

1



3 Rep. /Reg. 45"

2



3 Rep. /Reg. 45"

3



3 Rep. /Reg. 45"

4

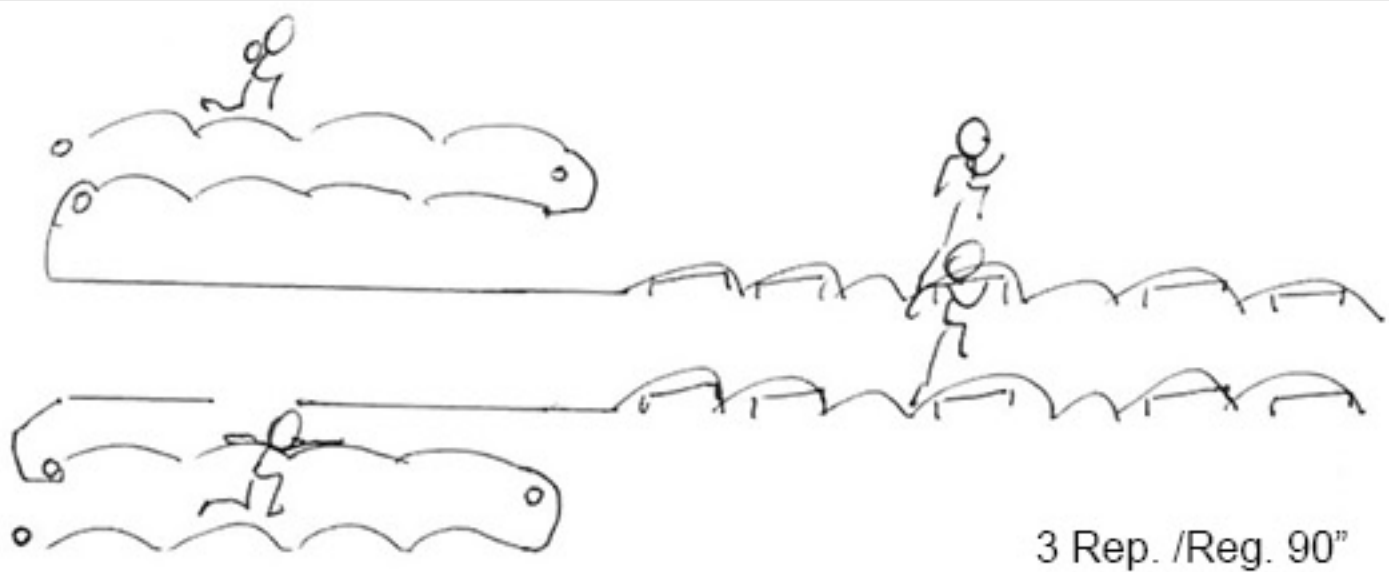
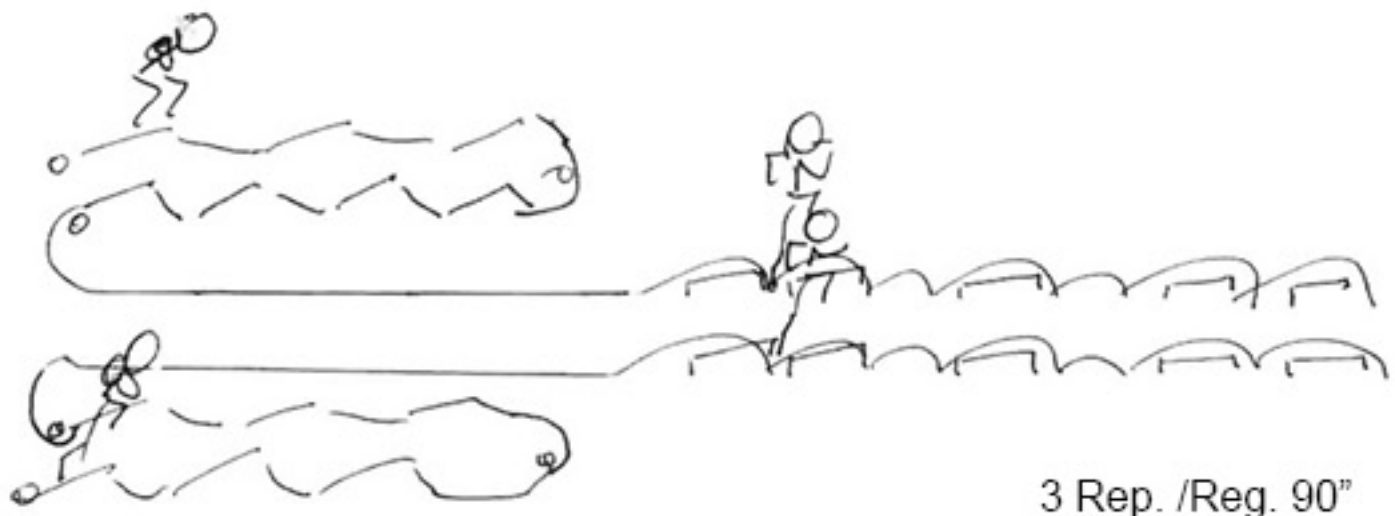
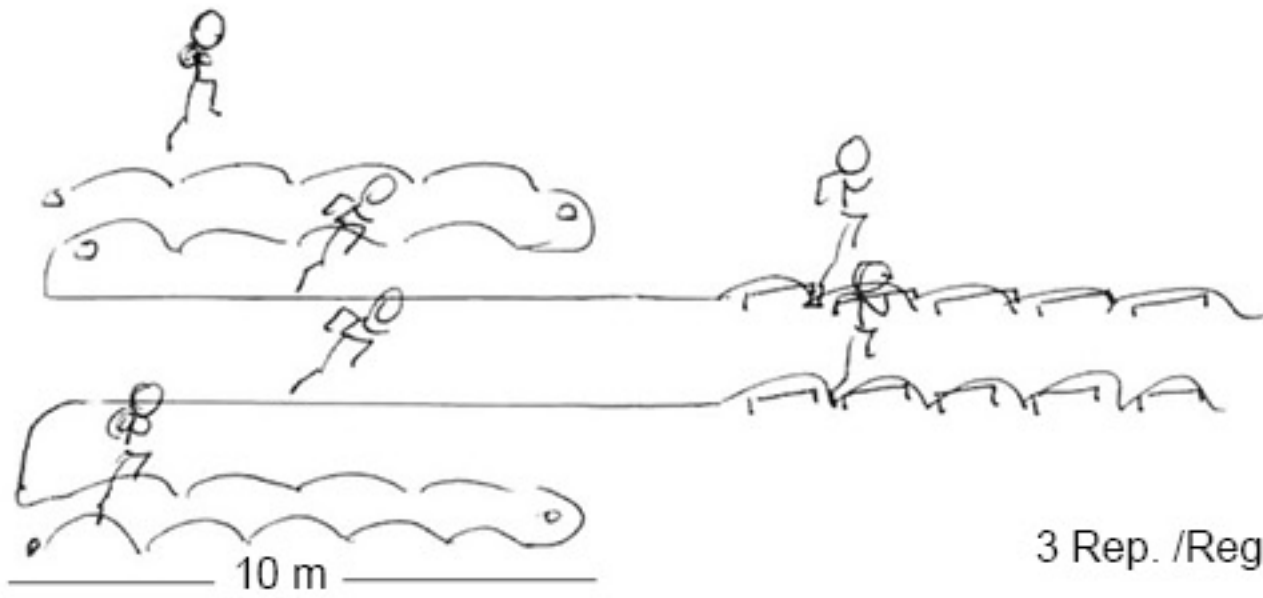


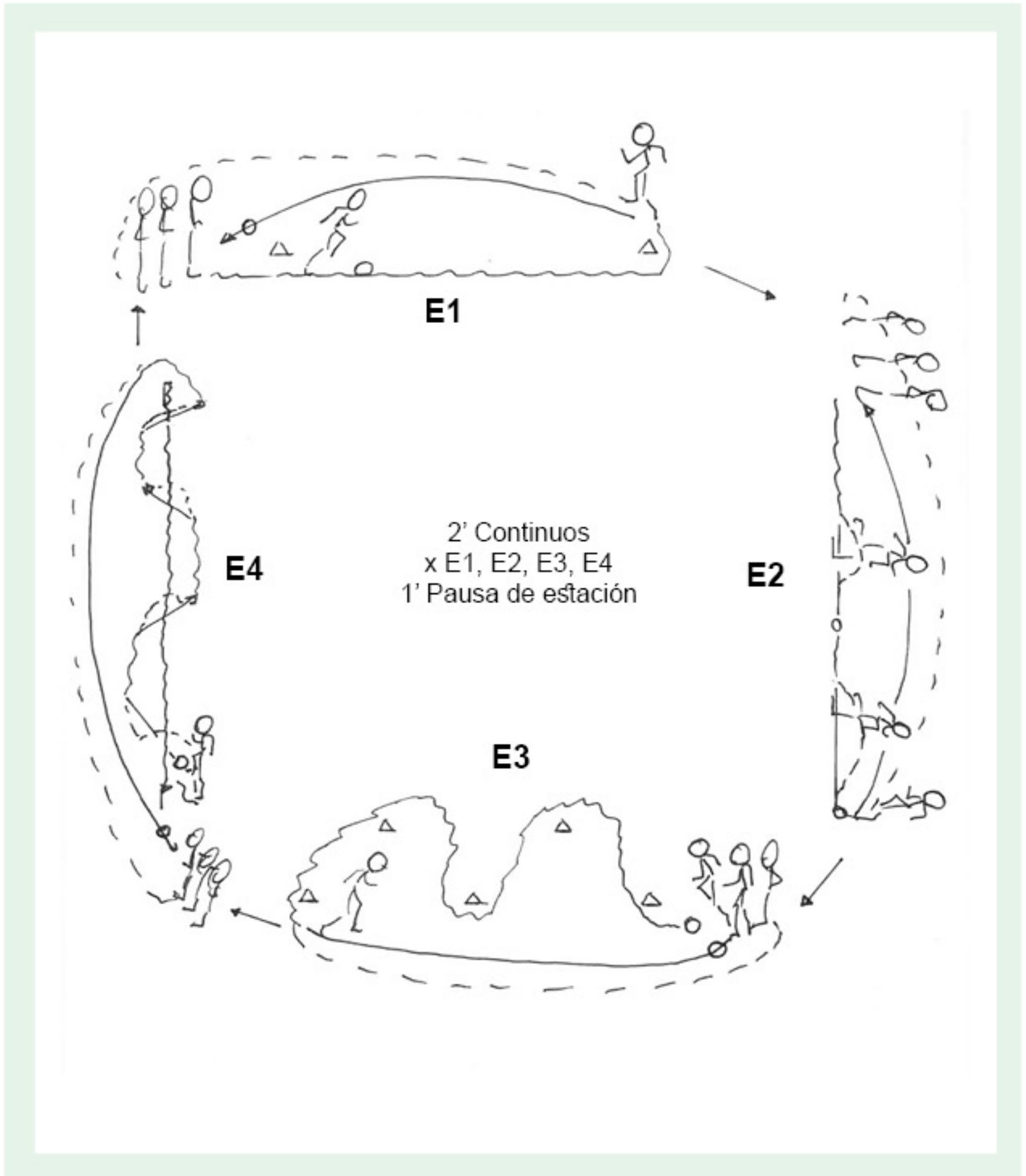
3 Rep. /Reg. 45"

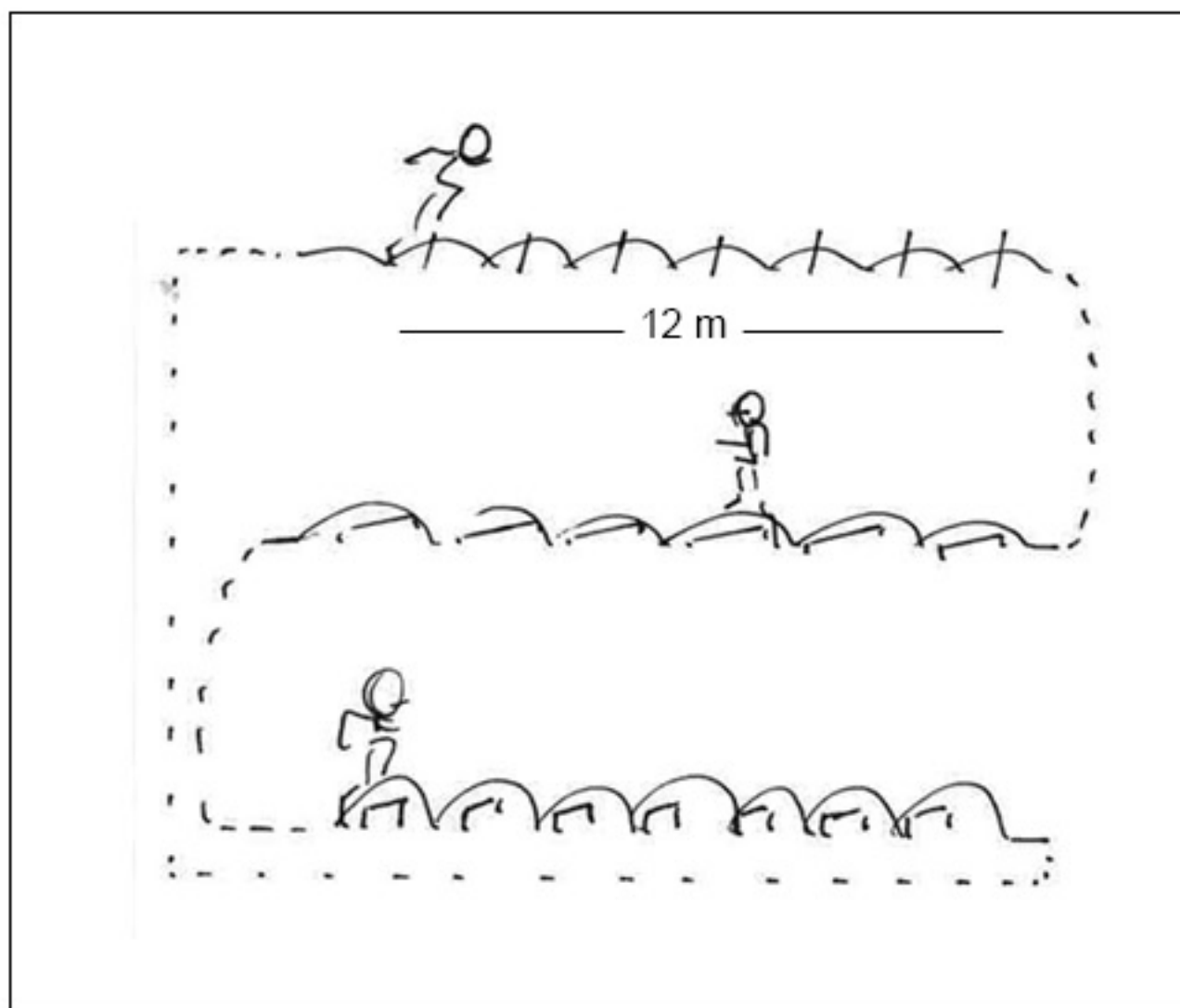
5



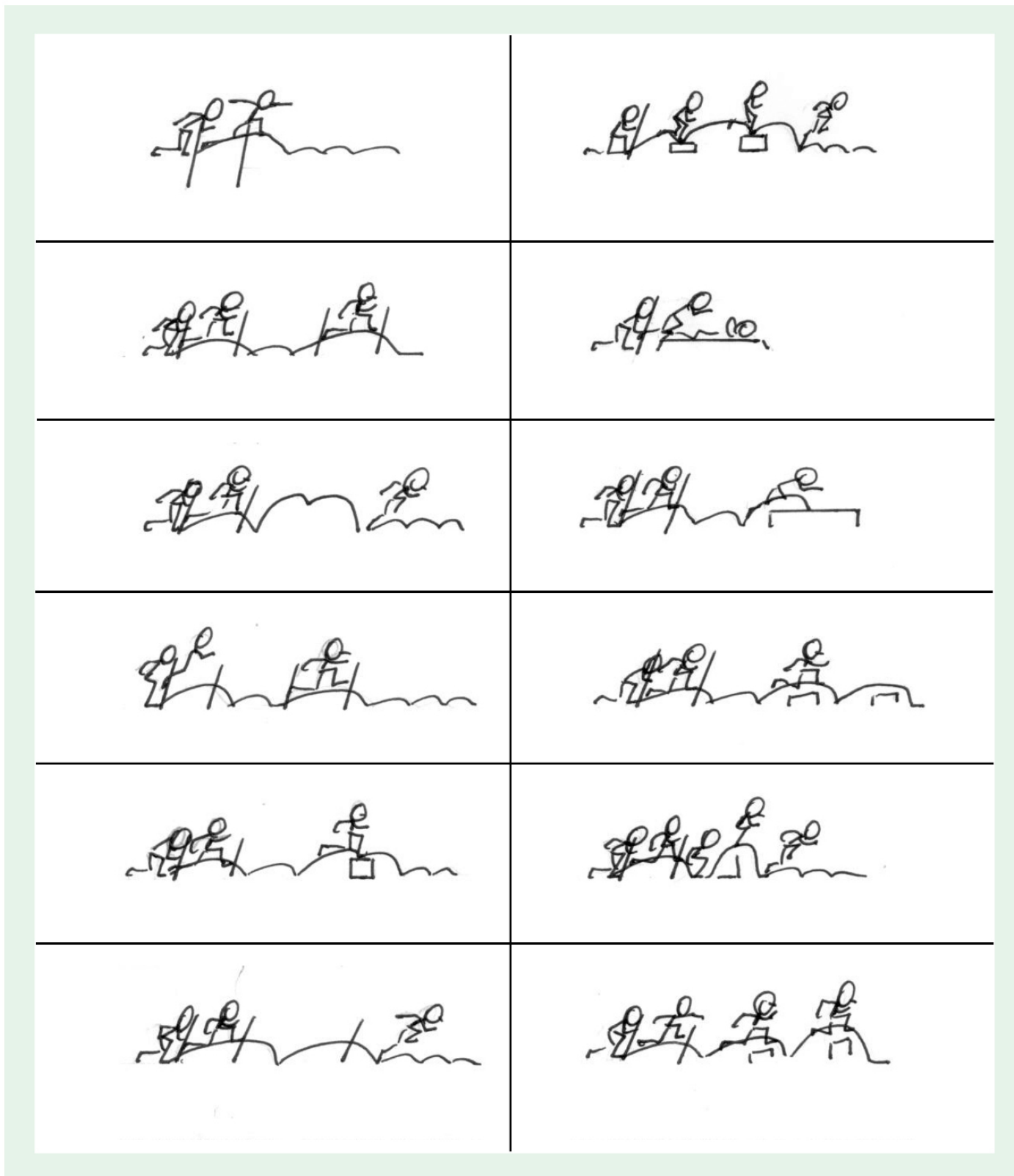
3 Rep. /Reg. 45"

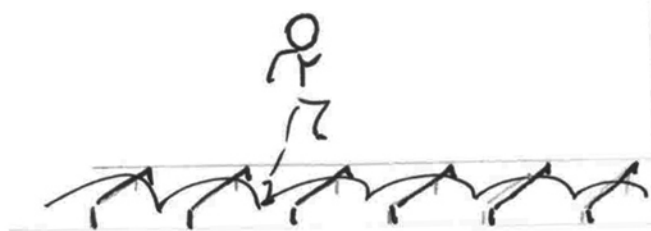




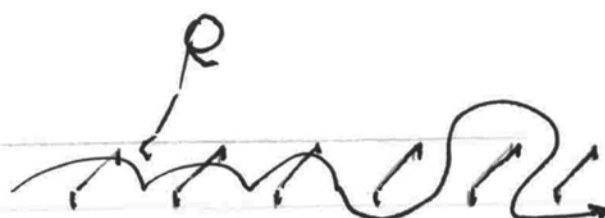


10 Rep. /Reg. 75"





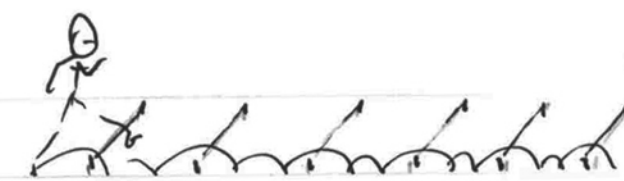
3 Rep. Reg. 20"



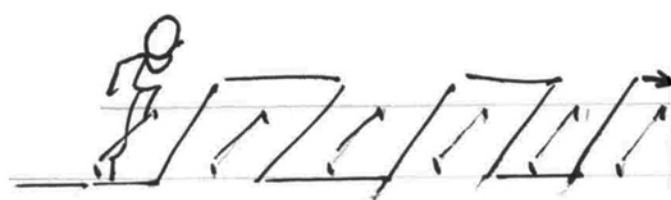
3 Rep. Reg. 20"



3 Rep. Reg. 20"



3 Rep. Reg. 20"



3 Rep. Reg. 20"



3 Rep. Reg. 20"

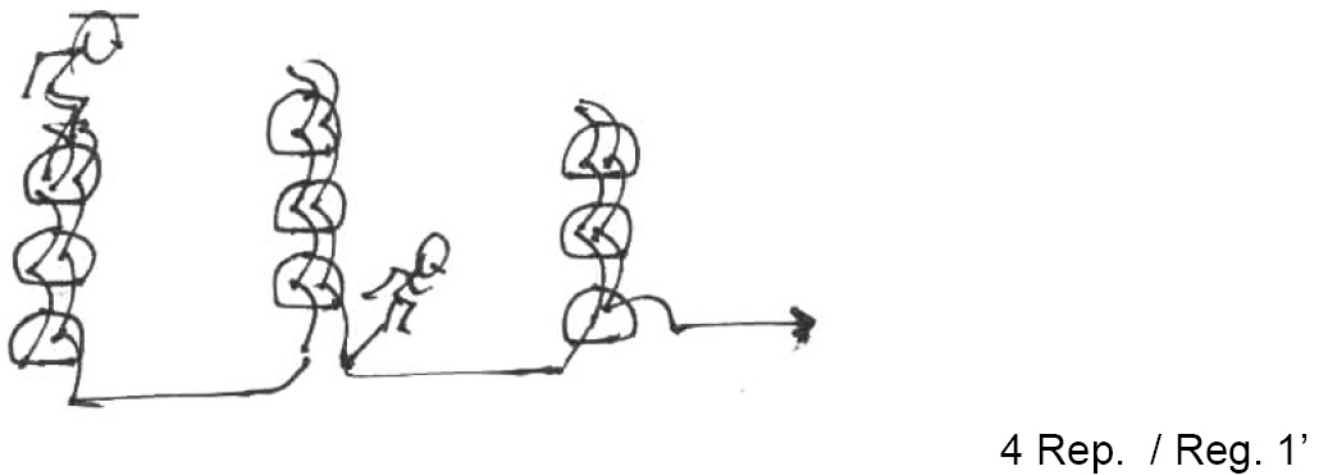
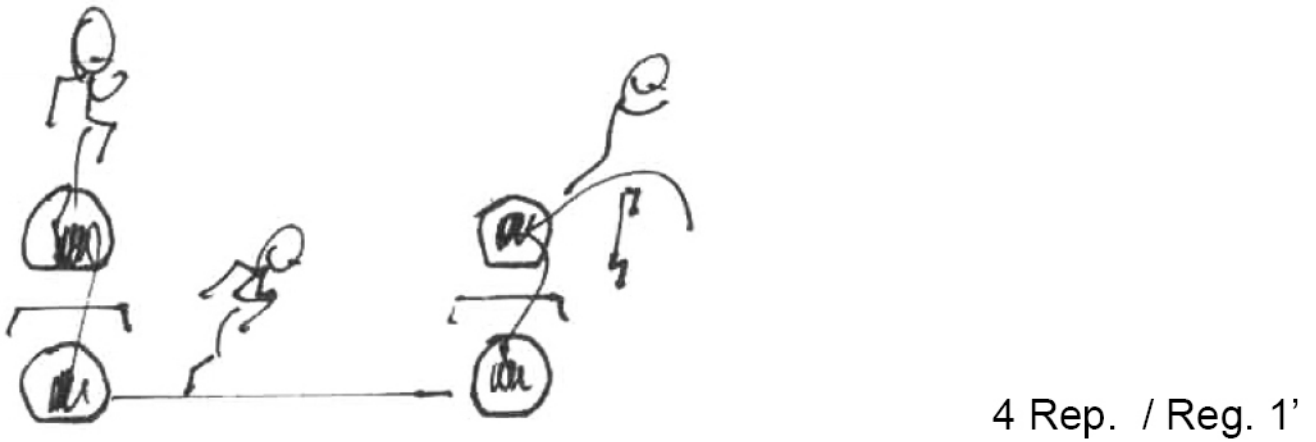
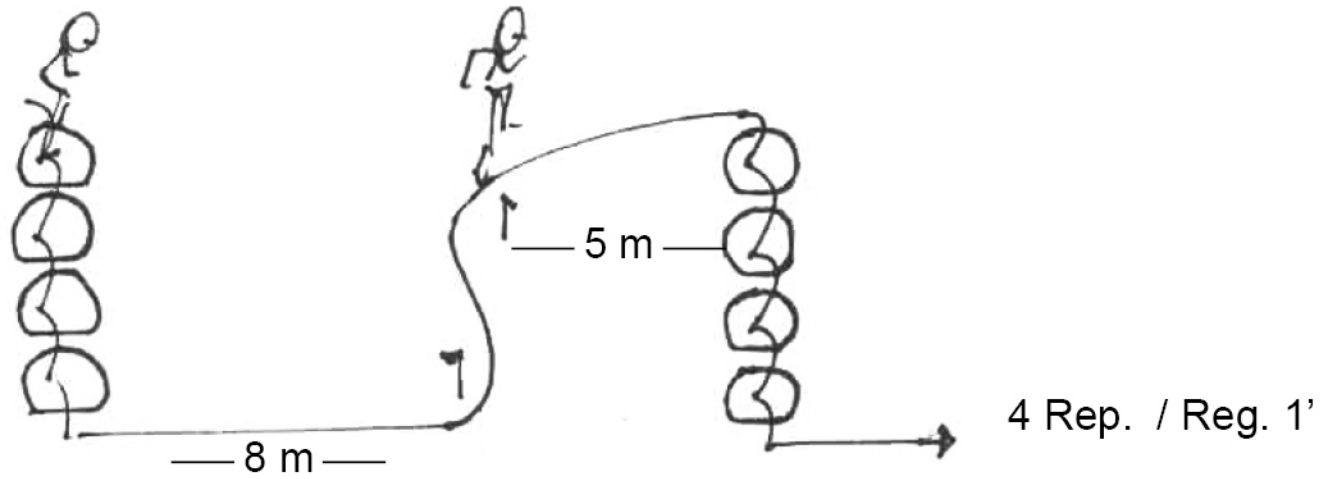


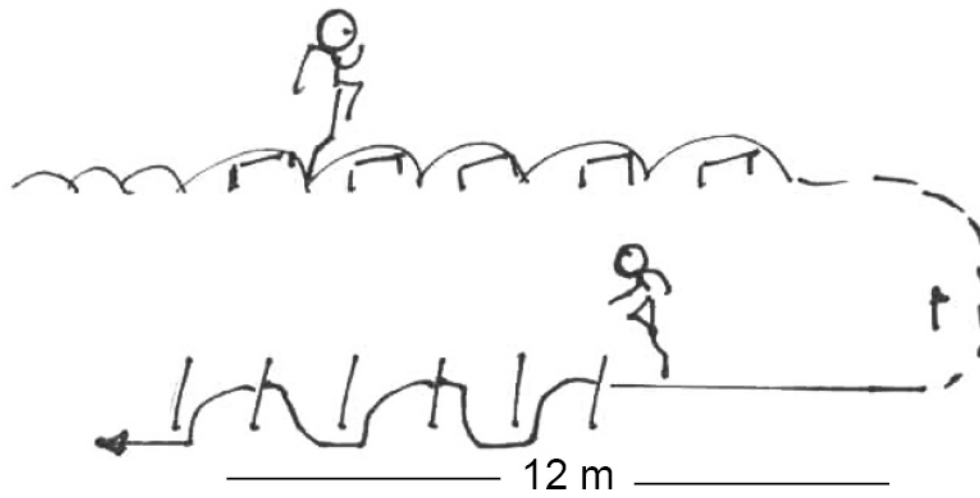
3 Rep. Reg. 20"



3 Rep. Reg. 20"







4 Rep. / Reg. 1'

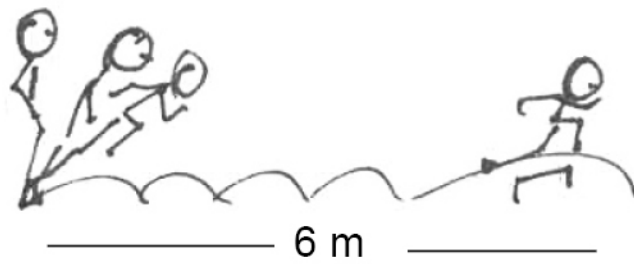


4 Rep. / Reg. 1'



4 Rep. / Reg. 1'

1



3 Rep. / Reg. 45"

2



3 Rep. / Reg. 45"

3



3 Rep. / Reg. 45"

4



3 Rep. / Reg. 45"

5



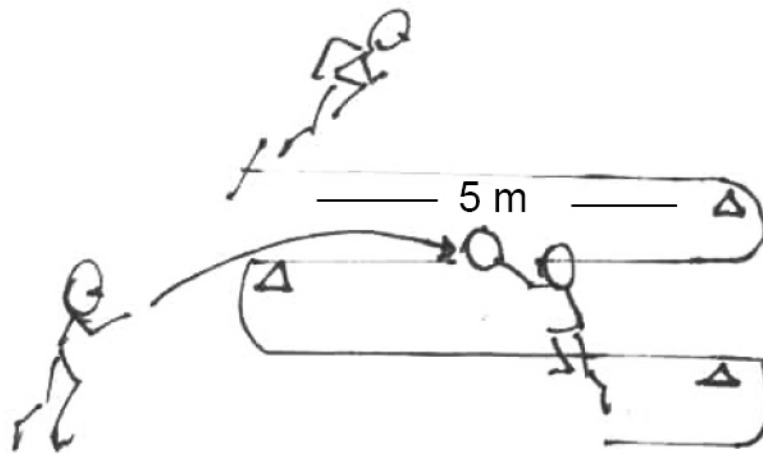
3 Rep. / Reg. 45"

6



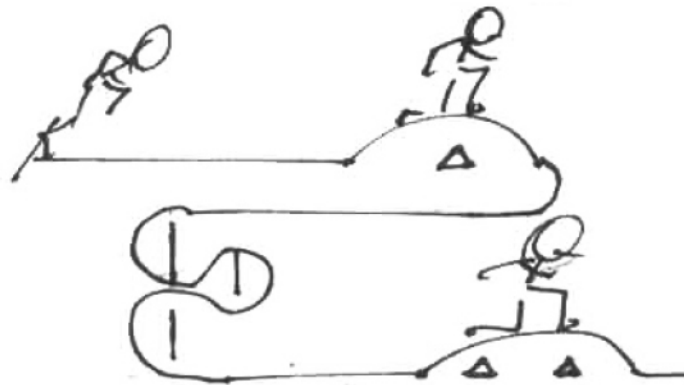
3 Rep. / Reg. 45"

1



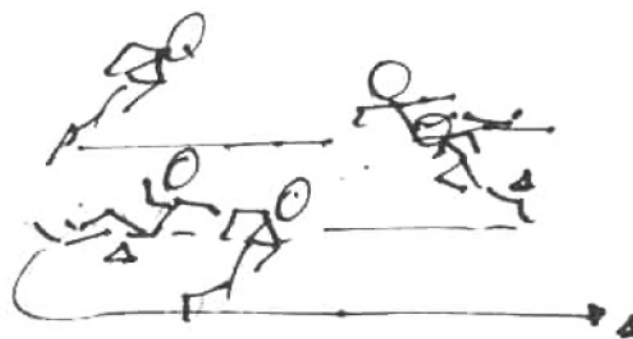
4 Rep. / Reg. 1'

2




4 Rep. / Reg. 1'



3





4 Rep. / Reg. 1'





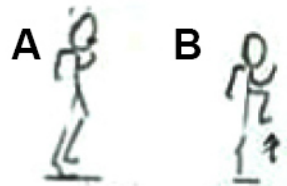
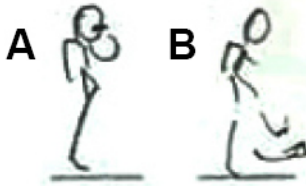
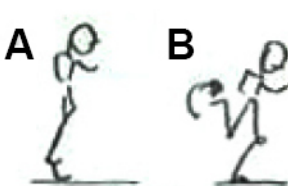
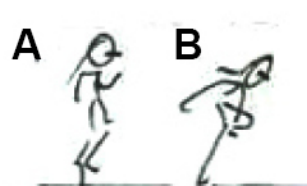
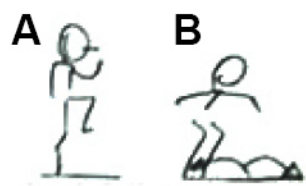

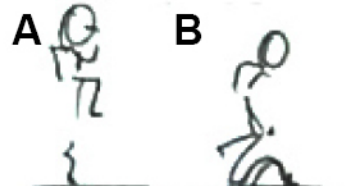
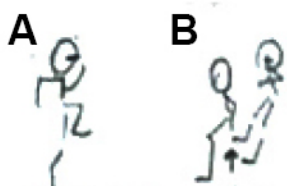
1	<p>A</p>  <p>15" Frecuencia</p>	<p>B</p>  <p>45" Estático</p>	6 x 15" + 45"
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2	<p>A</p>  <p>15" Laterales</p>	<p>B</p>  <p>45" Estático</p>	6 x 15" + 45"
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3	<p>A</p>  <p>15" Adelante/Atrás</p>	<p>B</p>  <p>45" Flexión cortita</p>	6 x 15" + 45"
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4	<p>A</p>  <p>15" Frecuencia lateral</p>	<p>B</p>  <p>45" Flexión - Extensión en puntillas</p>	6 x 15" + 45"
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6 x (15" + 45") x 1. 2. 3. 4.

<p>Tripling (movimiento de tobillos)</p>  <p>4x10"T +20"P</p>	<p>Skipping (rodilla a 90°)</p>  <p>4x10"T +20"P</p>	<p>Pataditas veloces</p>  <p>4x10"T +20"P</p>	<p>Talaneo</p>  <p>4x10"T +20"P</p>
<p>Tripling + Skipping</p>  <p>4x10"T x A-B +30"P</p>	<p>Tripling + Patadita</p>  <p>4x10"T x A-B +30"P</p>	<p>Tripling + Talaneo</p>  <p>4x10"T x A-B +30"P</p>	<p>Tripling + Skipping adentro</p>  <p>4x10"T x A-B +30"P</p>
<p>Skipping + laterales</p>  <p>4x10"T x A-B +30"P</p>	<p>Skipping + cambios veloces de piernas</p>  <p>4x10"T x A-B +30"P</p>	<p>Skipping + saltitos a una pierna</p>  <p>4x10"T x A-B +30"P</p>	<p>Skipping + saltos abrir-cerrar</p>  <p>4x10"T x A-B +30"P</p>