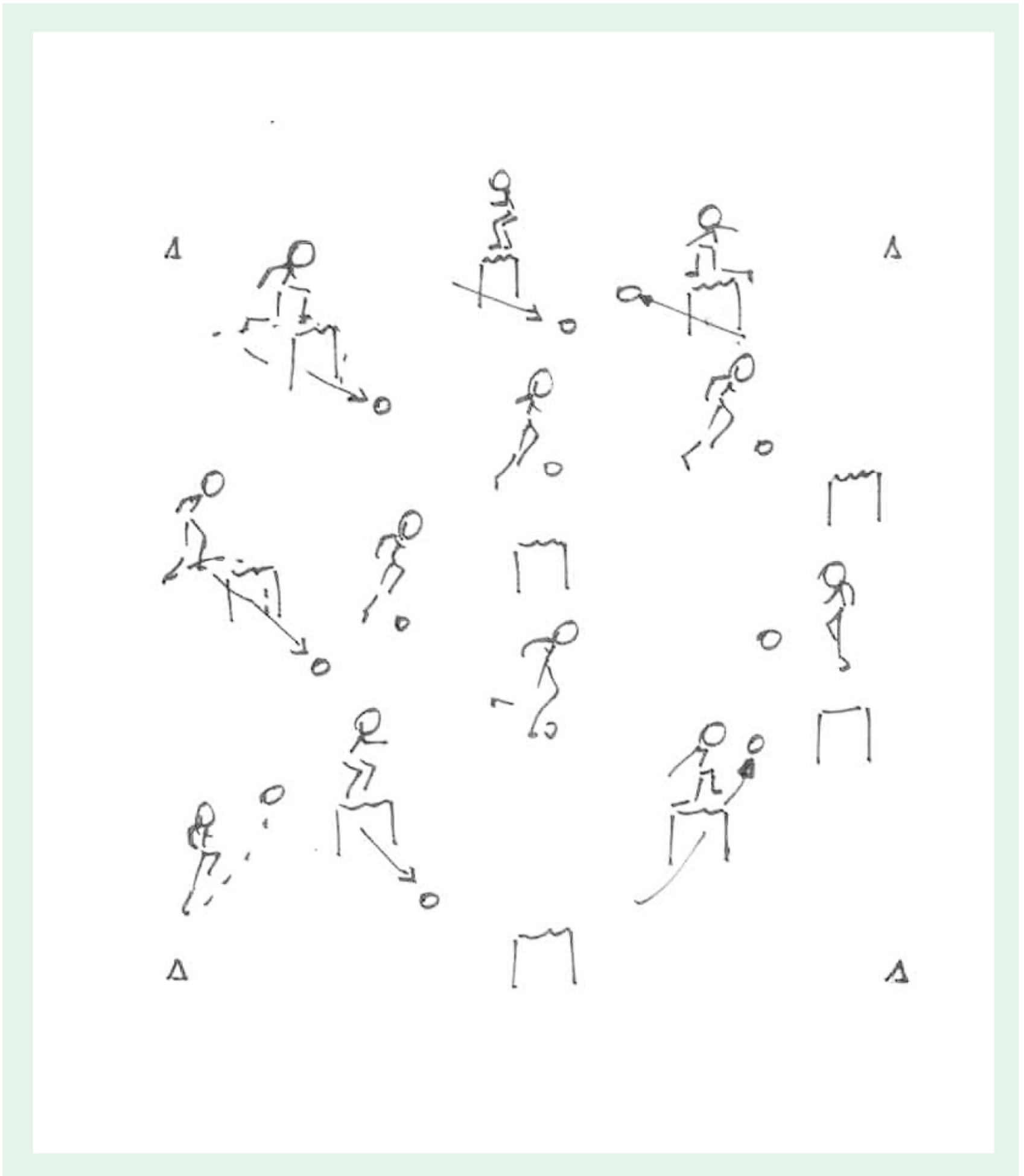
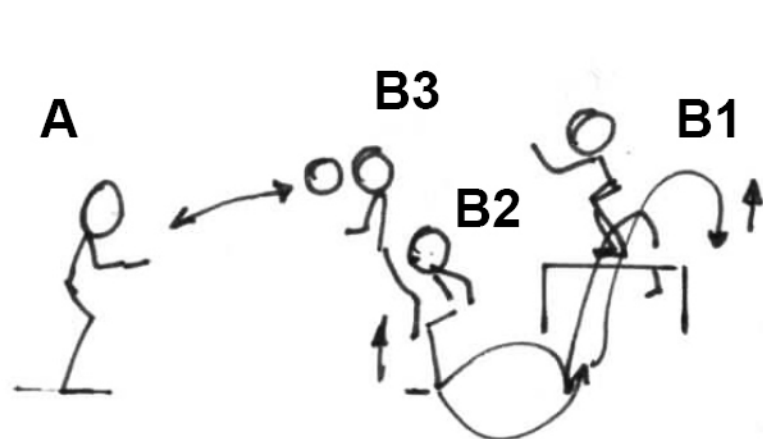
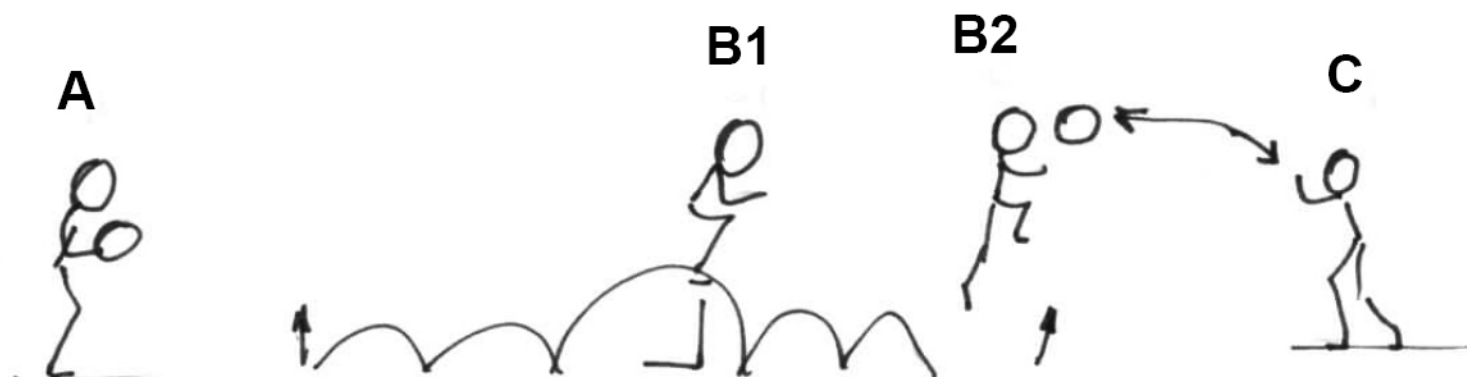


5 RONDAS

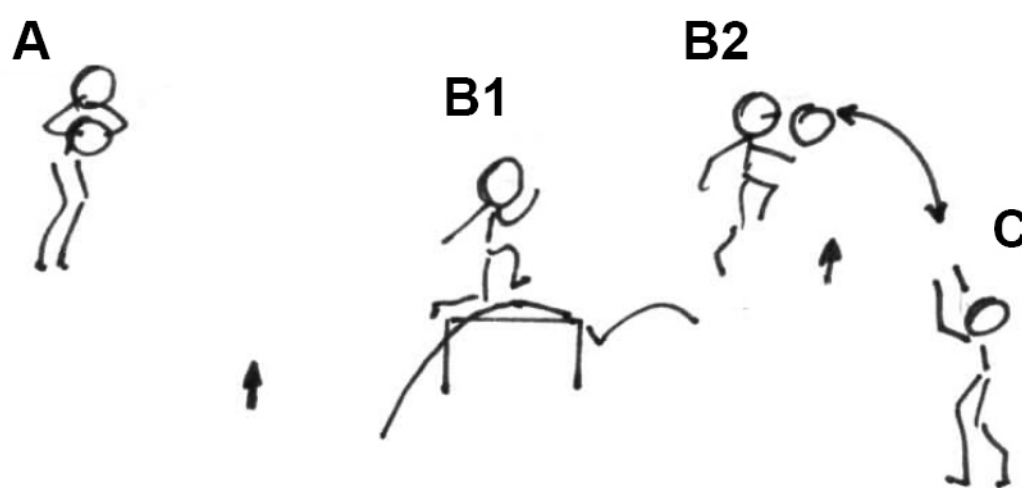




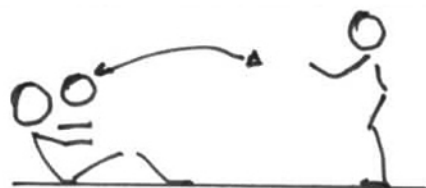
2x30" / Reg. 2'



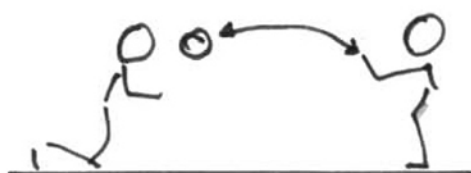
2x30" / Reg. 2'



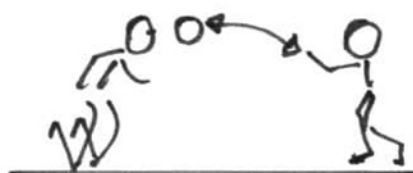
2x30" / Reg. 2'



2 x 10 Rep.



2 x 10 Rep.



2 x 5 Rep./ Izq.- Der.



2 x 10 Rep.

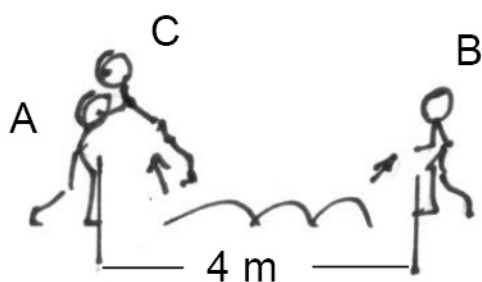


2 x 5 Rep.



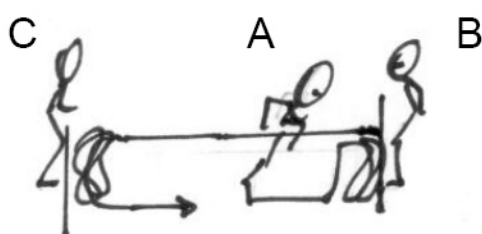
2 x 5 Rep.

1



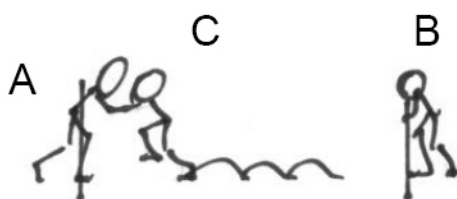
2x20" + 40" P.
(20"A, 20"B, 20"C)

2



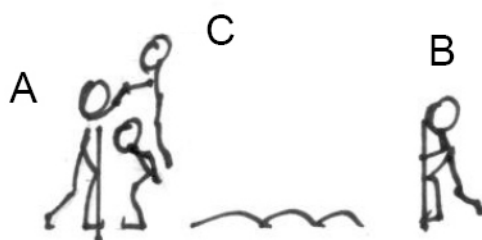
2x20" + 40" P.
(20"A, 20"B, 20"C)

3



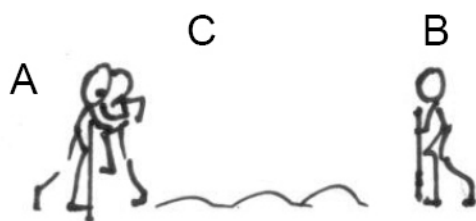
2x20" + 40" P.
(20"A, 20"B, 20"C)

4



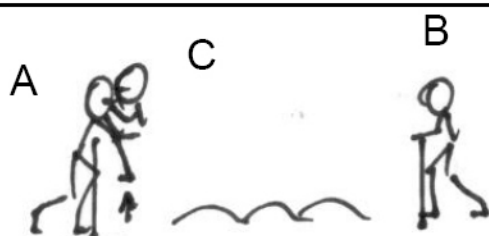
2x20" + 40" P.
(20"A, 20"B, 20"C)

5

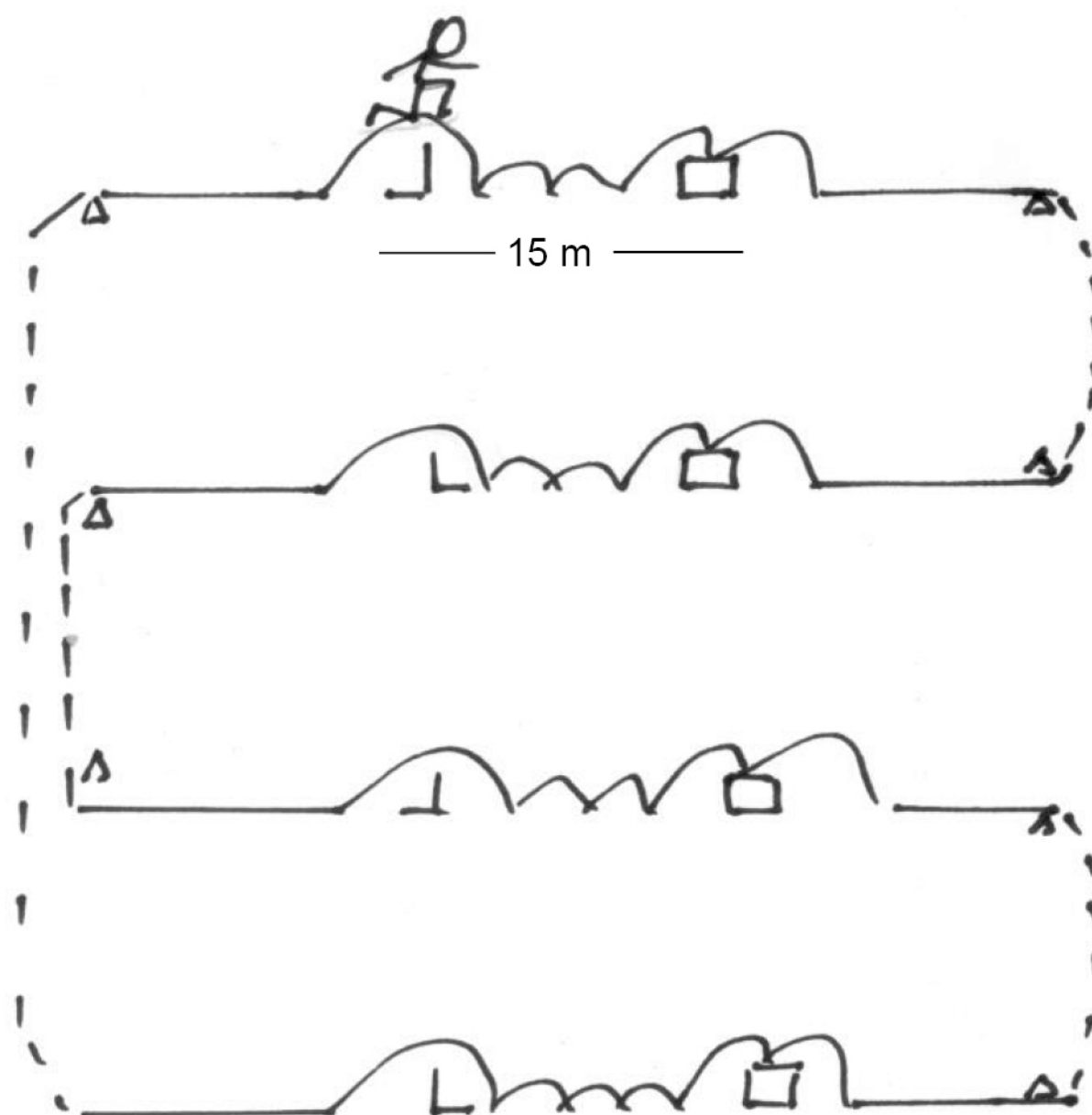


2x20" + 40" P.
(20"A, 20"B, 20"C)

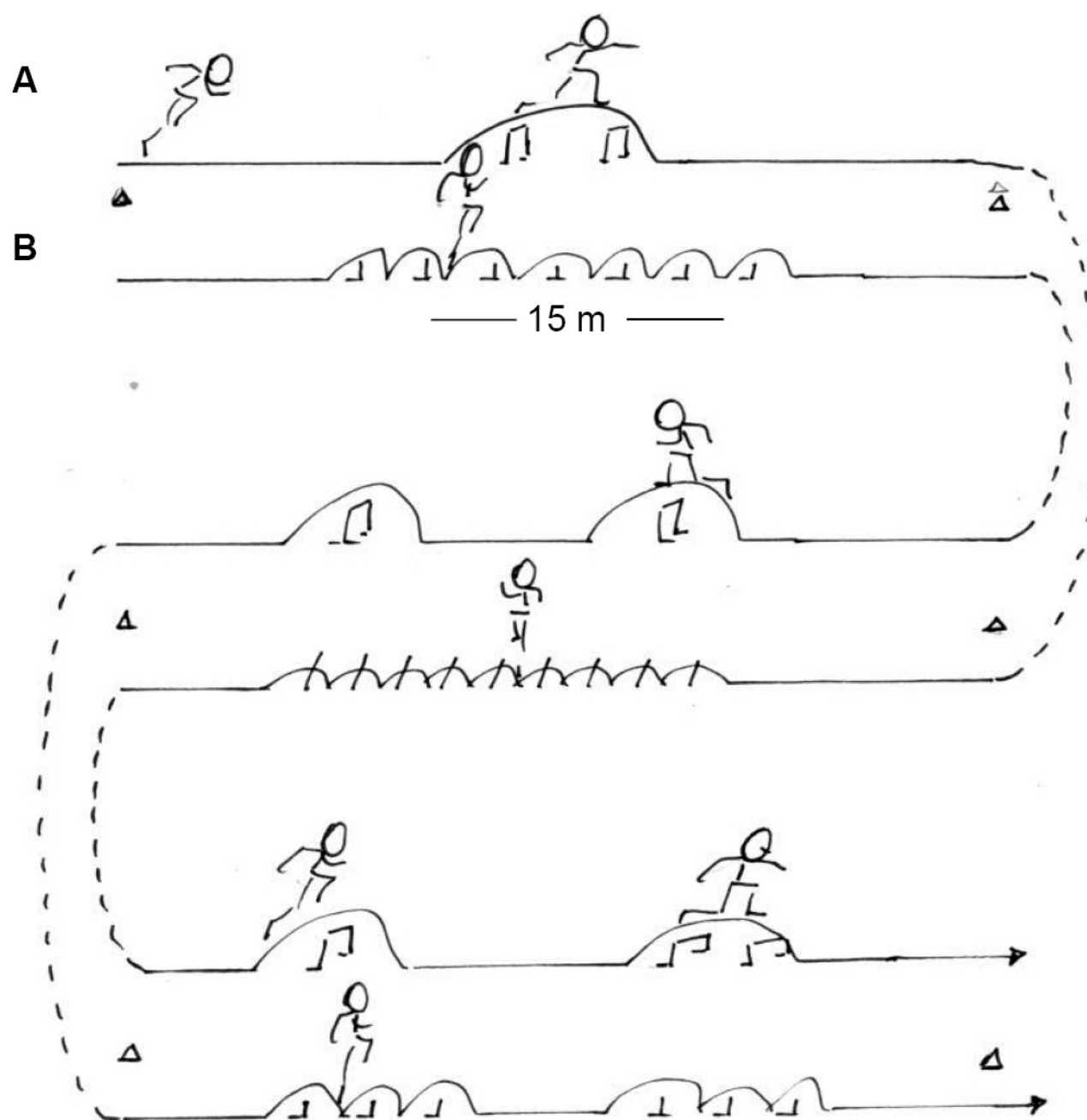
6



2x20" + 40" P.
(20"A, 20"B, 20"C)



6 Rondas / Reg. 150"



4 Rep. A - 4 Rep. B
Reg. 1'

1



4 Rep. / Reg. 45" / 2' P. ejercicio

2

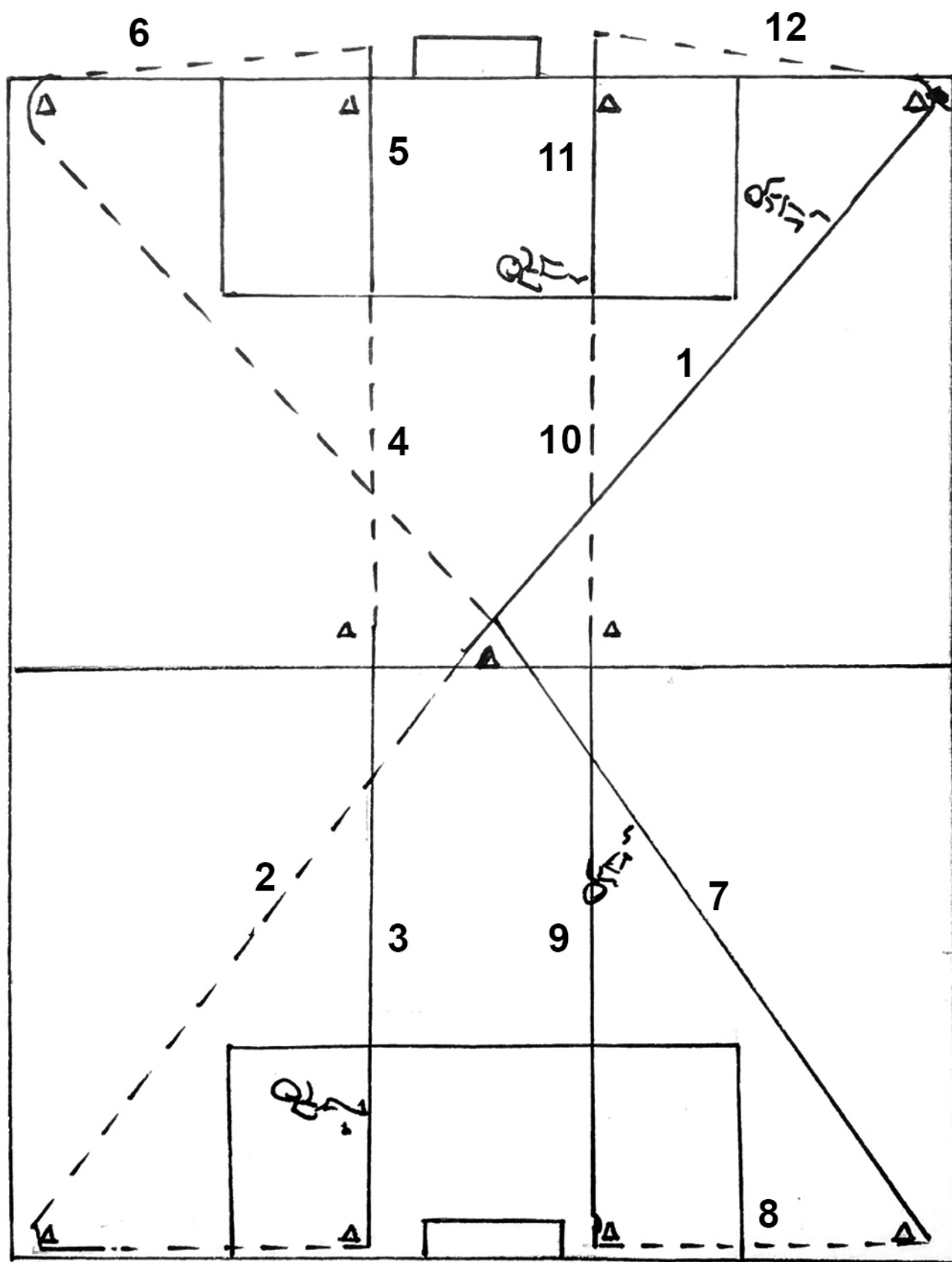


4 Rep. / Reg. 45" / 2' P. ejercicio

3



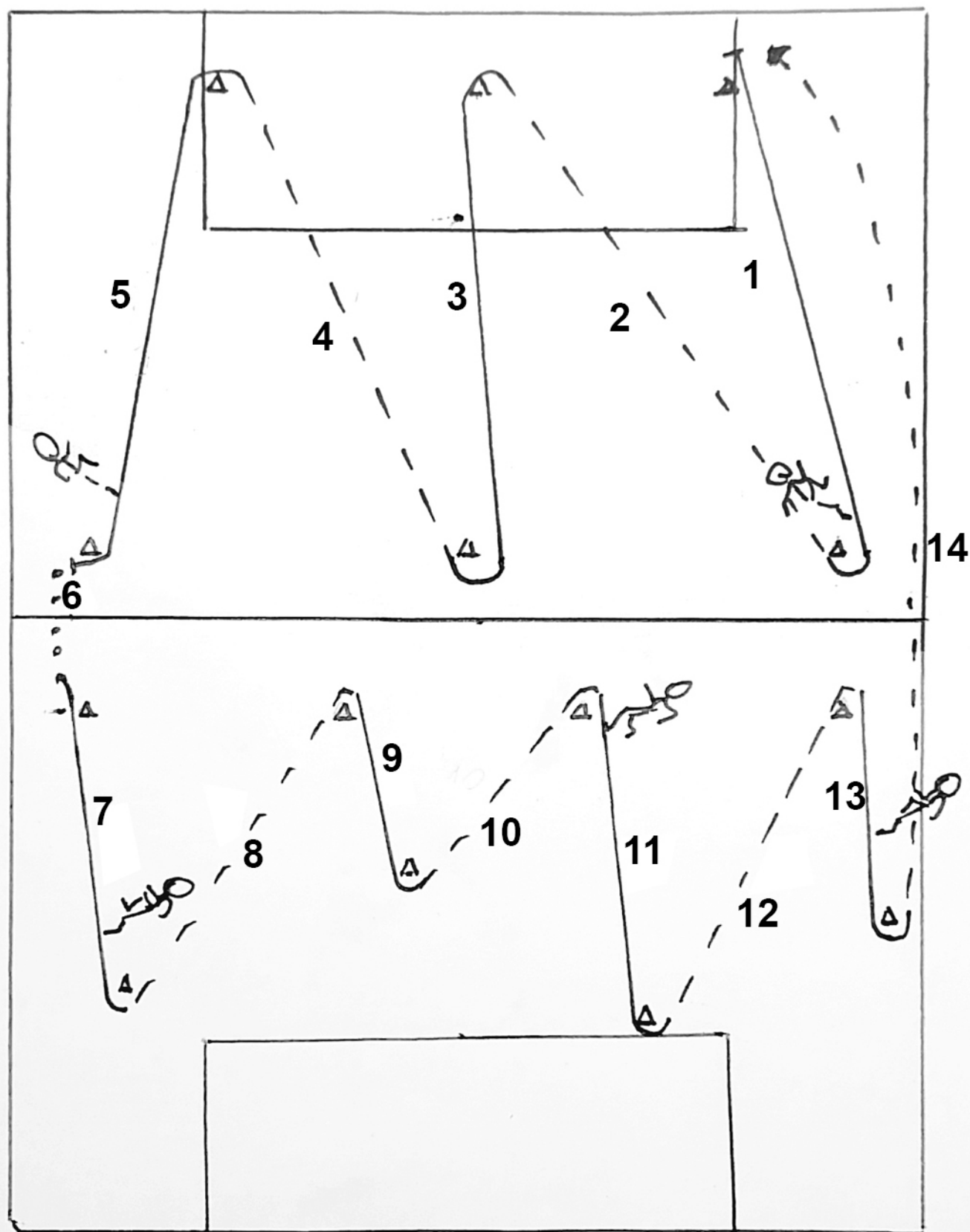
4 Rep. / Reg. 45"



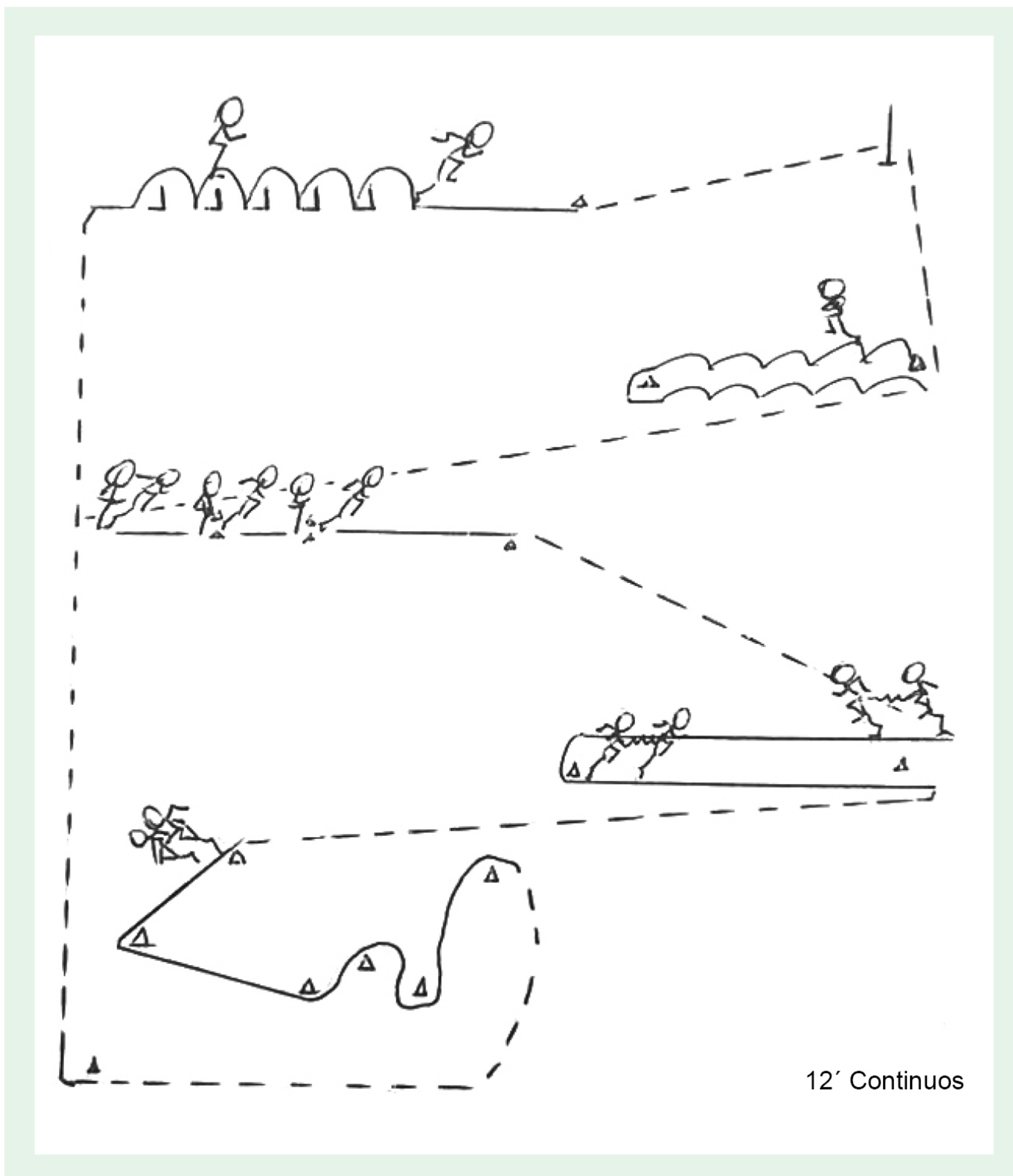
8 Rondas/Reg.2'

Objetivo: Fuerza de salto + fuerza rápida brazos

Programa No. E19-P04

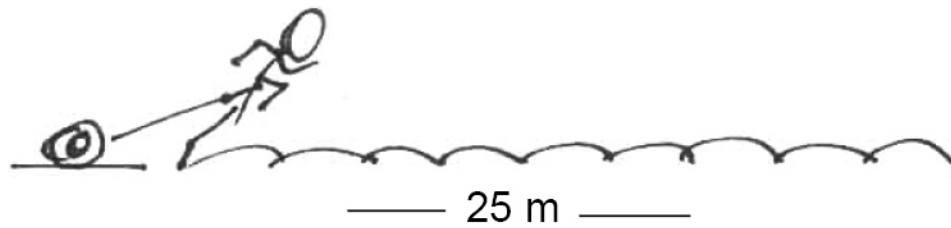


10 Rondas/Reg.90"





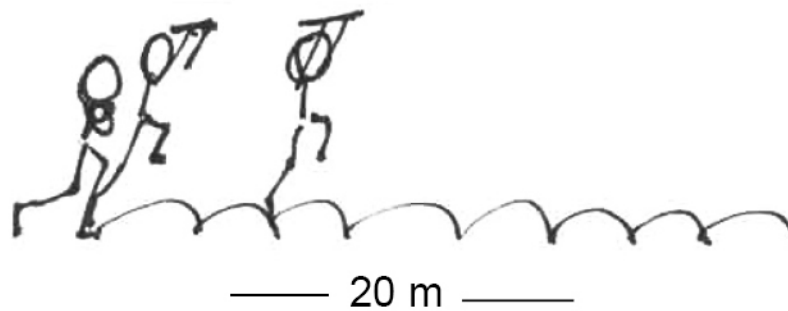
4 Rep. / Reg. 1'



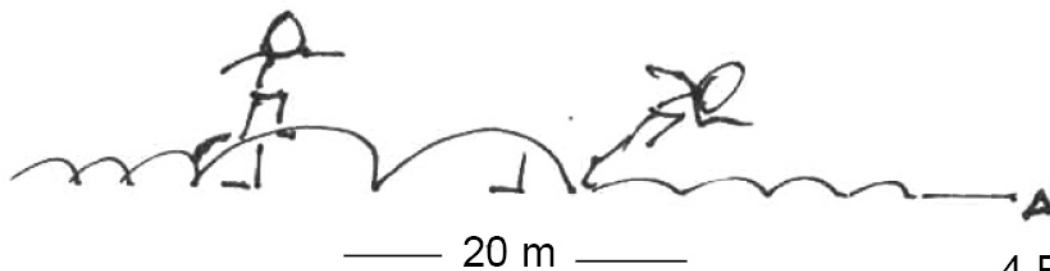
4 Rep. / Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'



4 Rep. / Reg. 1'