
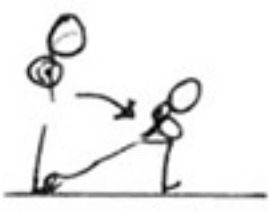
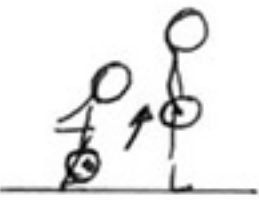

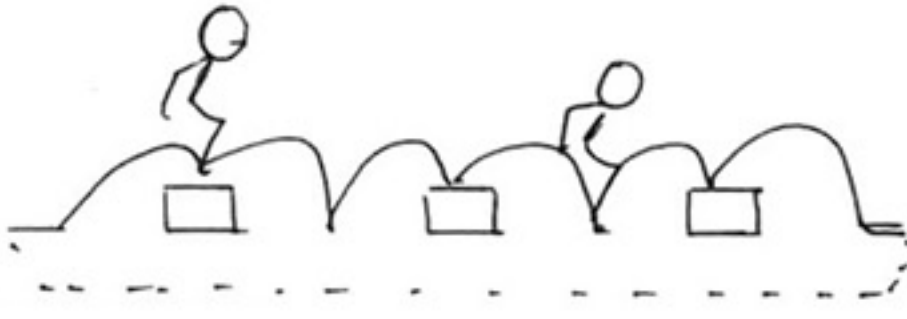


8 Rondas / Reg. 2'

1	Barra		6 Rep. 40% 1' Pausa
2	Bolsa de arena 10 kg.		6 Rep. 1' Pausa
3			6 Rep. 1' Pausa
4			6 Contactos 1' Pausa

3 x

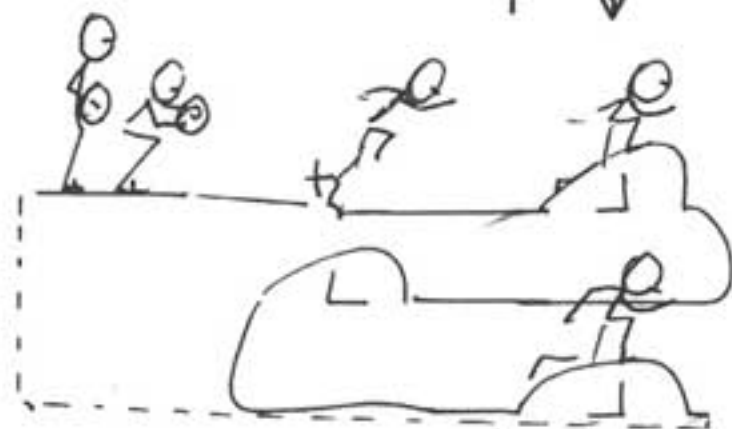
1	<p>Barra</p> 	<p>5 Rep. 40% 1' Pausa</p>
2	<p>Barra</p> 	<p>5 Rep. { Izq. 40% { Der. 1' Pausa</p>
3	<p>Barra</p> 	<p>6 x } 5 Rep. 40% 1' Pausa</p>
4		<p>5 Rep. 40% 1' Pausa</p>
5		<p>6 Contactos 1' Pausa</p>

E1



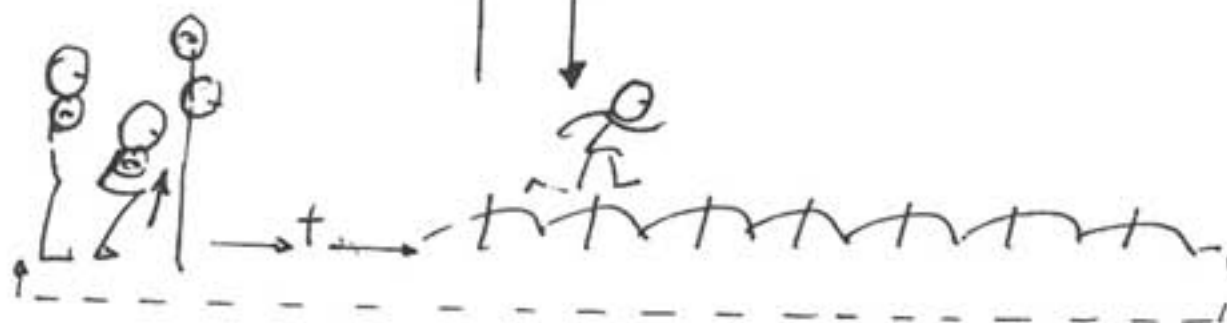
4' Continuos
Reg. 1'

E2



4' Continuos
Reg. 1'

E3



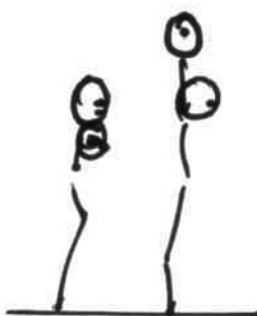
4' Continuos
Reg. 1'



4 x 10 Rep. / 50% 1 RM / Reg. 90"



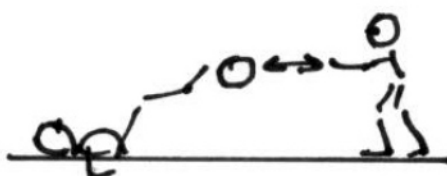
4 x 6 Rep. / 50% 1 RM / Reg. 90"



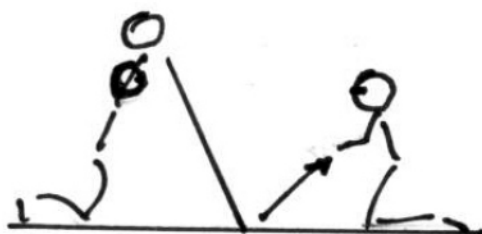
4 x 6 Rep. / 50% 1 RM / Reg. 90"



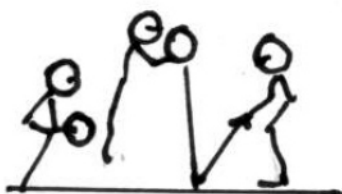
3 x 10 Rep.



3 x 10 Rep.

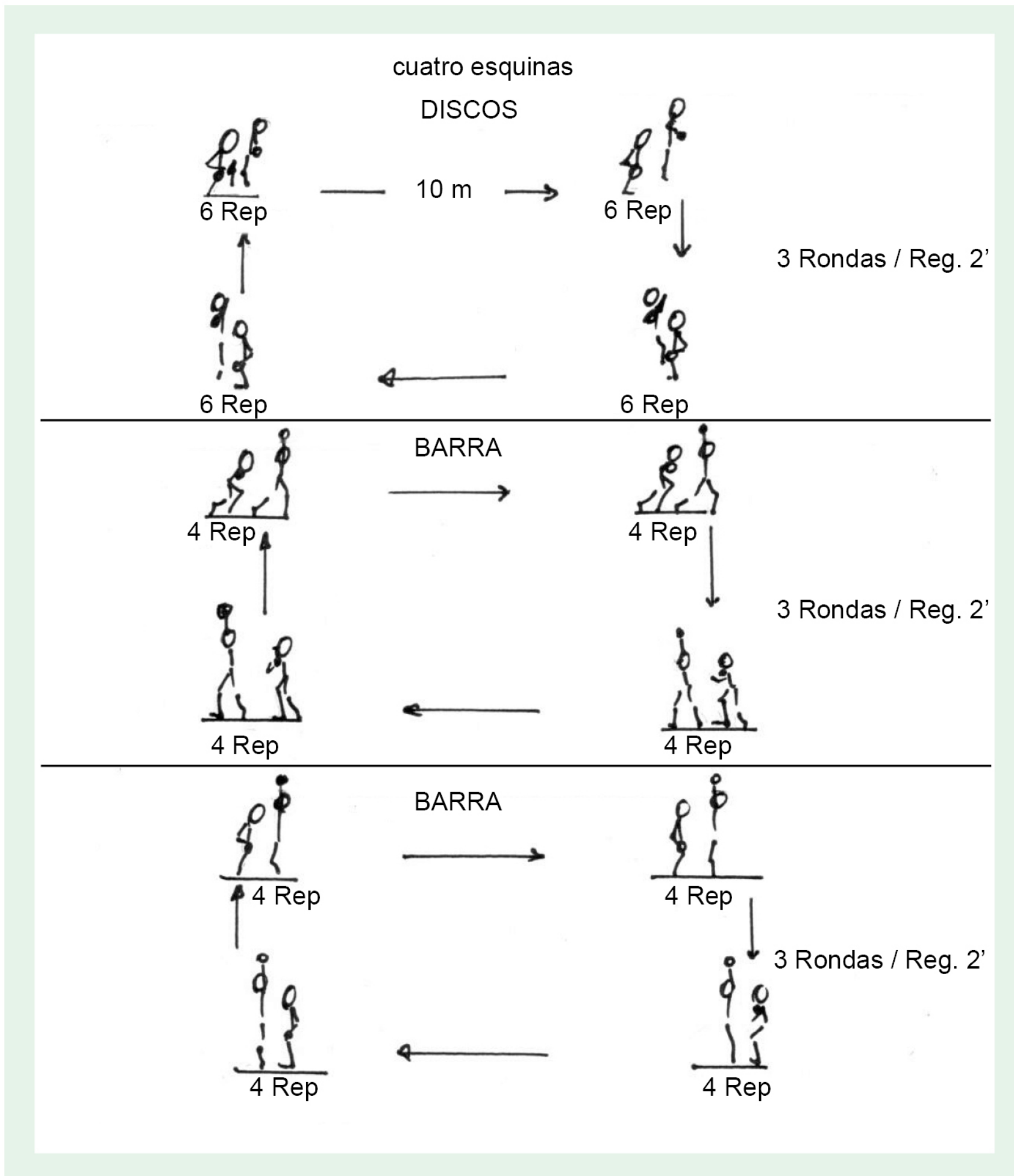


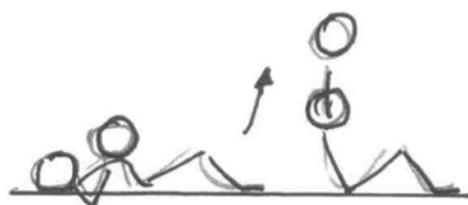
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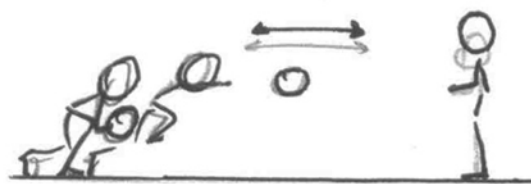
3 x 10 Rep.







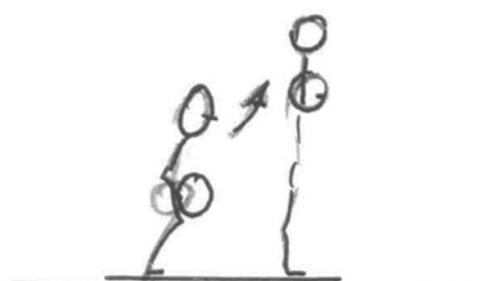
2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.

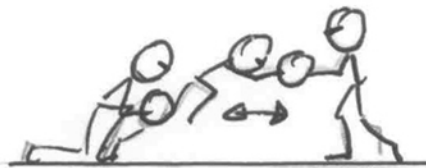


2 x 10 Rep.





2 x 10 Rep.



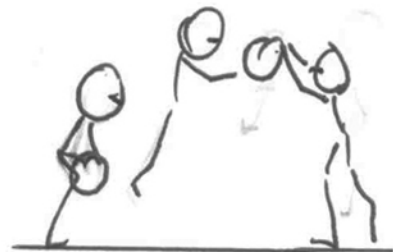
2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.

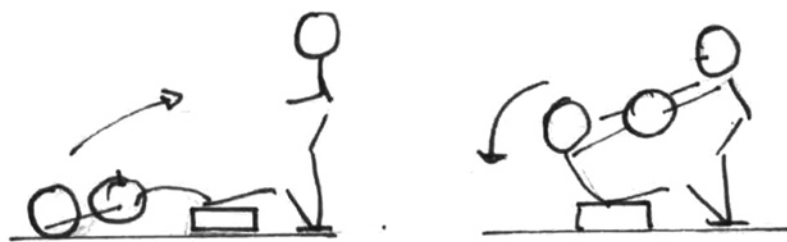


2 x 10 Rep.



2 x 10 Rep.





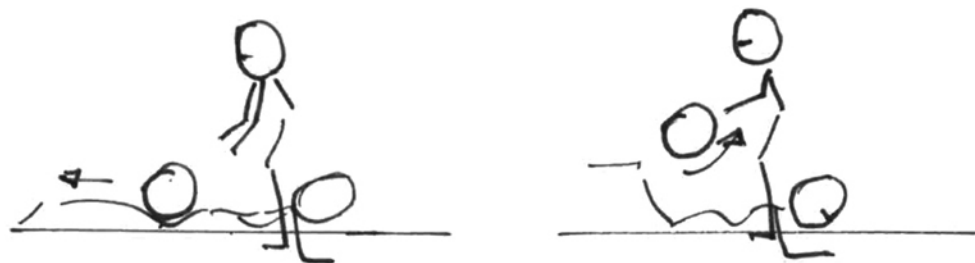
3 x 10 Rep.



3 x 10 Rep.



3 x 10 Rep.



3 x 10 Rep.

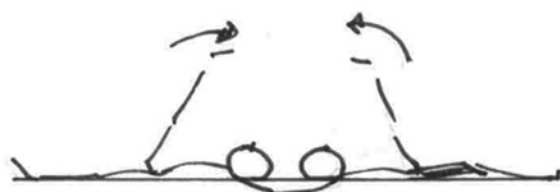




2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



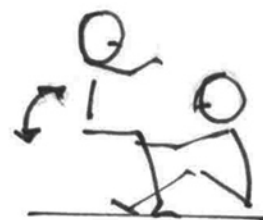
2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.



2 x 10 Rep.

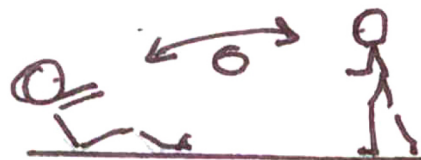




2 x 20" + 50" Pausa.



2 x 20" + 50" Pausa.



2 x 20" + 50" Pausa.



2 x 20" + 50" Pausa.

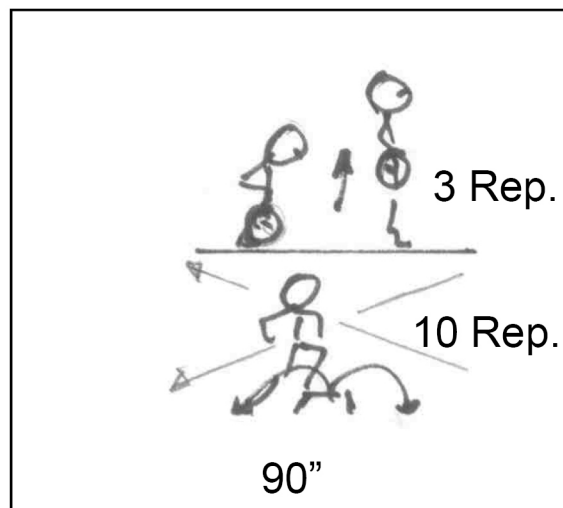
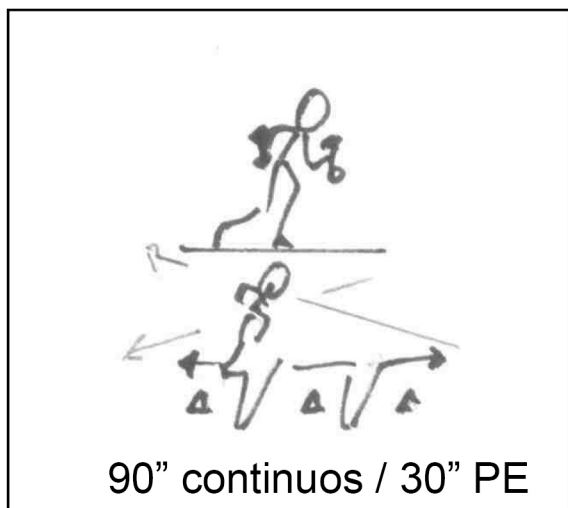
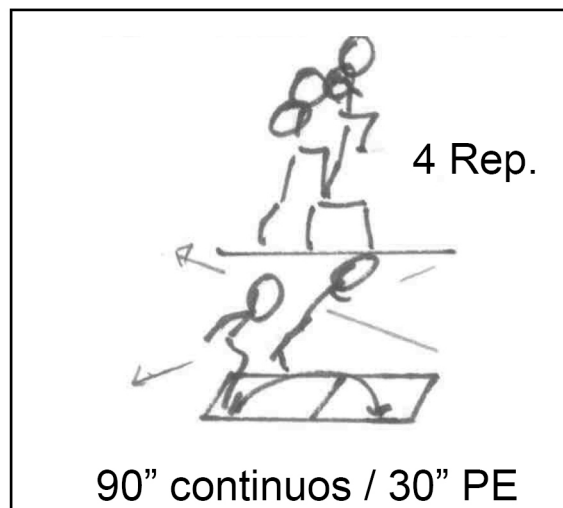
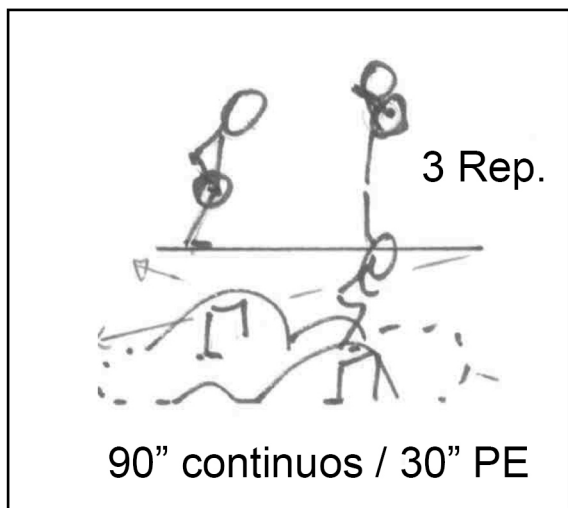
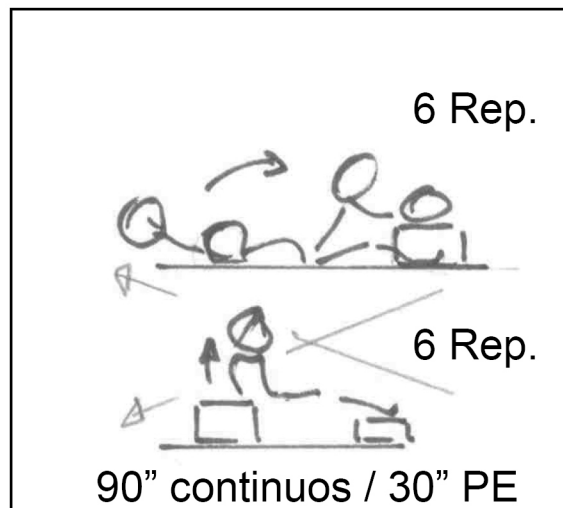
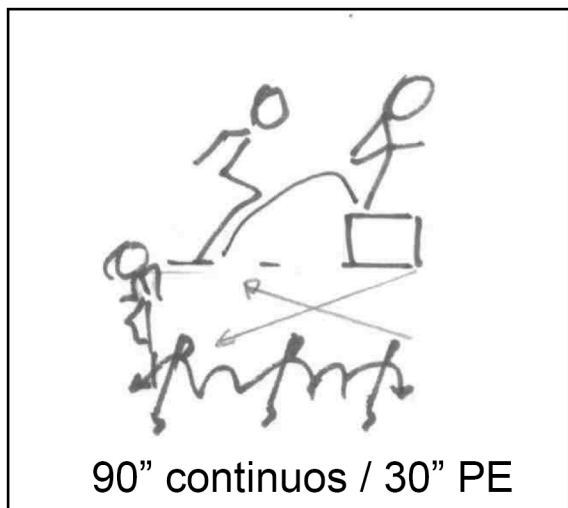


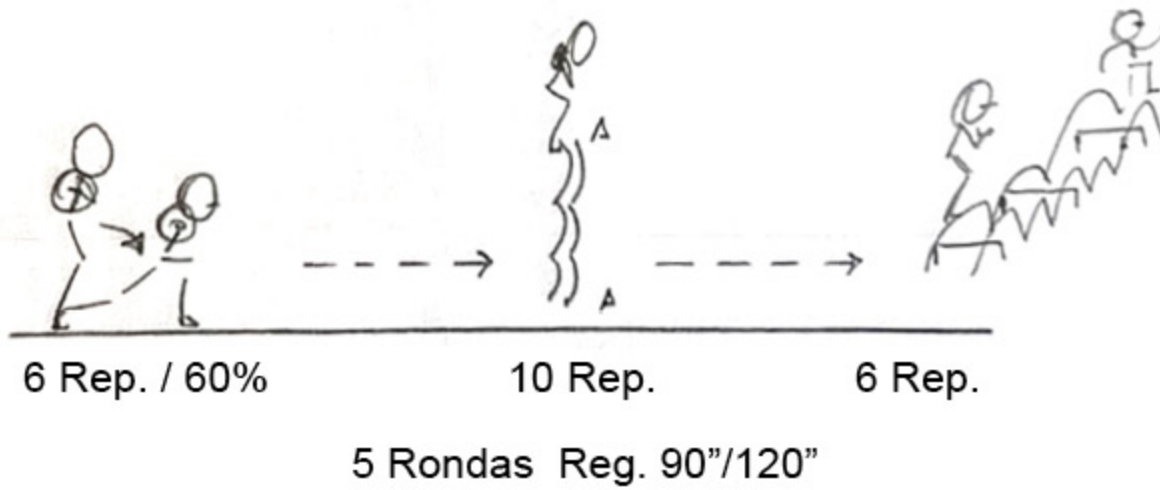
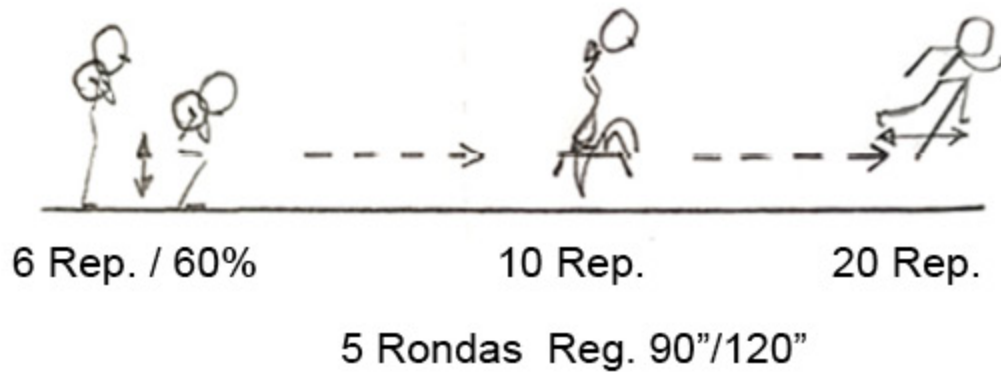
2 x 20" + 50" Pausa.

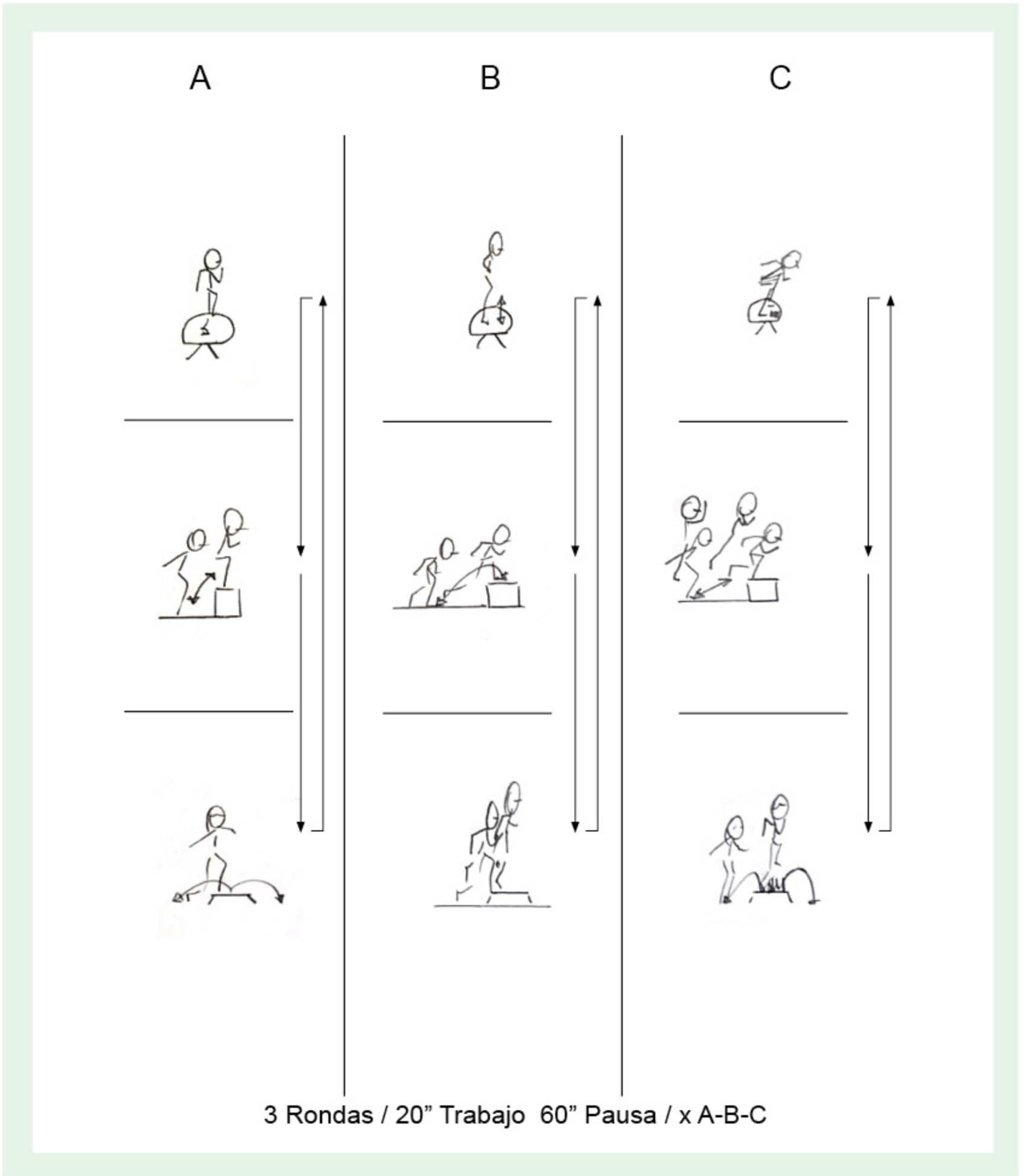


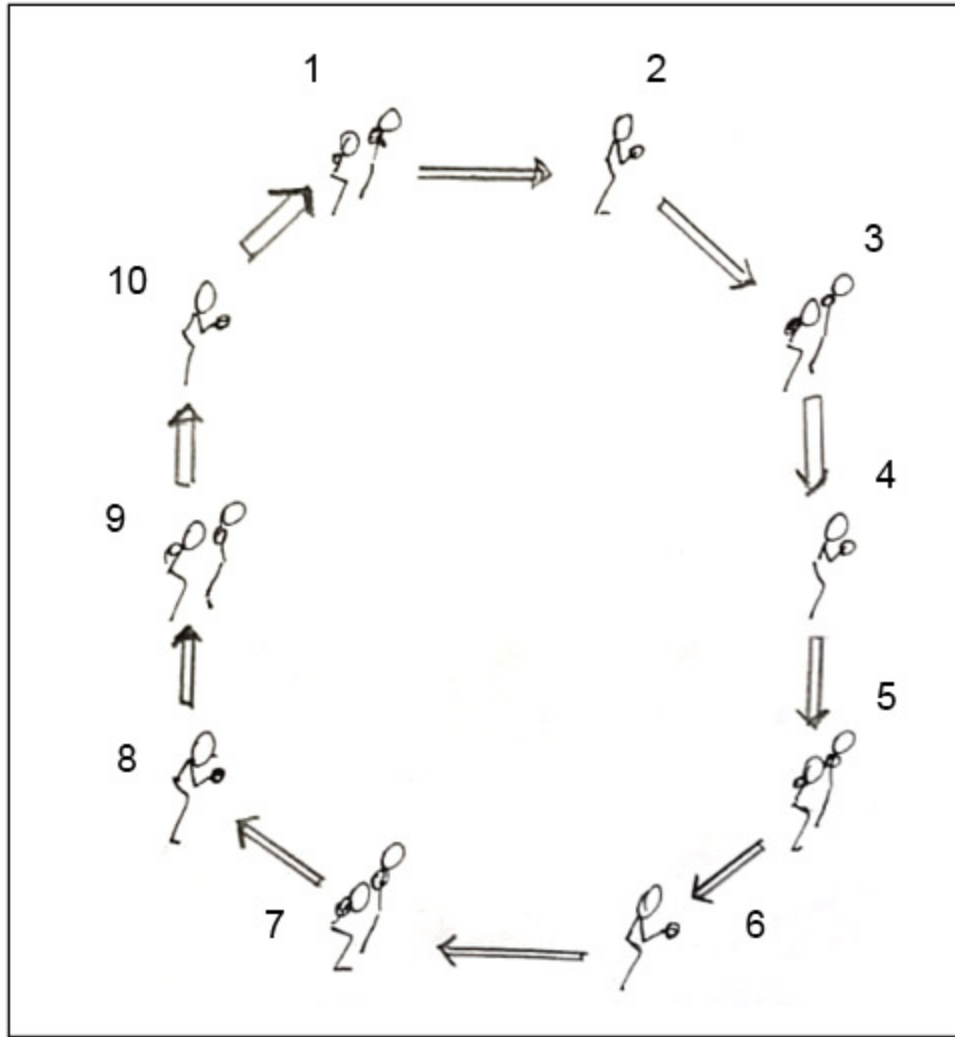
2 x 20" + 50" Pausa.








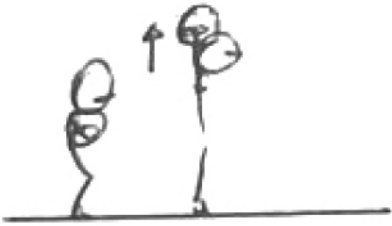

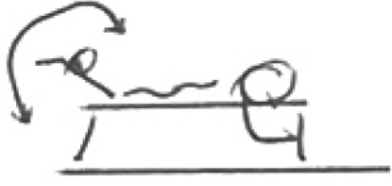

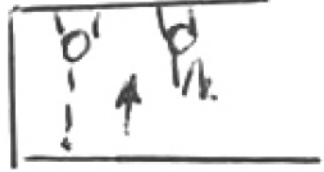

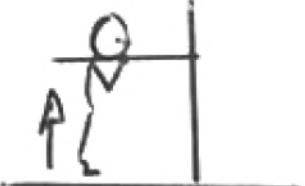








Parejas
A 15" Trabajo
 5" cambio
B 15" Trabajo
 5" cambio
 (cada 40" inicia
 A en otra estación)



<p>1</p> 	
<p>2</p> 	
<p>3</p> 	
<p>4</p> 	
<p>5</p> 	
<p>6</p>  <p>3 x 1-2-3-4-5-6 / 10 Rep. / 60% Ejecución Veloz</p>	 <p>3 x 1-2-3-4-5-6 / 10 Rep. / 60% Ejecución Veloz</p>