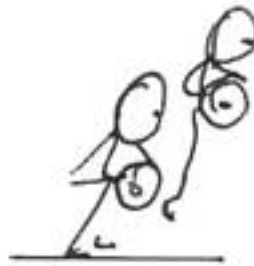




3 x 8 Rep.



8 Rep.



8 Rep. /

Reg. 90" Total = 4'30"



3 x 10 Rep.



5 - 5 Rep.



5 - 5 Rep. /

Reg. 90" Total = 4'30"



3 x 10 Rep.

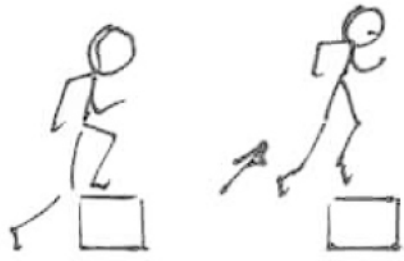


6 Rep.



8 Rep. /

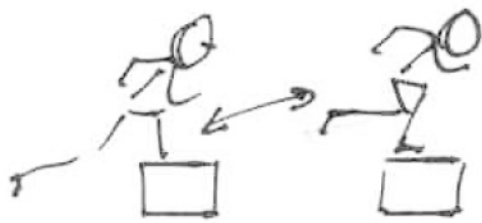
Reg. 90" Total = 4'30"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



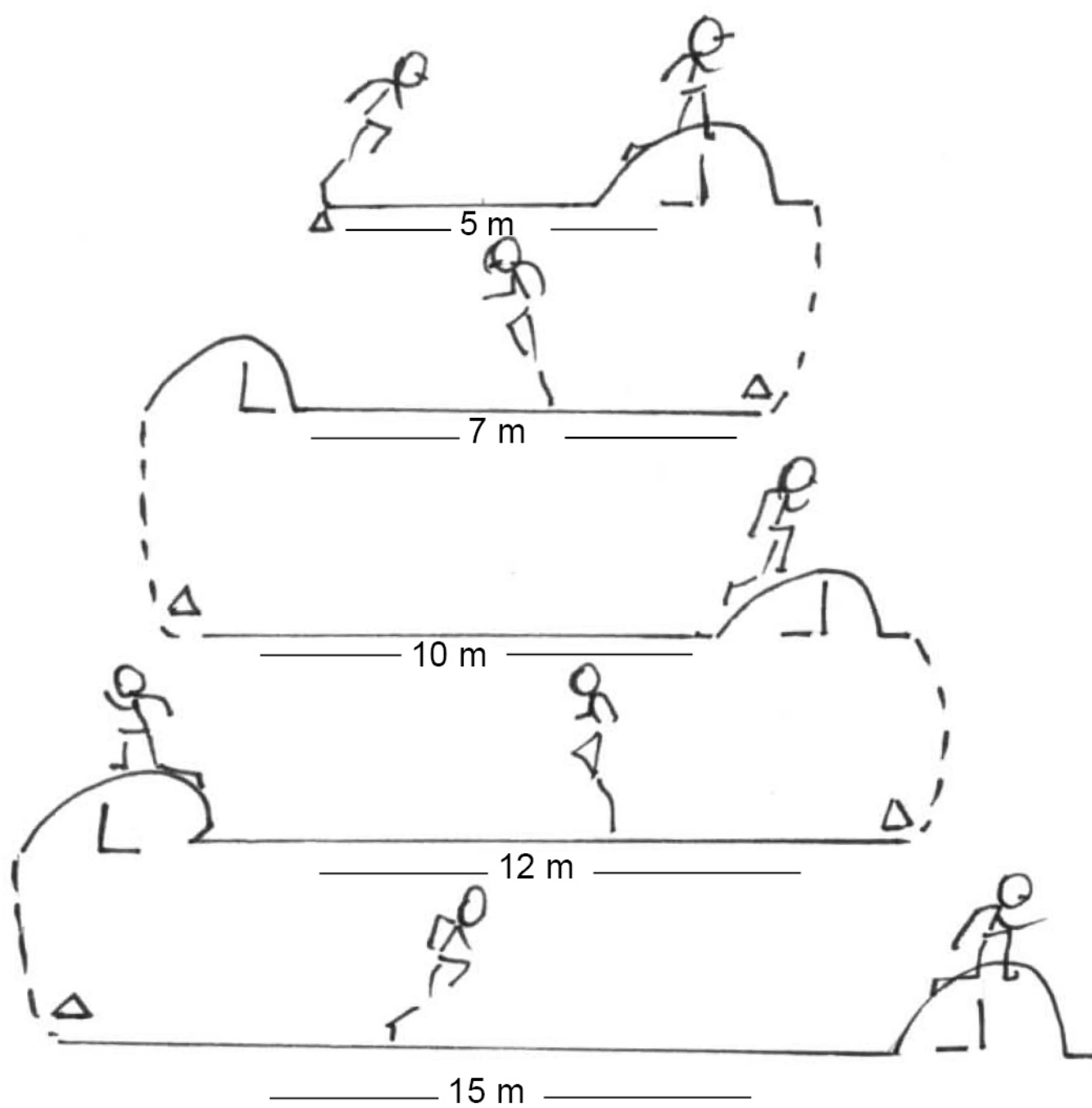
2x10 Rep. /Reg. 45"



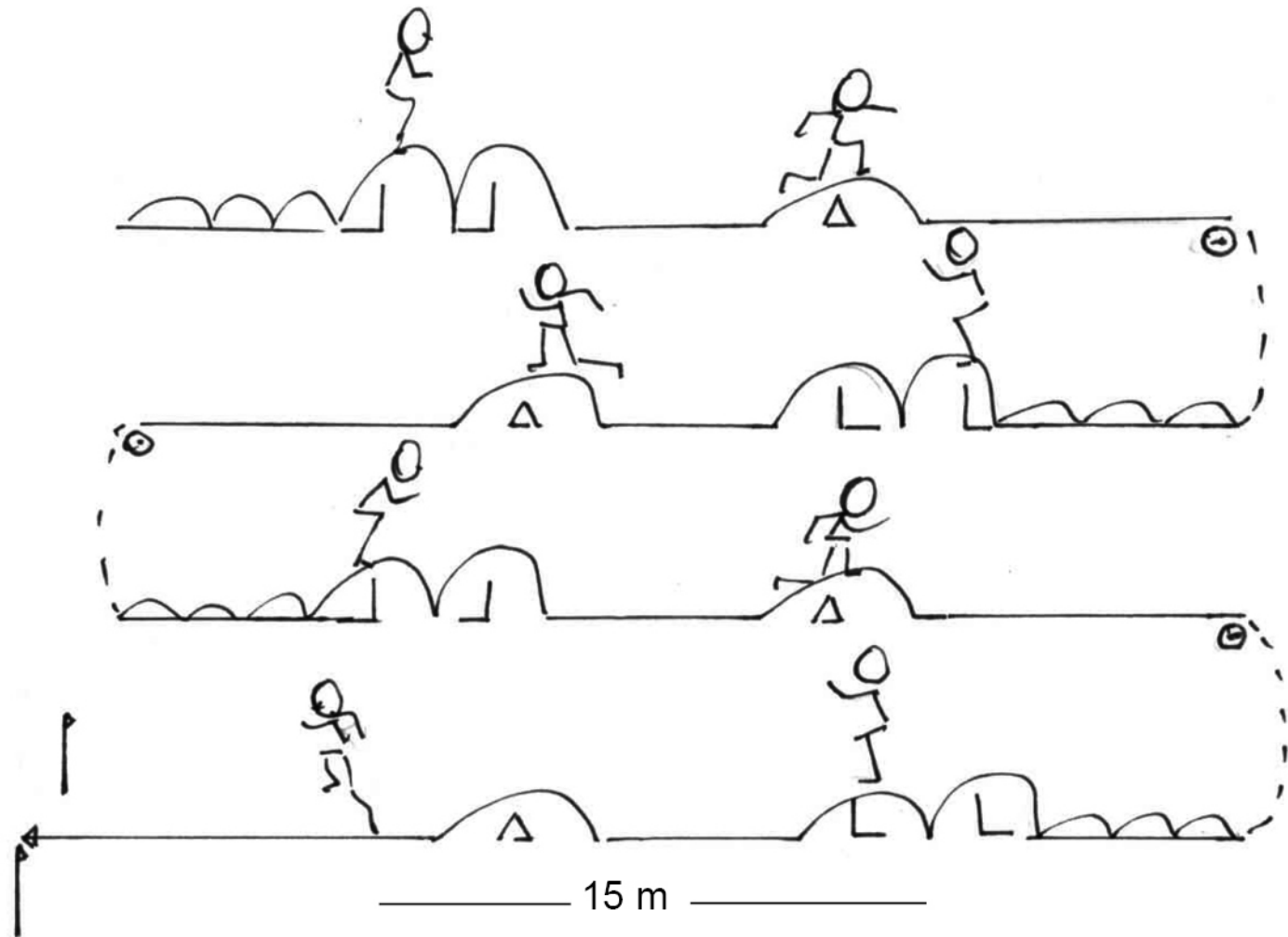
2x10 Rep. /Reg. 45"



2x10 Rep. /Reg. 45"



6 Rondas / Reg. 2'



6 Rondas /Reg. 2'



5 Rep. / Reg. 45"



5 Rep. / Reg. 45"



5 Rep. / Reg. 45"



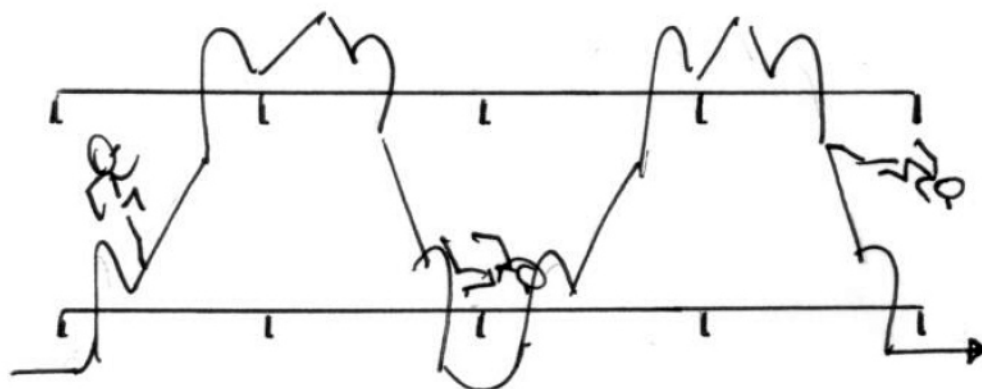
5 Rep. / Reg. 45"



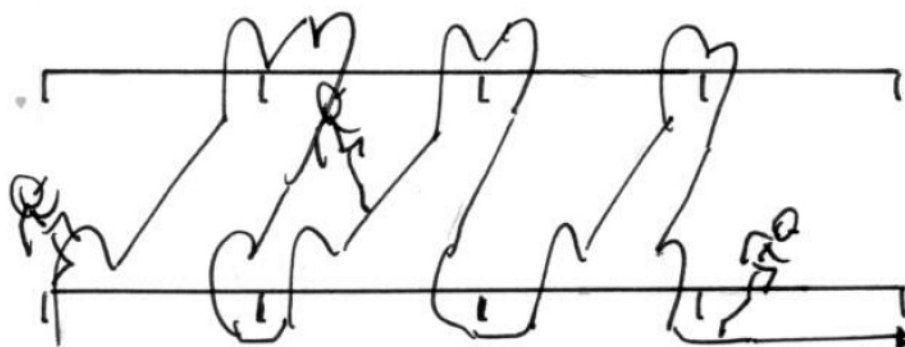
5 Rep. / Reg. 45"



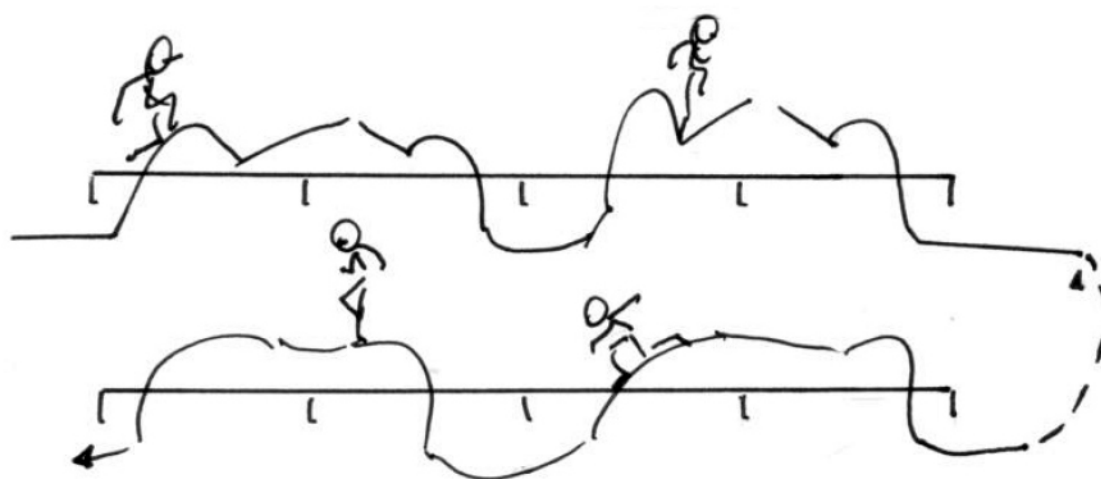
5 Rep. / Reg. 45"



4 Rep. / Reg.1'



4 Rep. / Reg.1'



4 Rep. / Reg.1'





4 Rep. / Reg. 1'

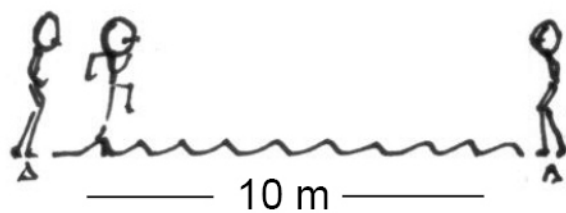


4 Rep. / Reg. 1'



4 Rep. / Reg. 1'





1' Continuo
1' Pausa



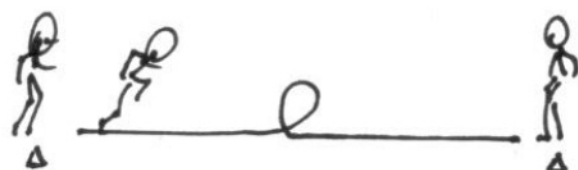
1' Continuo
1' Pausa



1' Continuo
1' Pausa



1' Continuo
1' Pausa

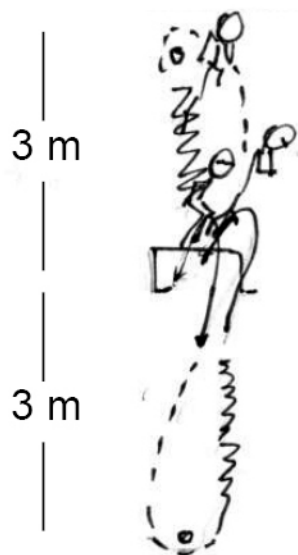


1' Continuo
1' Pausa



1' Continuo

JUMP



3 X 20" + 40" pausa

STEP



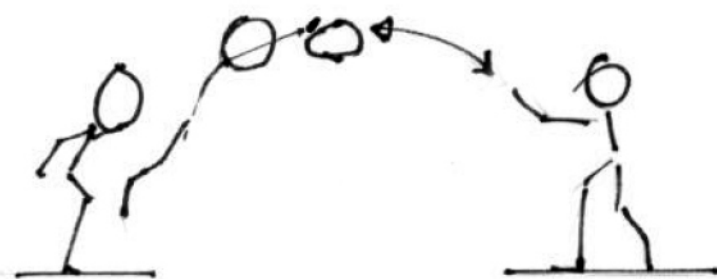
3 X 20" + 40" pausa

STEP - JUMP



3 X 20" + 40" pausa

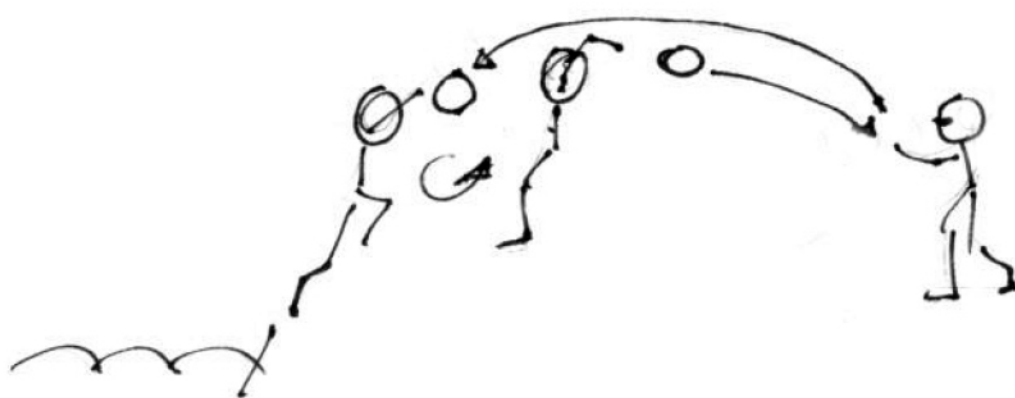




3x20" / Reg. 60"

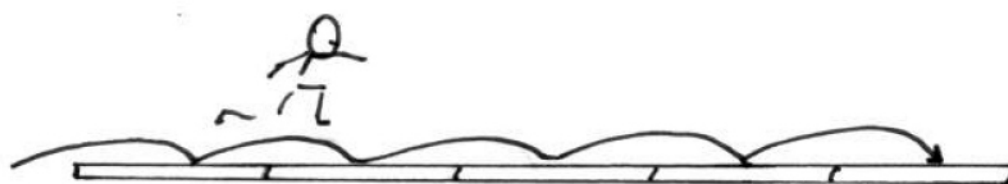


3x20" / Reg. 60"



3x1' / Pausa 60"

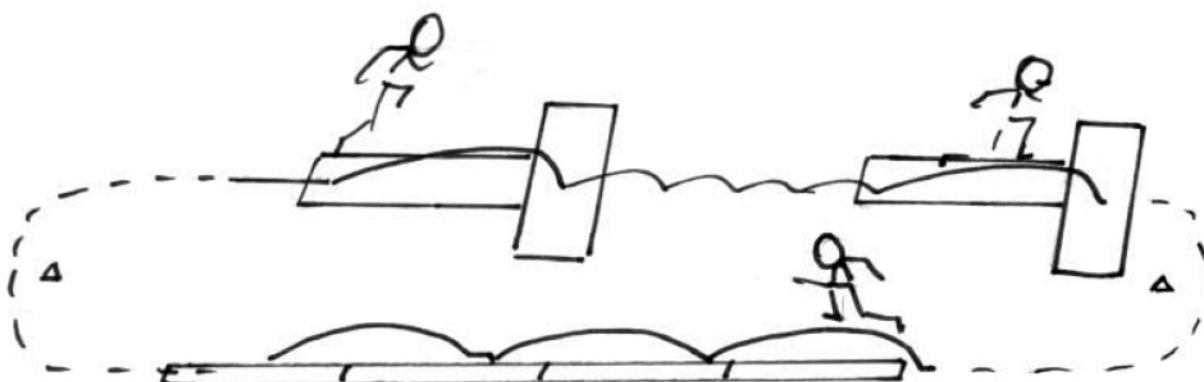




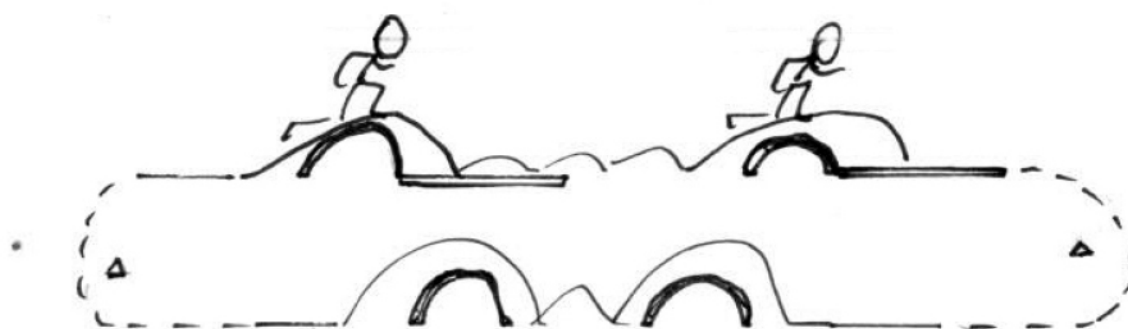
5 Rep. / Reg. 40"



5 Rep. / Reg. 40"



5 Rep. / Reg. 60"



5 Rep. / Reg. 60"





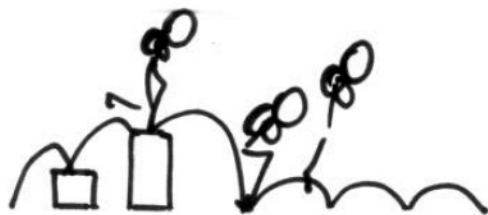
3 Rep. / P. 30"



3 Rep. / P. 30"



3 Rep. / P. 30"



3 Rep. / P. 30"



3 Rep. / P. 30"

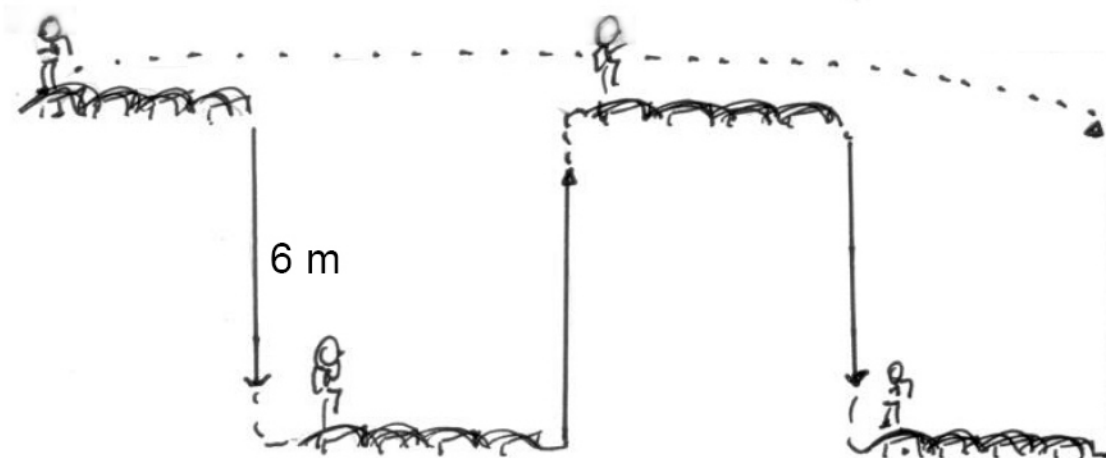


3 Rep. / P. 30"

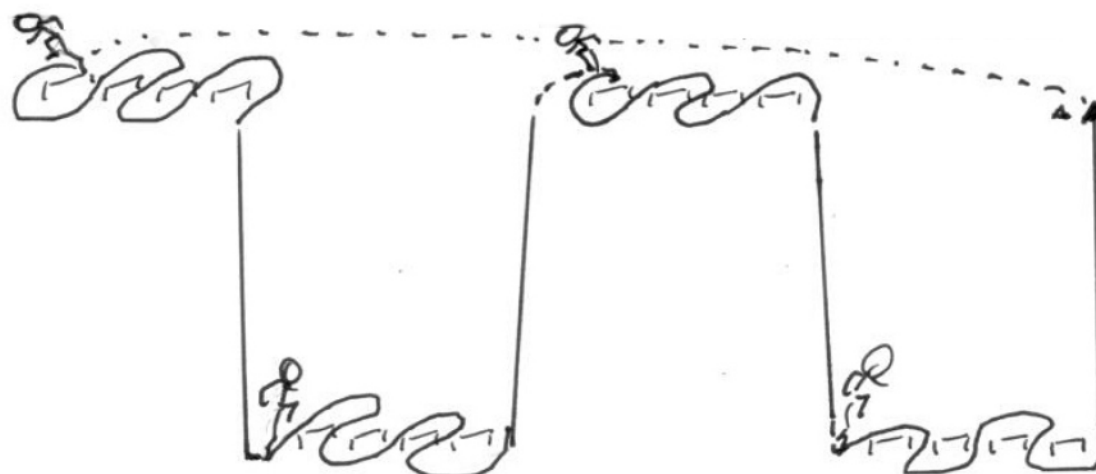


3 Rep. / P. 30"

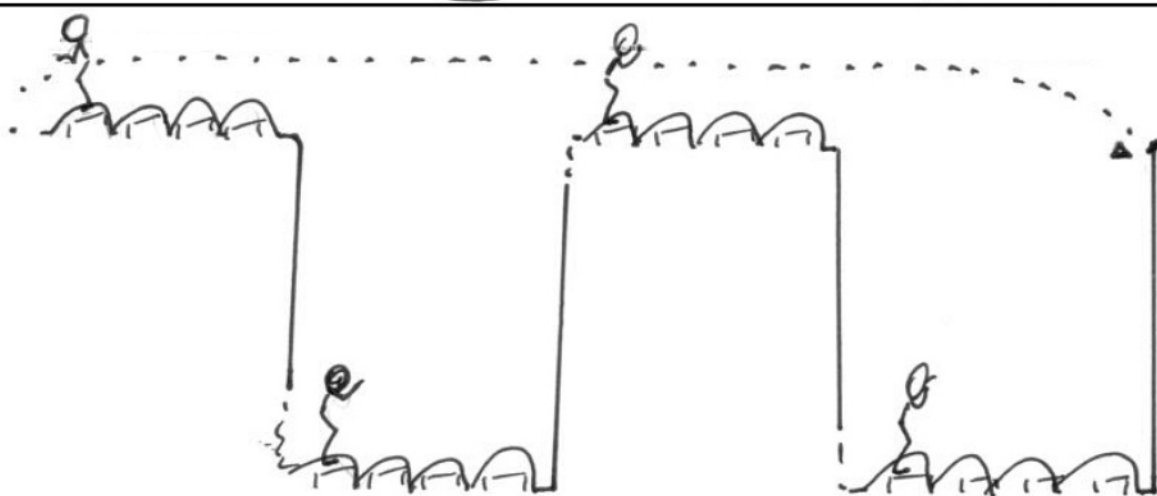




4 Rep. / Reg. 1'

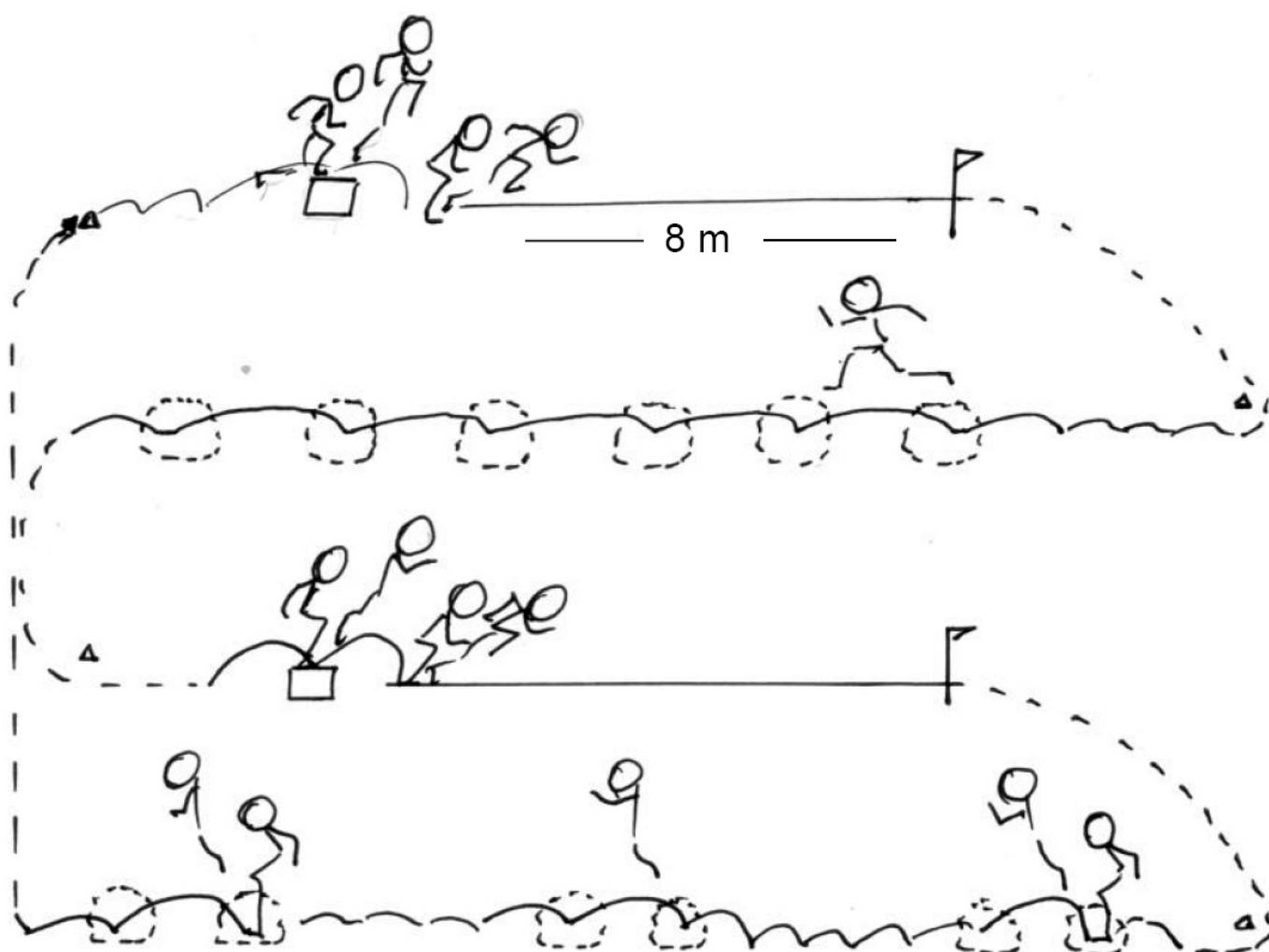


4 Rep. / Reg. 1'

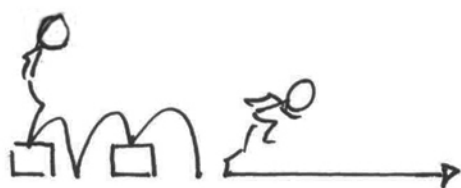


4 Rep. / Reg. 1'





8 Rondas 7 Reg. 75"



2 Rep.



2 Rep.



2 Rep.



2 Rep.



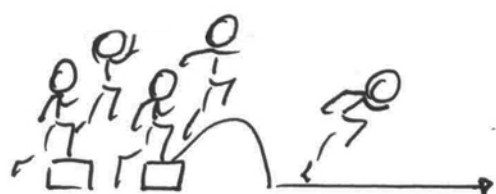
2 Rep.



2 Rep.



2 Rep.

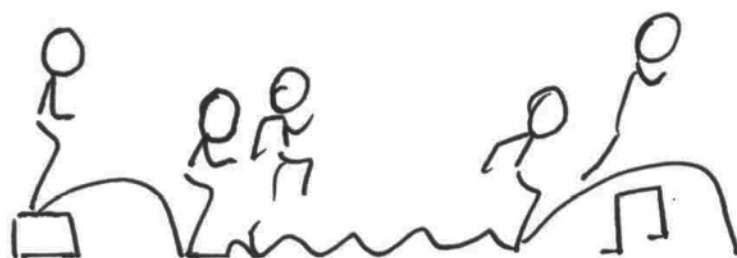


2 Rep.





4 Rep. / Reg. 30"



4 Rep. / Reg. 30"



4 Rep. / Reg. 30"





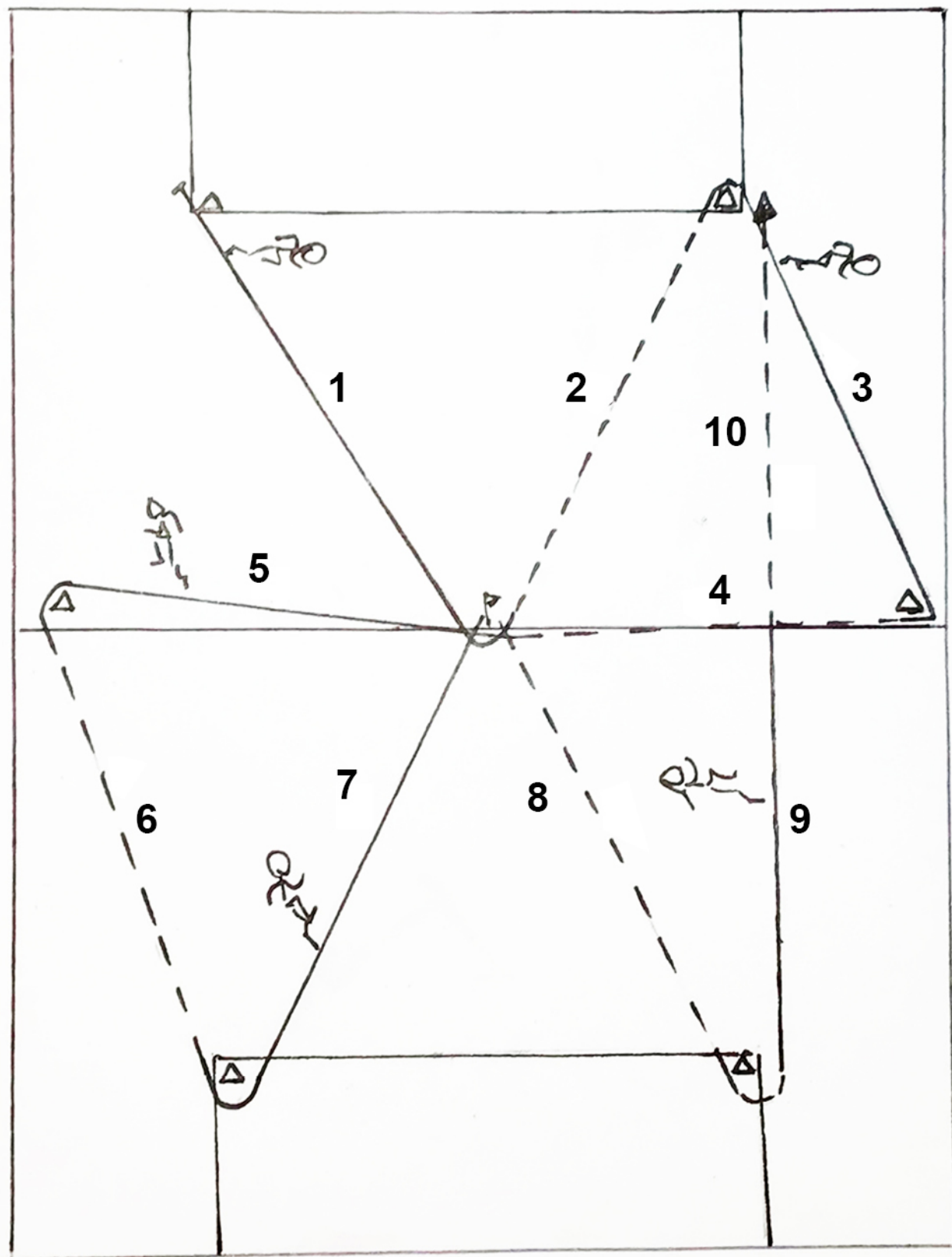
4 Rep. / Reg. 1'



4 Rep. / Reg. 1'

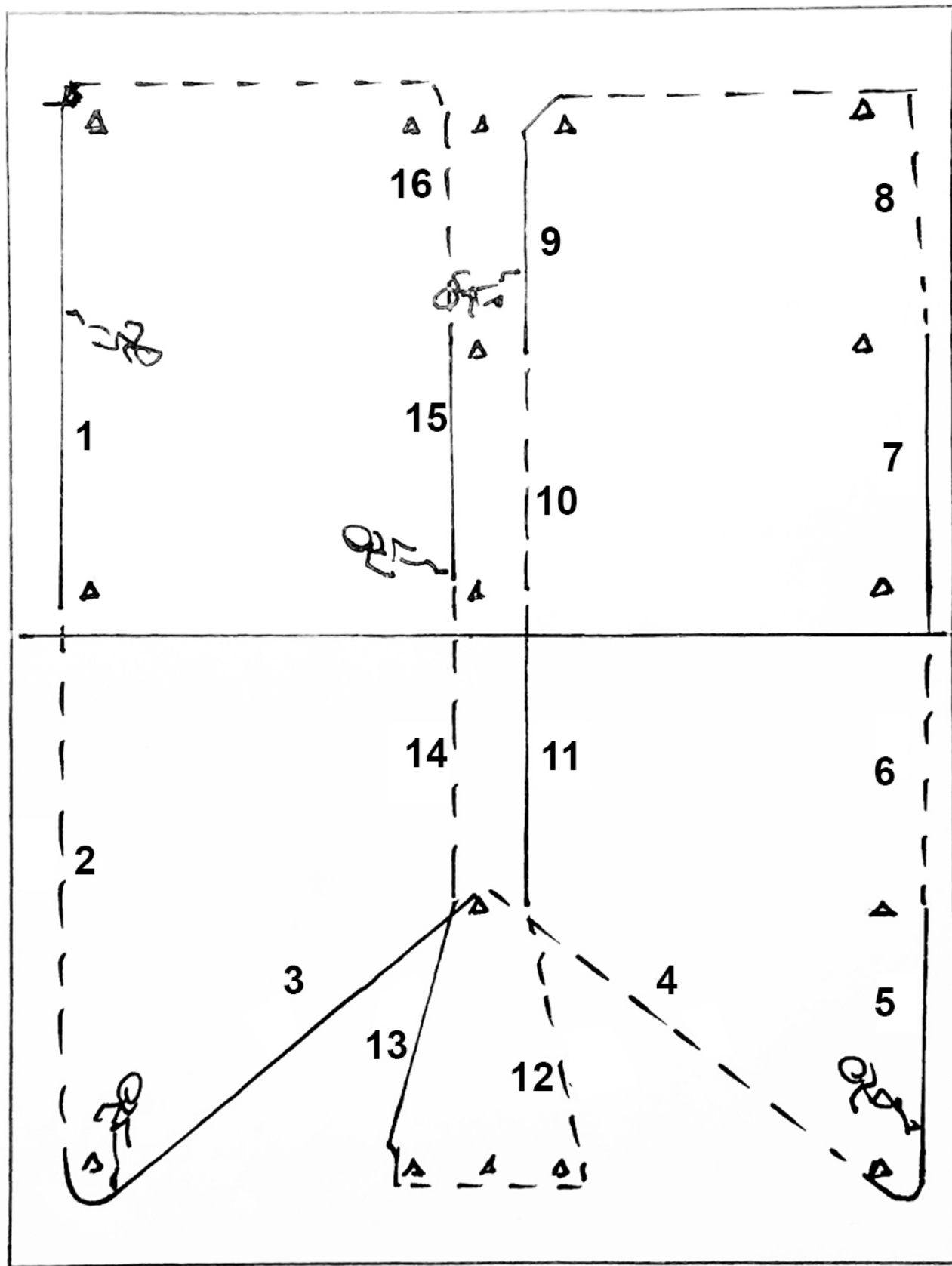


4 Rep. / Reg. 1'



10 Rondas/Reg.90"





10 Rondas/Reg.2'

1



3 Rep. / Reg. 45"

2



3 Rep. / Reg. 45"

3

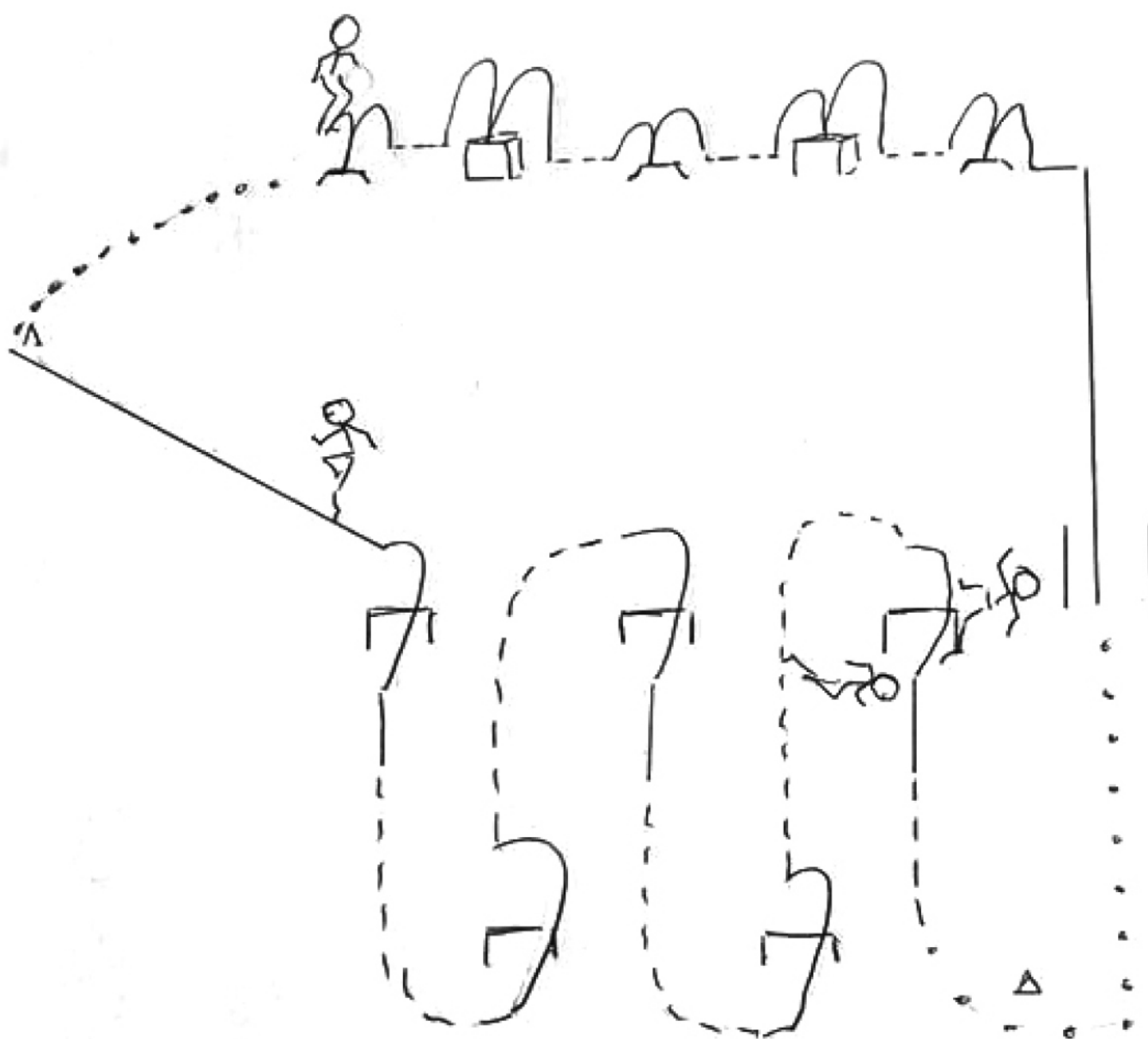


3 Rep. / Reg. 45"

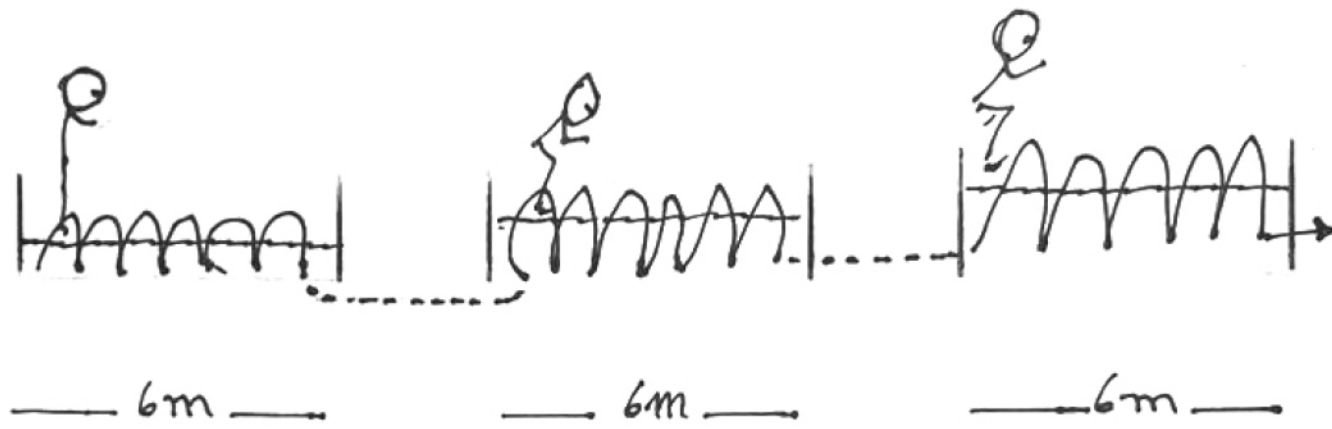
4



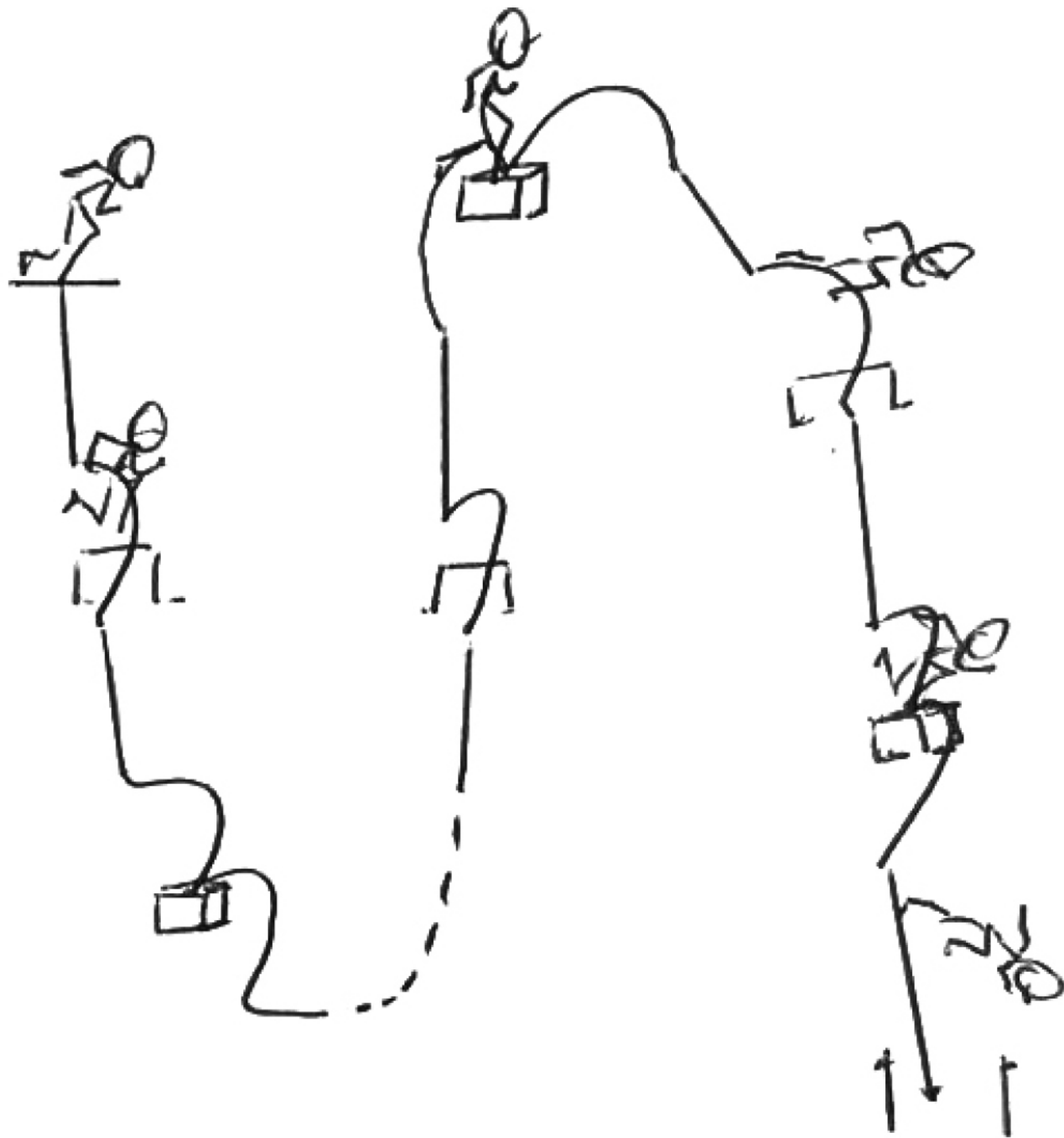
3 Rep. / Reg. 45"



8 Rondas / Reg. 90"



8 Rondas / Reg. 75"



8 Rondas / Reg. 75"



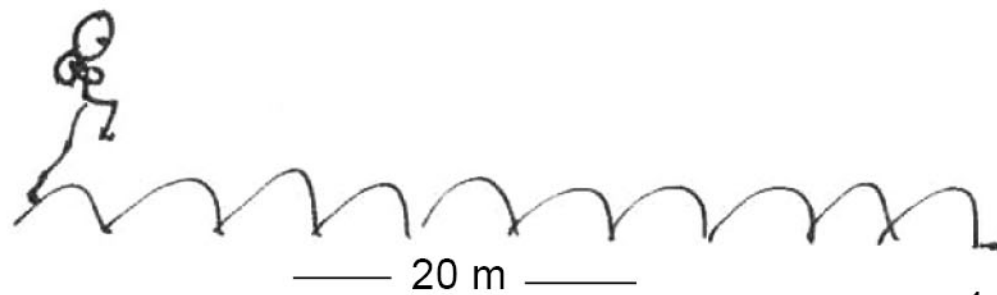
4 x 6 Rep. / Reg. 1'



4 x 10 Rep. / Reg. 1'



4 x / Reg. 1'



20 m

4 x / Reg. 1'



15 m

4 x 15 m. / Reg. 1'



4x10 contactos
Pausa 45"



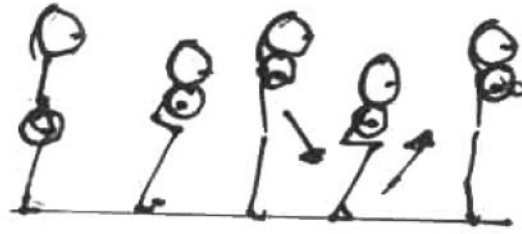
4x4 contactos
Pausa 45"



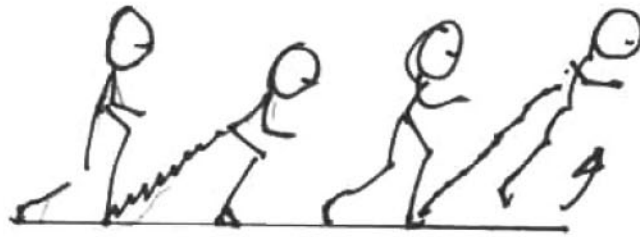
4x6 contactos
Pausa 45"



4x5 contactos
Pausa 45"



4x6 Rep. / Reg. 1'



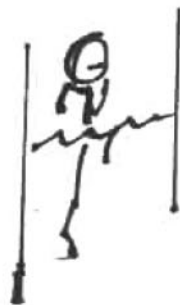
4x10 Rep. / Reg. 1'



4x10 Rep. / Reg. 1'



4x10 Rep. / Reg. 1'



4x20 Pasos / Reg. 1'

<p>4 saltos 4 saltos</p> <p>3m</p> <p>1</p>	<p>4 cojitos 4 cojitos</p> <p>2</p>
<p>4 saltos verticales 4 saltos</p> <p>4 saltos 4 saltos</p> <p>4</p>	<p>4 saltos</p> <p>3</p>

2 series /45" Trabajo - 15" Pausa / x 1-2-3-4