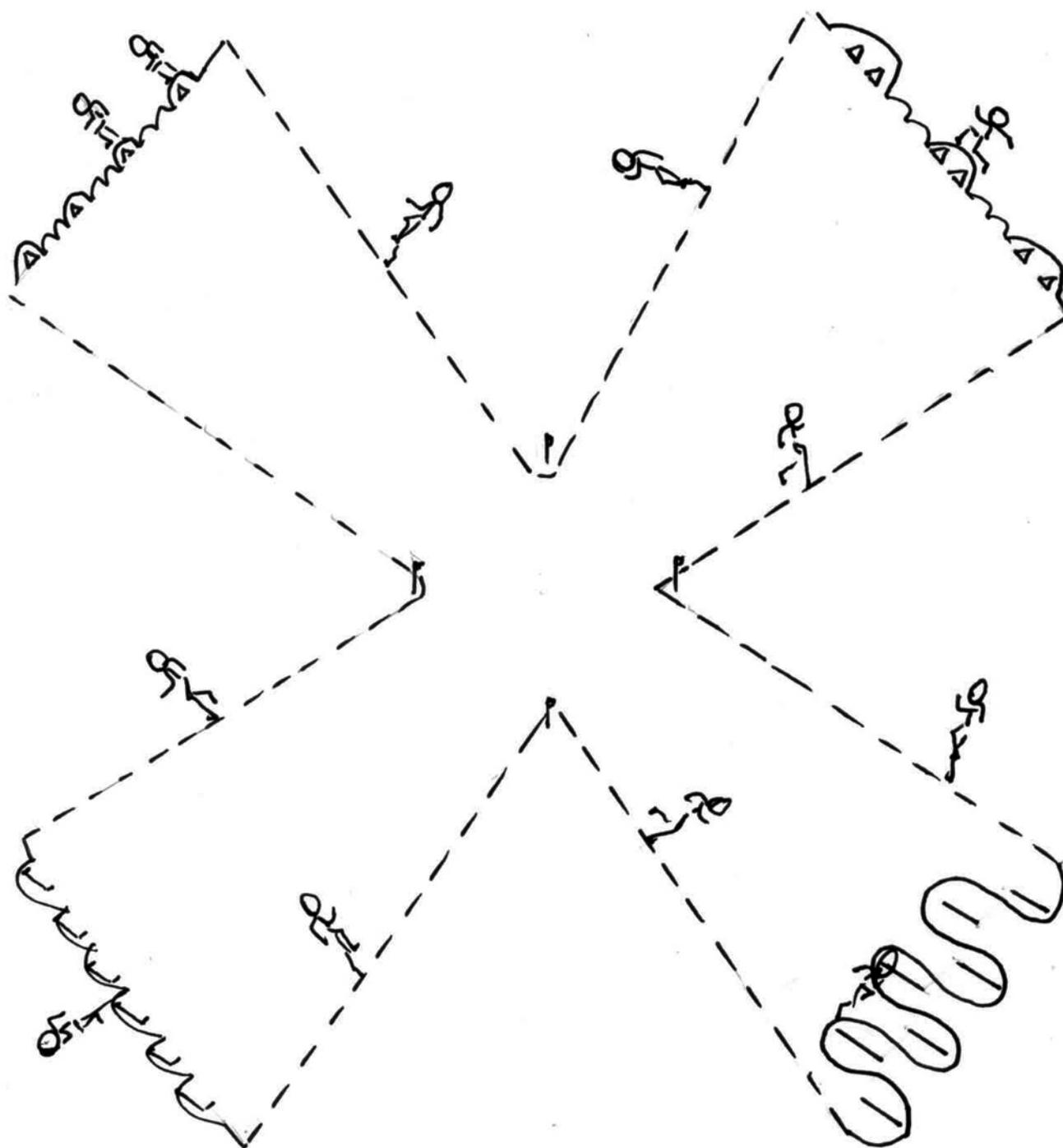
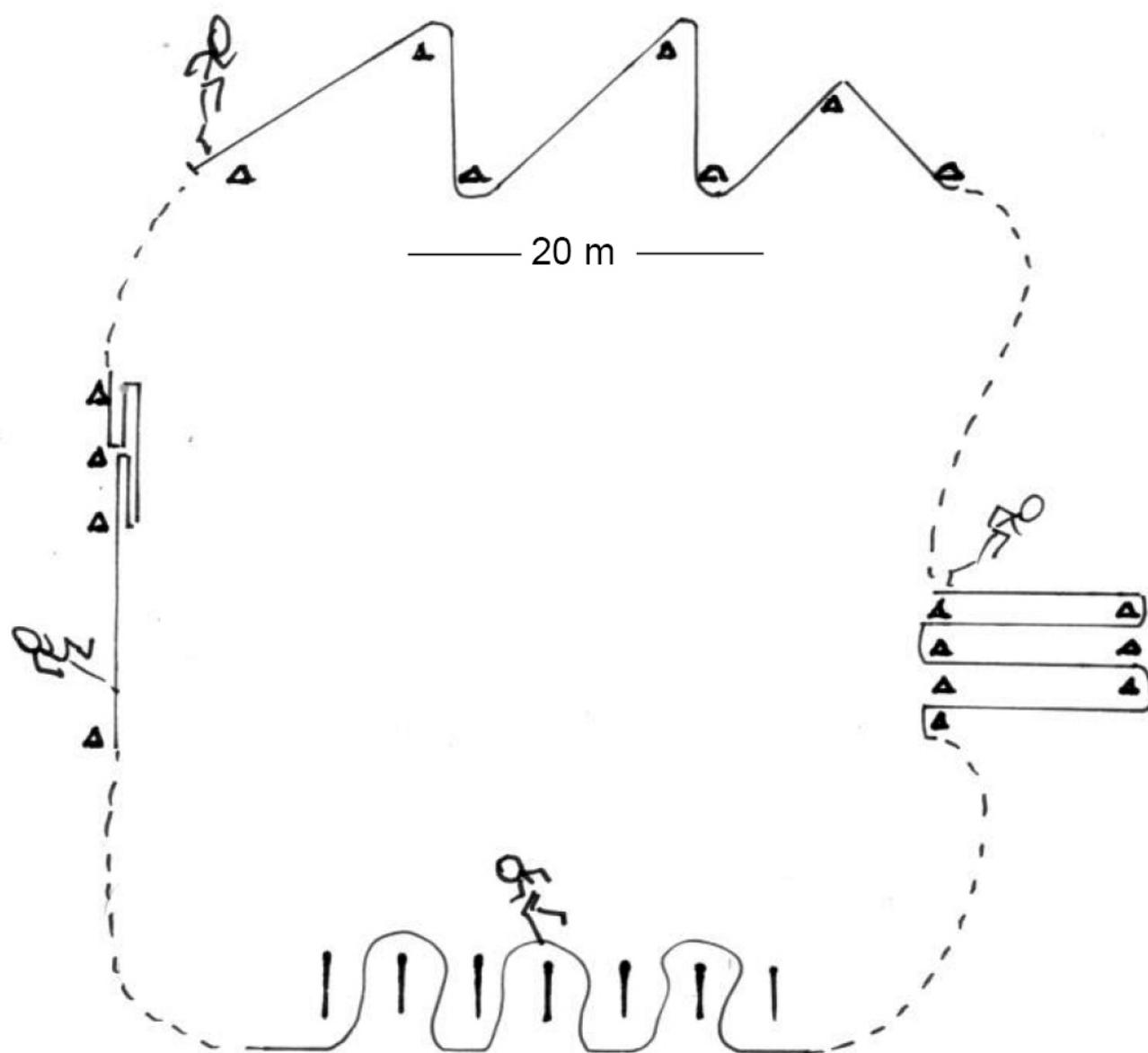


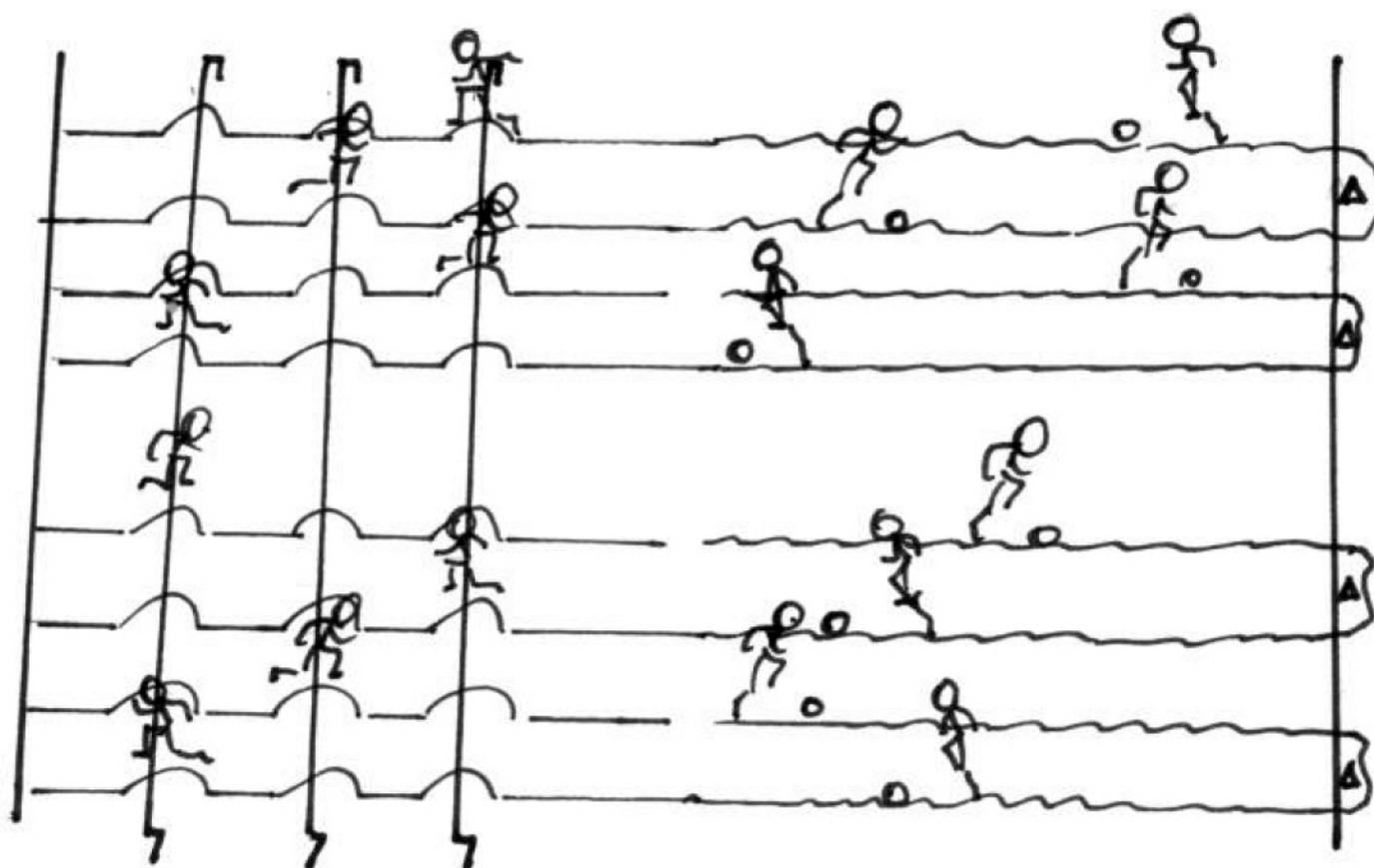
9' Continuos



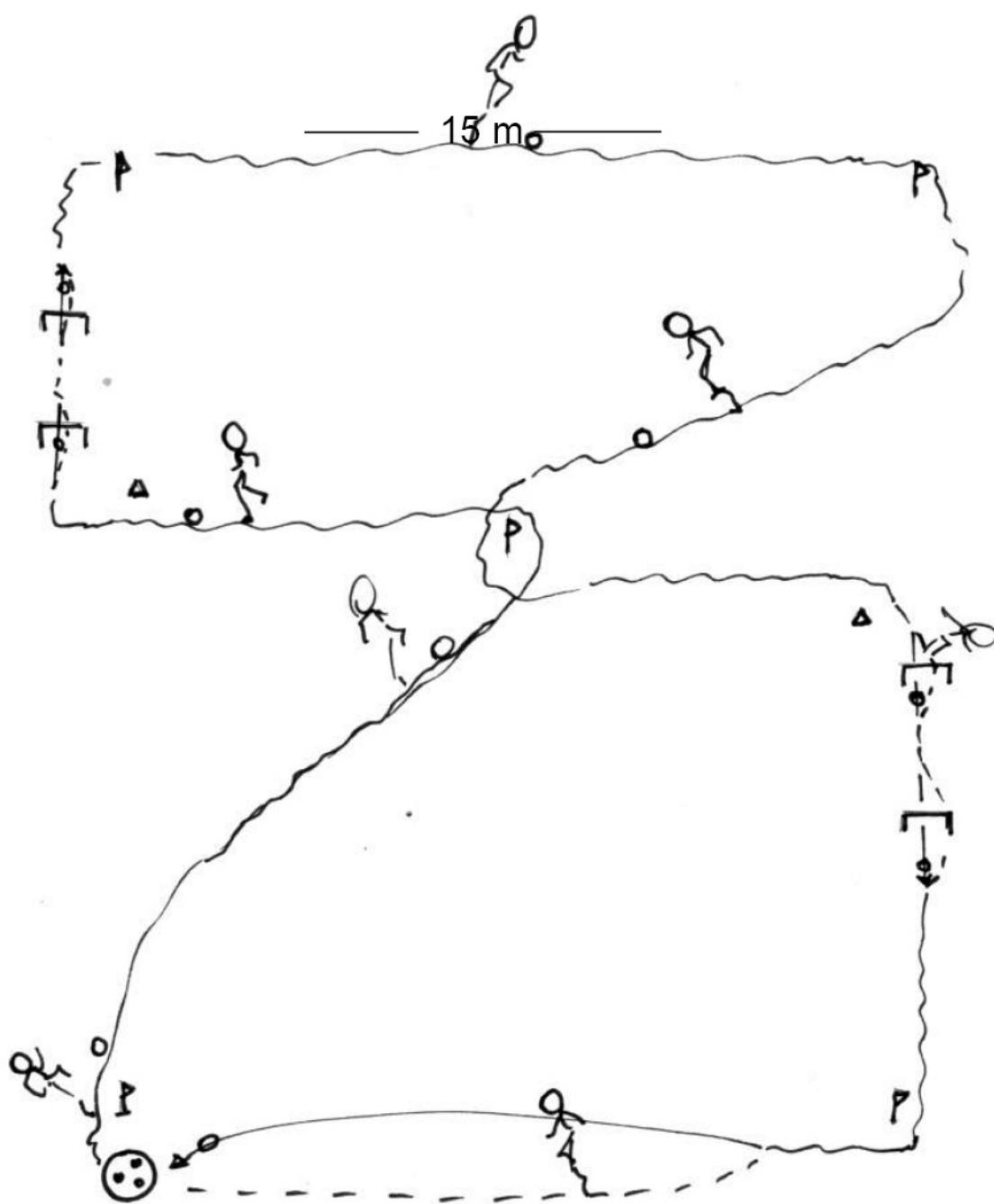
10' Continuos



8 Rondas / Reg. 90"

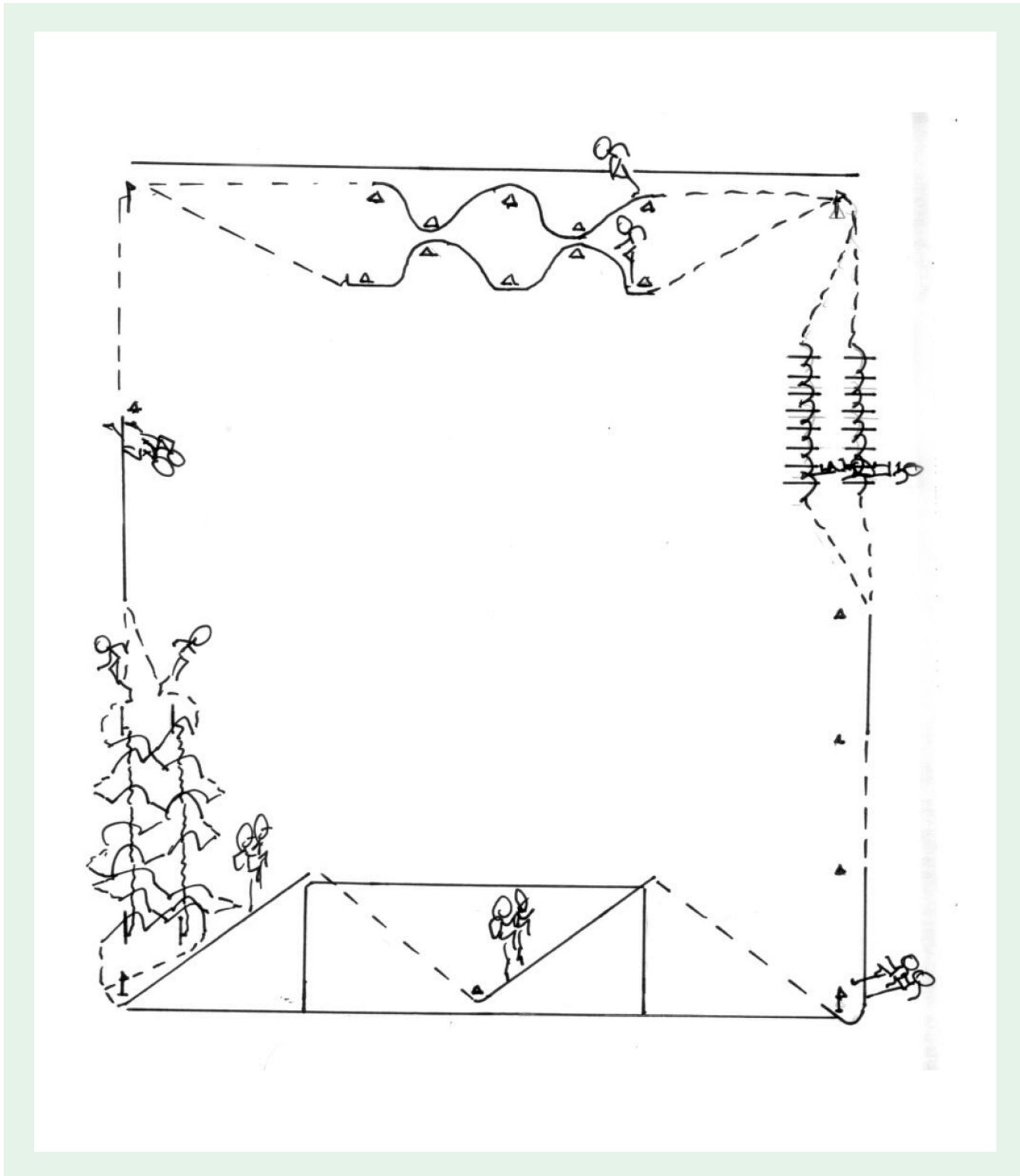


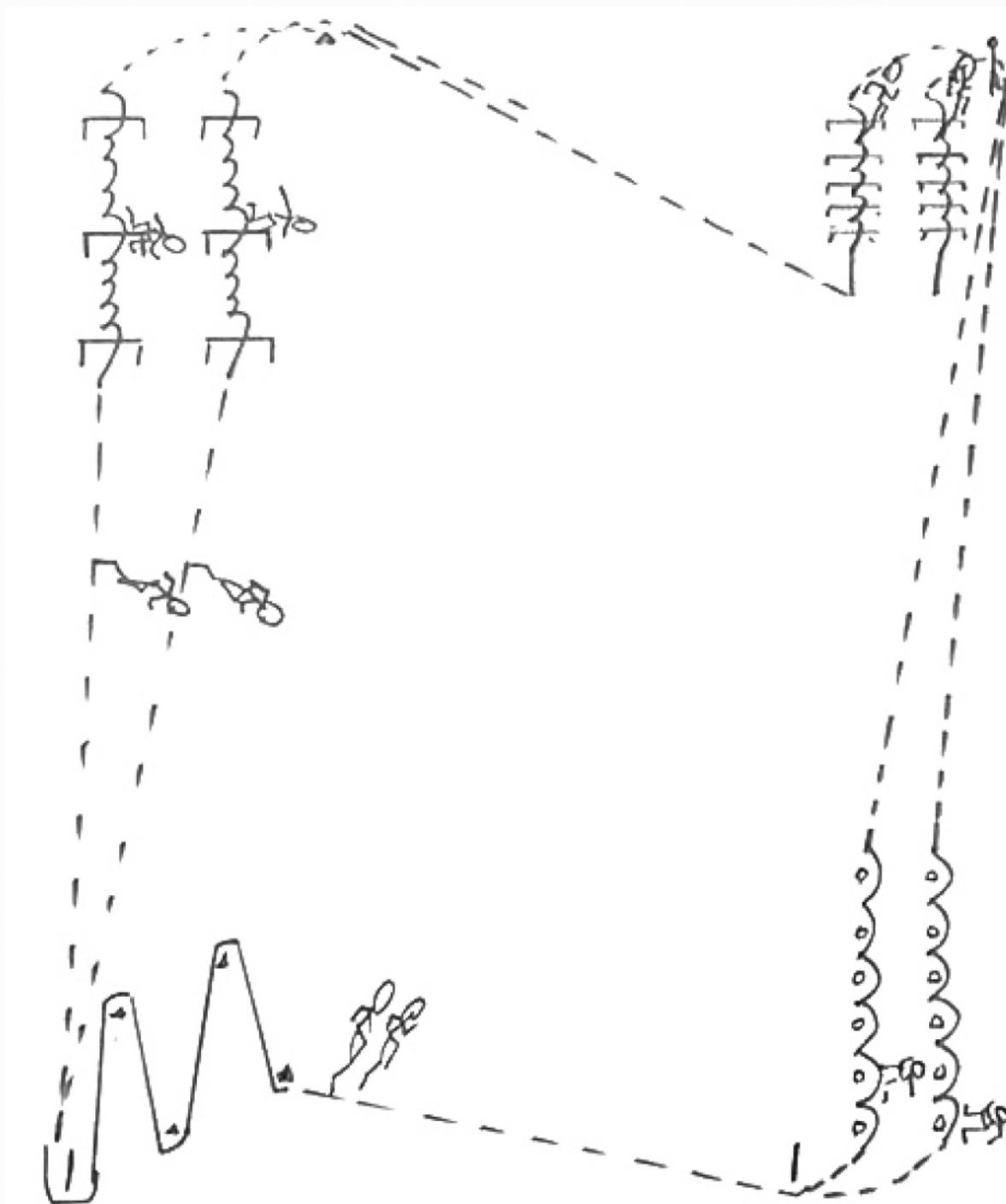
8' Continuos



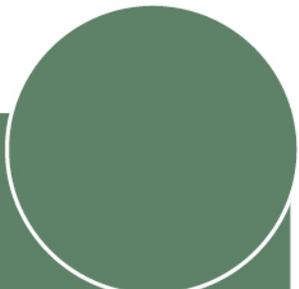
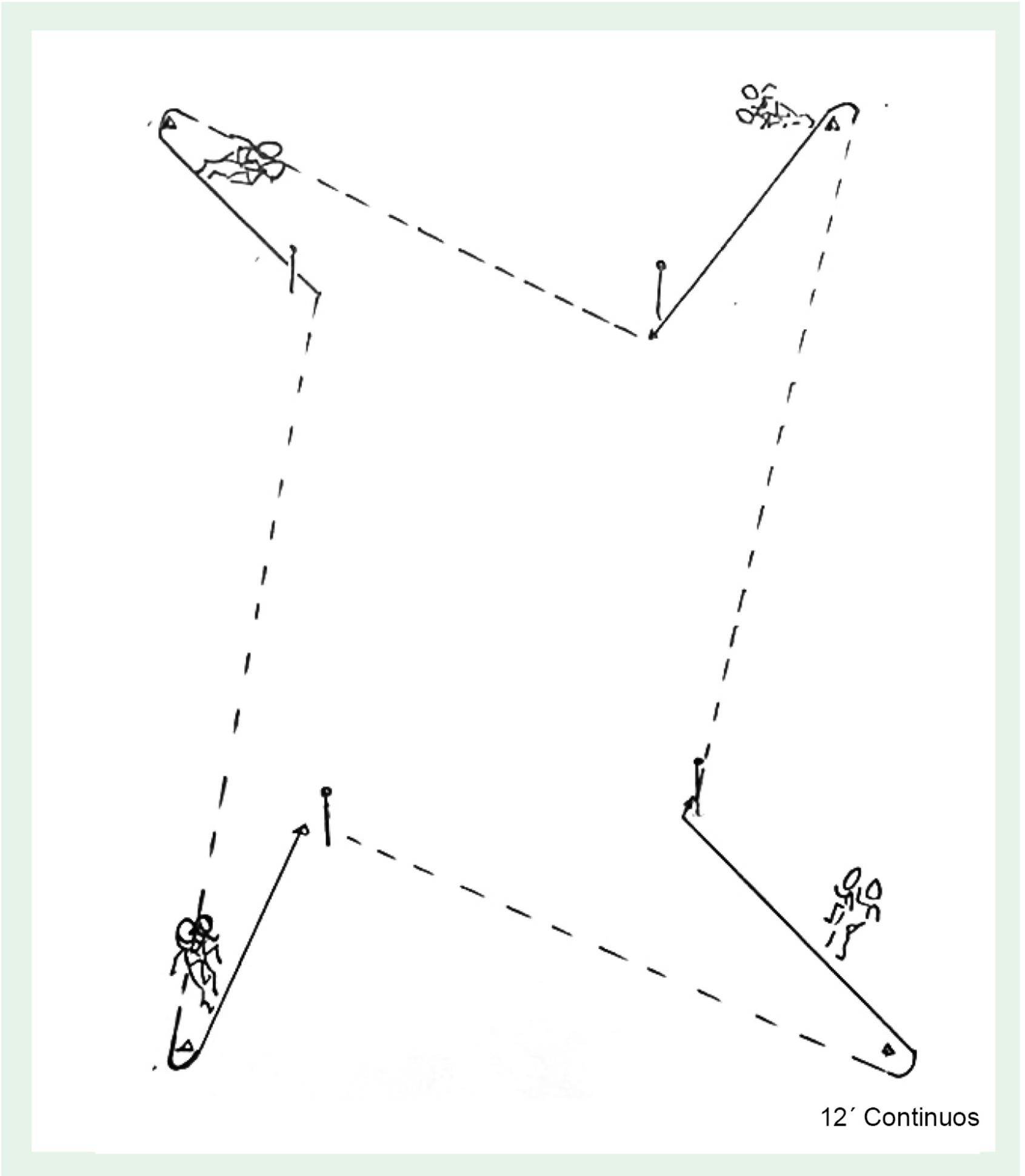
TOTAL: 10 - 12'

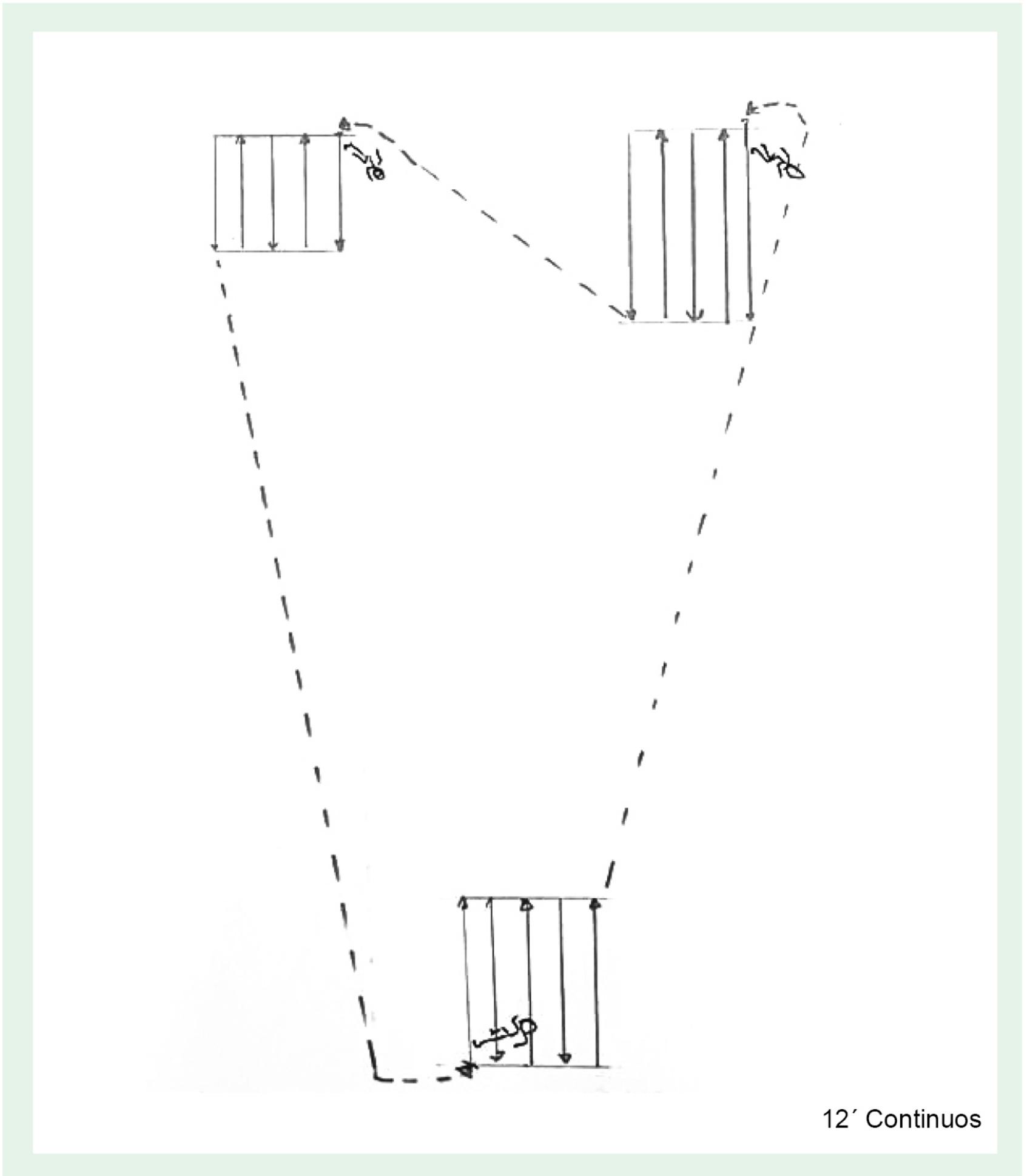


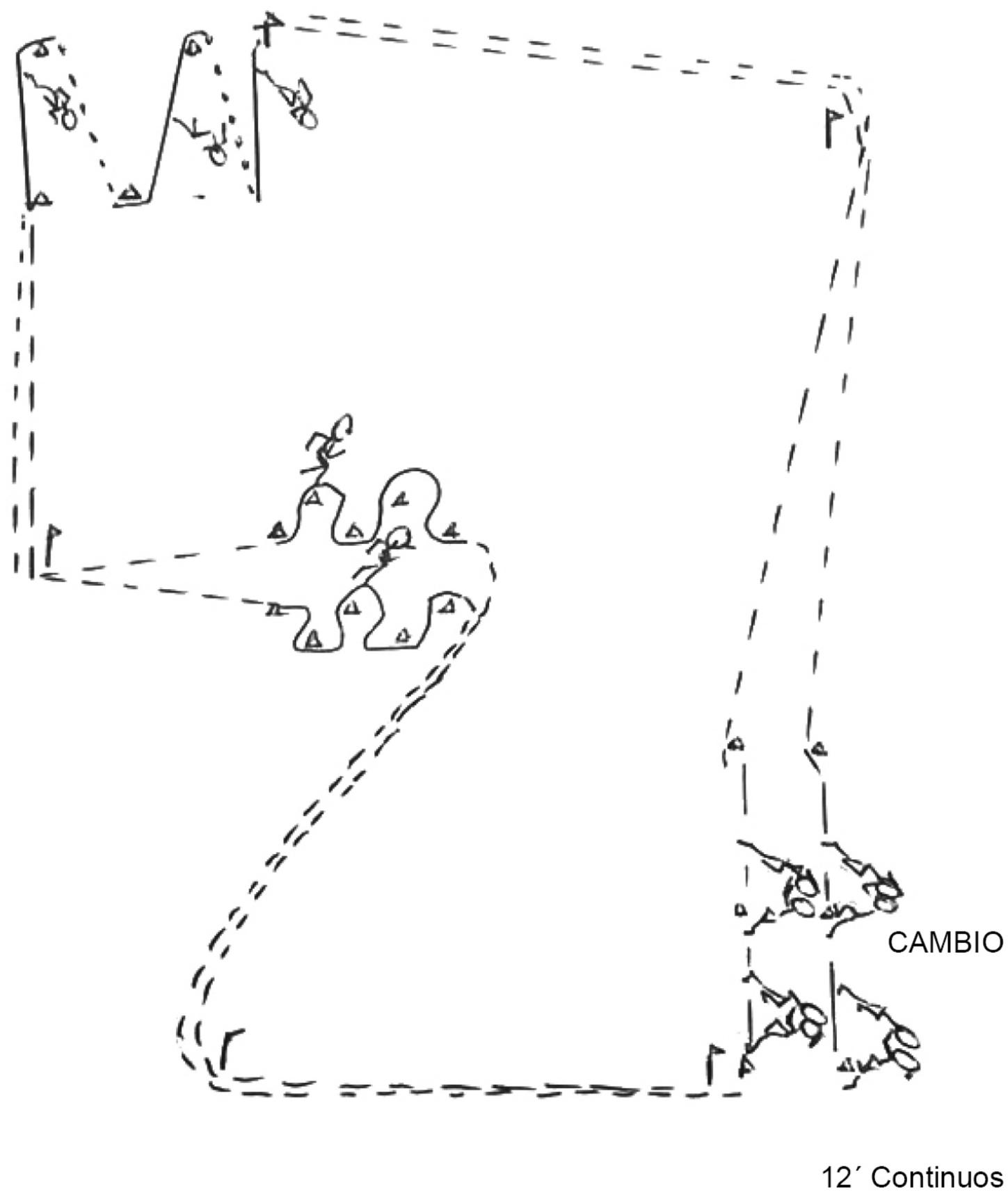




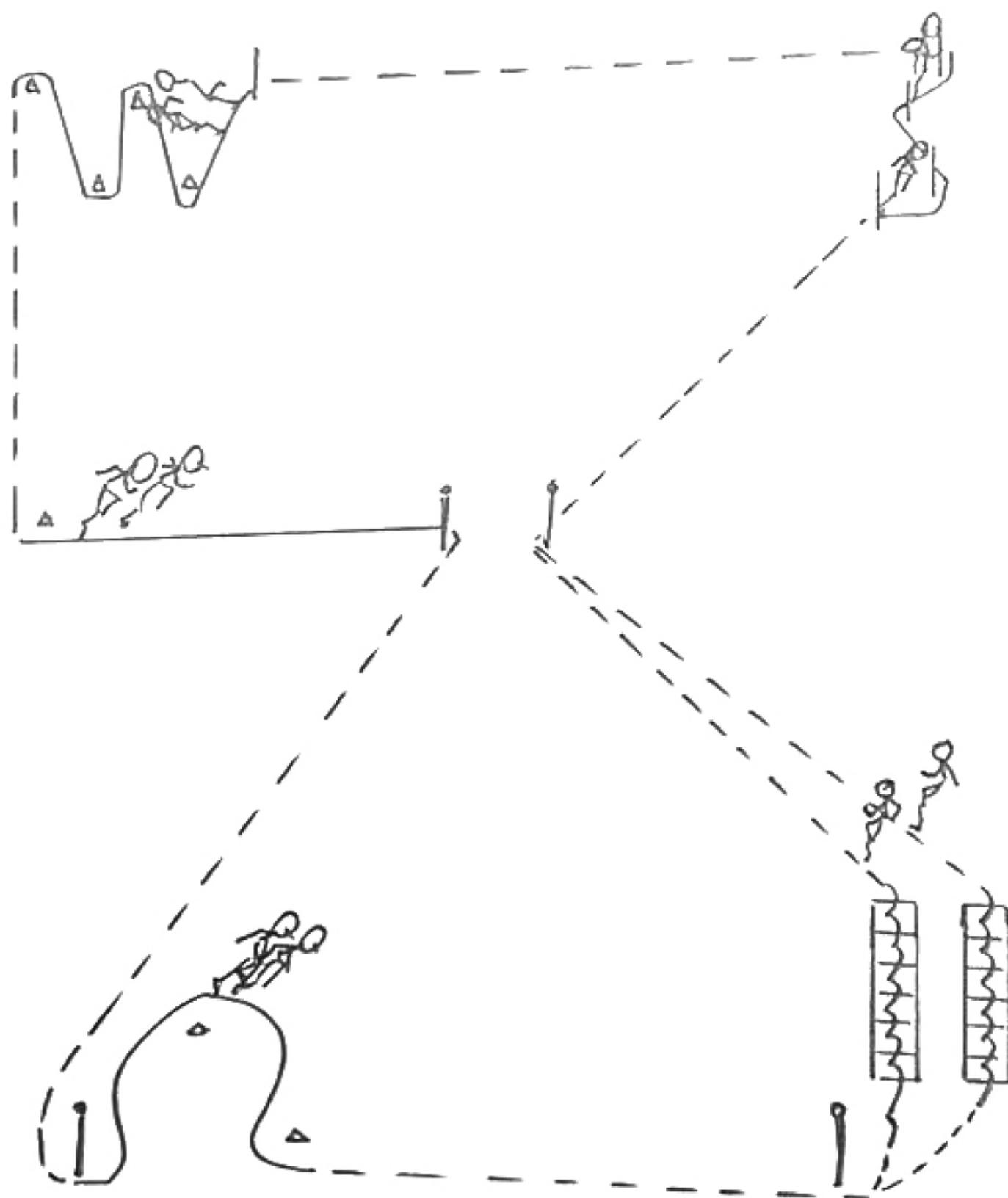
12' Continuos











12' Continuos

1. TL 10" + Desplante al frente 10"

2. TL 10" + Desplante atrás 10"

3. TL 10" + Desplante lateral 10"

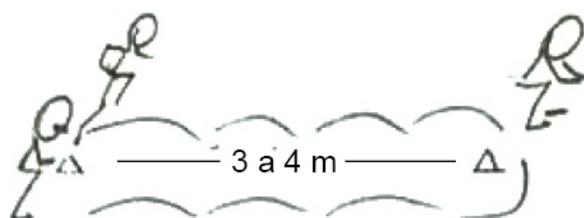
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T = 60"

15 Rondas de 60"

TL = Trote en el lugar

1



1' Continuo

2



1' Continuo

3



1' Continuo

4



1' Continuo

5



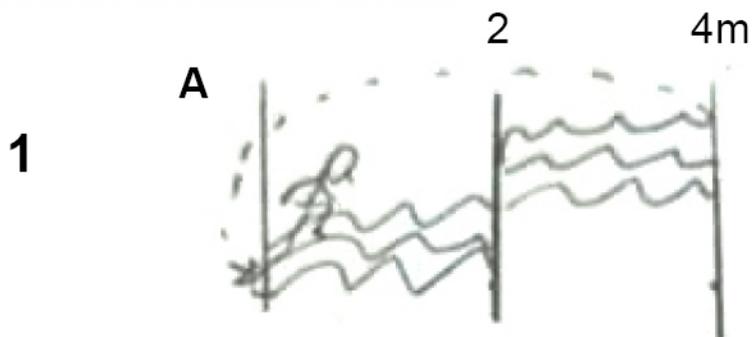
1' Continuo

4 Rondas de 5' / x 1-2-3-4-5



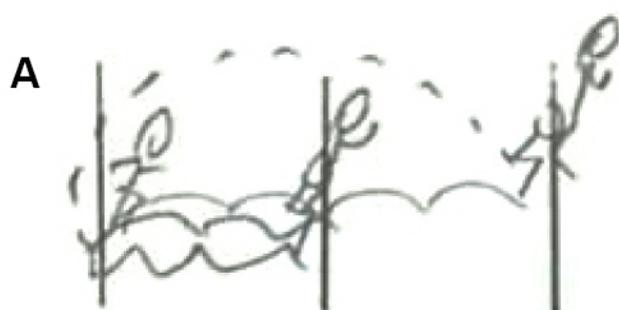
Carrera intensidad media

Rotación Tronco



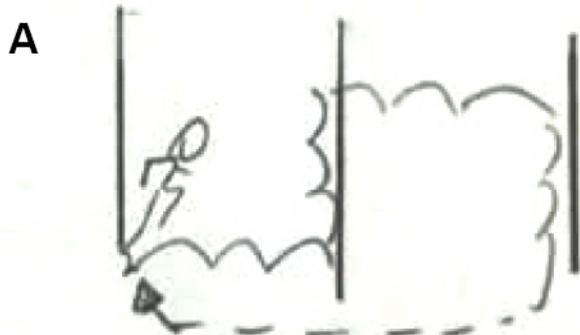
3 Series / 1' Trabajo /30" Movilidad

2



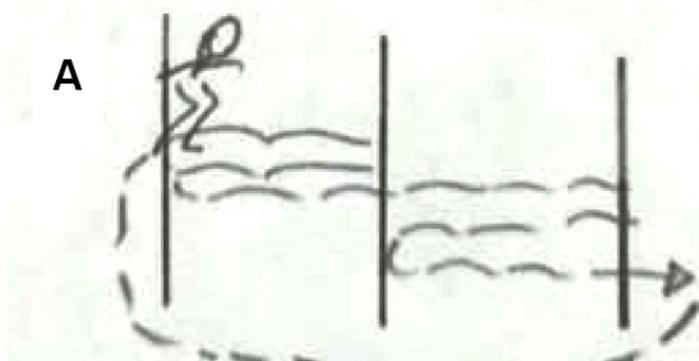
3 Series / 1' Trabajo /30" Movilidad

3



3 Series / 1' Trabajo /30" Movilidad

4



3 Series / 1' Trabajo /30" Movilidad

3 Series / 1' Trabajo /30" Movilidad x 1-2-3-4