

2 x 15 m



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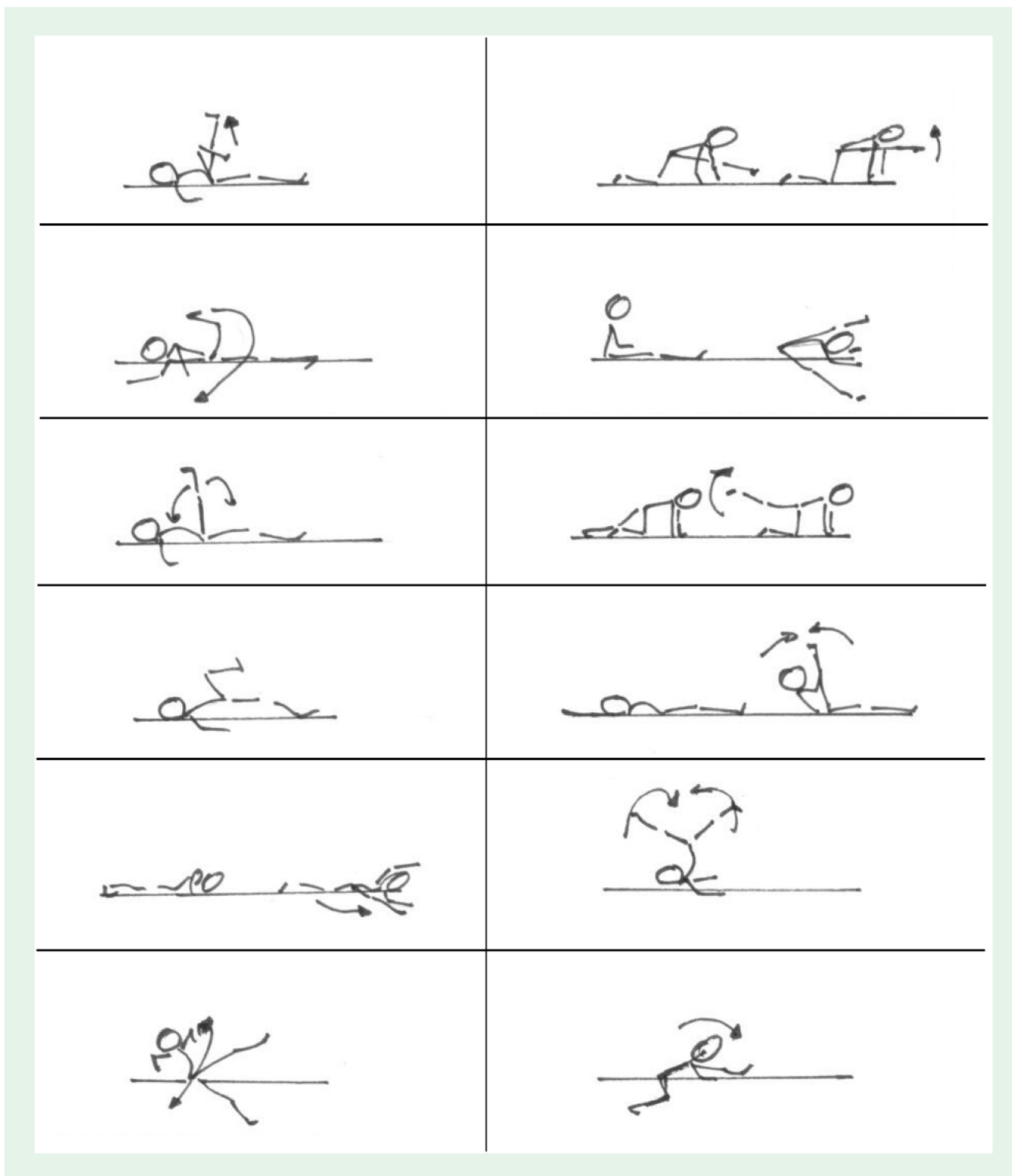


2 x 15 m



2 x 15 m







4 Rep.



4 Rep.

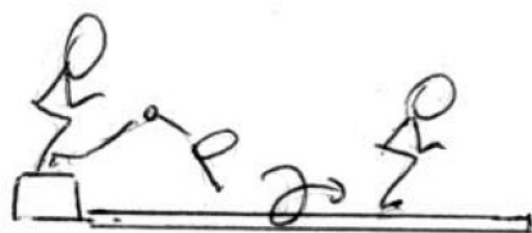


4 Rep.





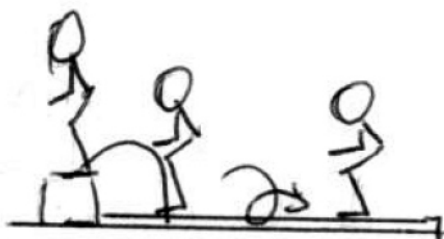
4 Rep.



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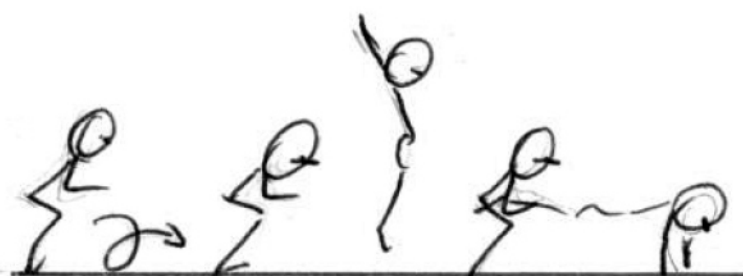


4 Rep.





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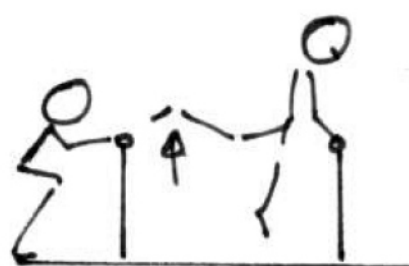
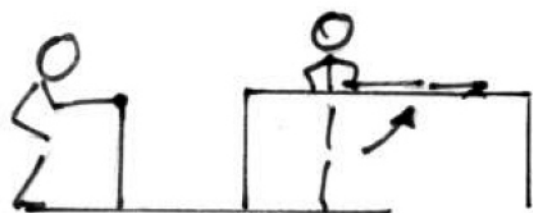
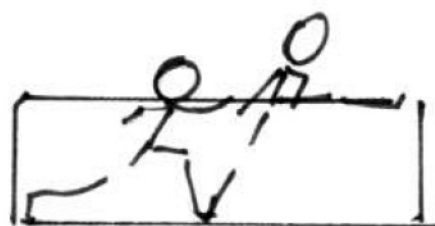
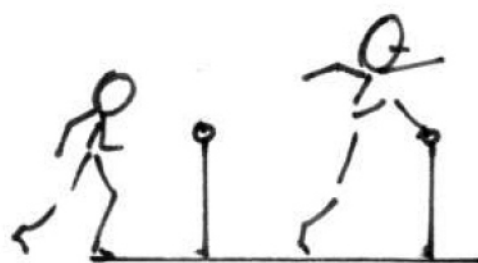
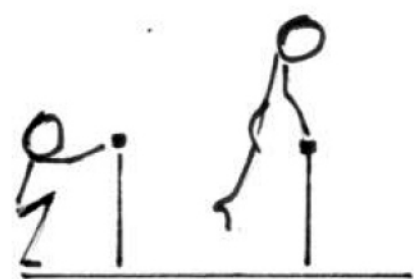


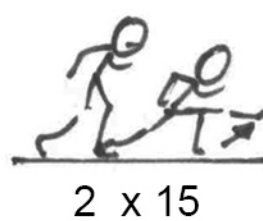
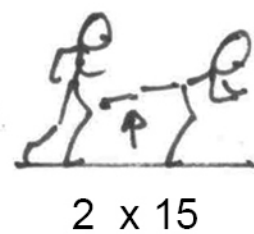
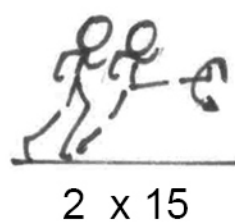
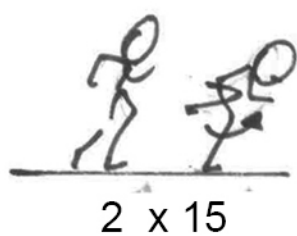
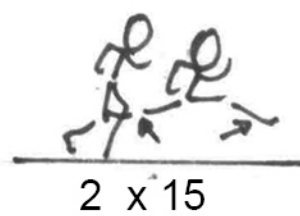
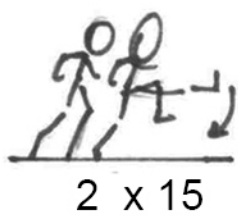
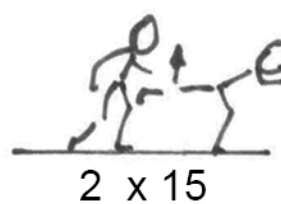
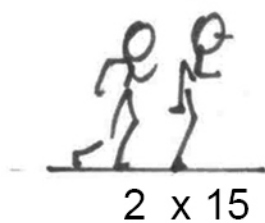
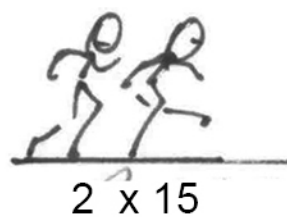
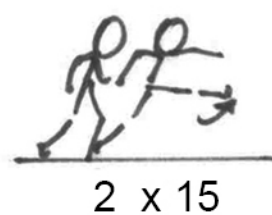
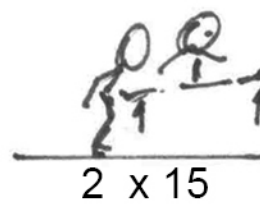
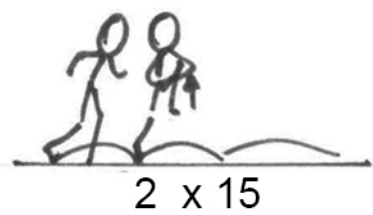
4 Rep.









4 Rep.















 <p style="text-align: center;">1</p>	 <p style="text-align: center;">6</p>
 <p style="text-align: center;">2</p>	 <p style="text-align: center;">5</p>
 <p style="text-align: center;">3</p>	 <p style="text-align: center;">4</p>

4 Series / 15" - 30" Trabajo
x 1-2-3-4-5-6

 <p>1</p>	 <p>8</p>
 <p>2</p>	 <p>7</p>
 <p>3</p>	 <p>6</p>
 <p>4</p>	 <p>5</p>

Mantener la tensión de 15 a 30"
2 a 3 series de cada ejercicio

Patada pierna recta



3 x 15 Rep. / Izq.-Der.

Elevación lateral pierna recta



3 x 15 Rep. / Izq.-Der.

Elevación de rodilla



3 x 15 Rep. / Izq.-Der.

Elevación lateral de rodilla



3 x 15 Rep. / Izq.-Der.

Patada hacia atrás



3 x 15 Rep. / Izq.-Der.

Flexión profunda
Abrir hacia atrás



3 x 15 Rep. / Izq.-Der.

