



3 Series  
Elevación rápida de rodillas  
20 Rep.



3 Series  
Elevación unilateral  
10 Rep. Izquierda  
10 Rep. Derecha

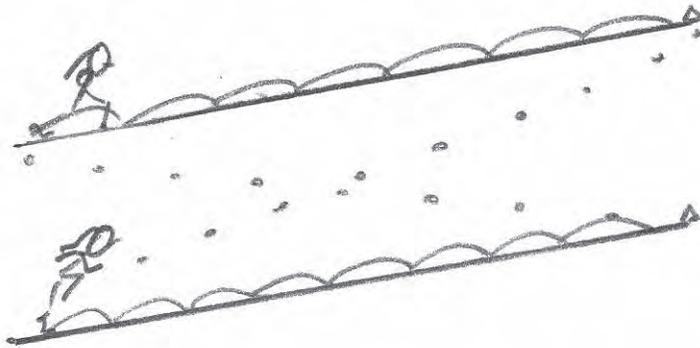


3 Series  
Patada recta  
20 Rep.

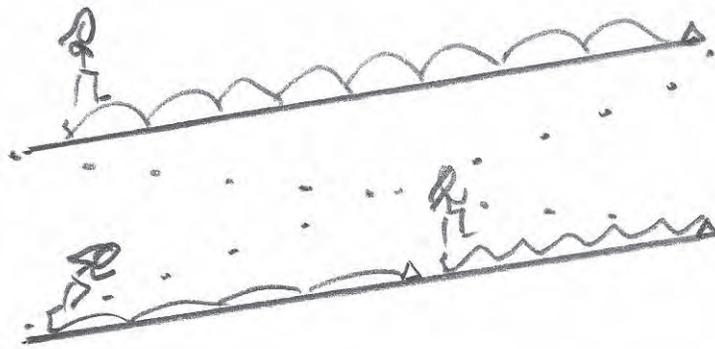


3 Series  
Patada recta  
20 Rep.

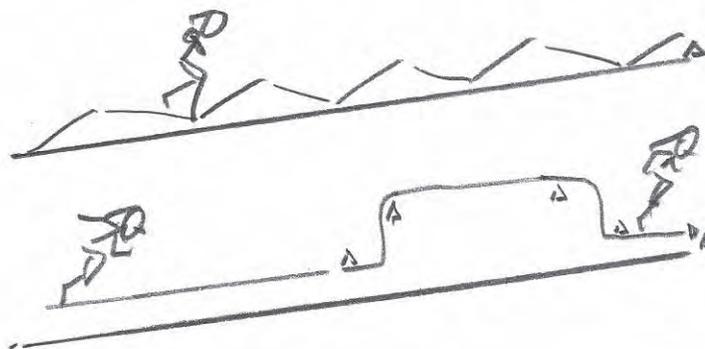
15 m



4 Rondas  
Reg. 90"



4 Rondas  
Reg. 90"



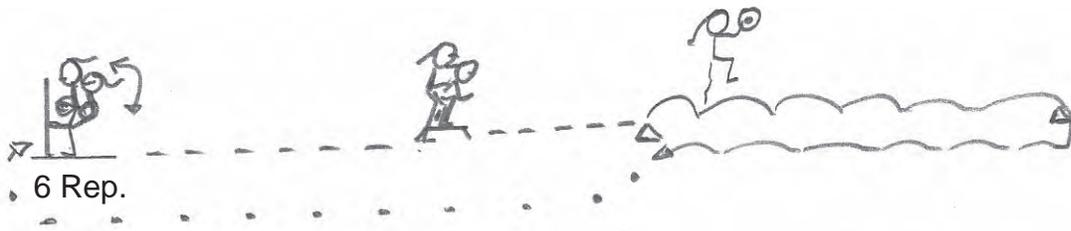
4 Rondas  
Reg. 90"

15 m



6 Rep.

4 Rep.  
Reg. 75"



6 Rep.

4 Rep.  
Reg. 75"

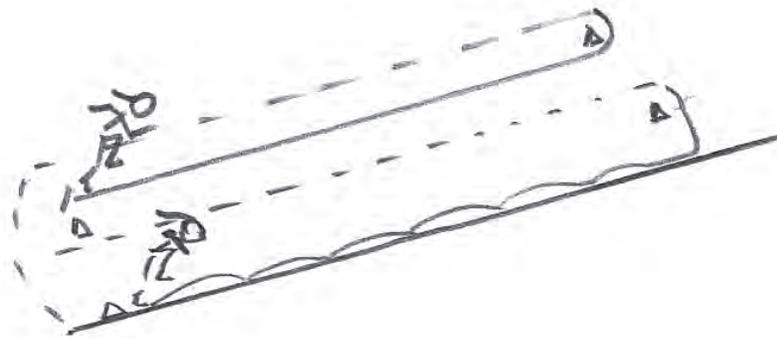


6 Rep.

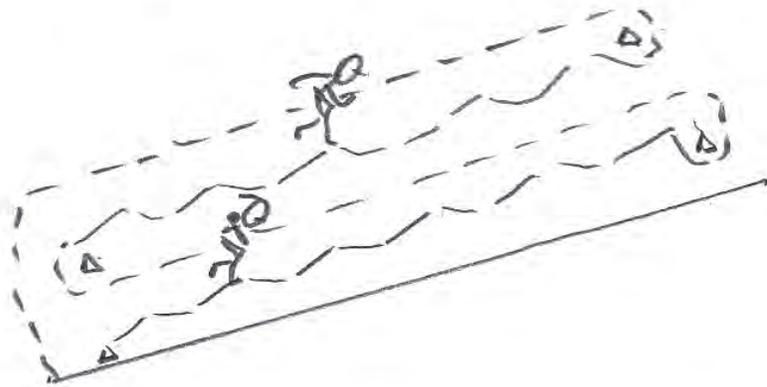
4 Rep.  
Reg. 75"

Cinturón ruso  
Bolsa de pierna  
Mancuernas

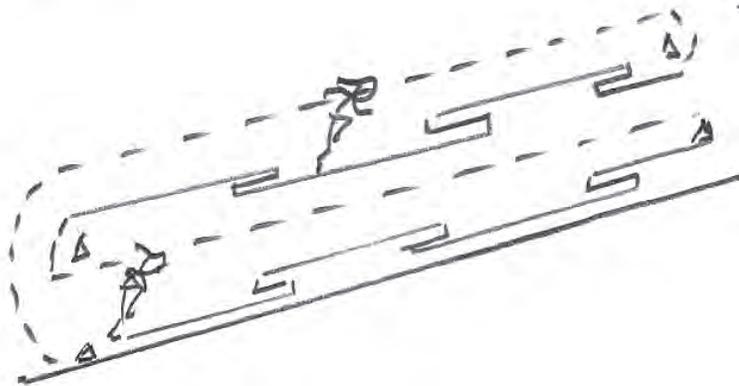
15 m



4 Rep.  
Reg. 45"

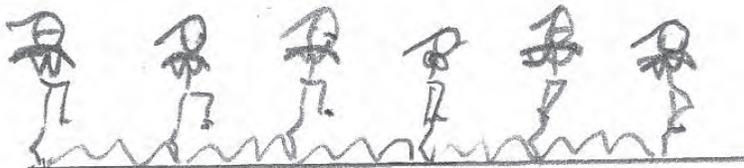


4 Rep.  
Reg. 45"

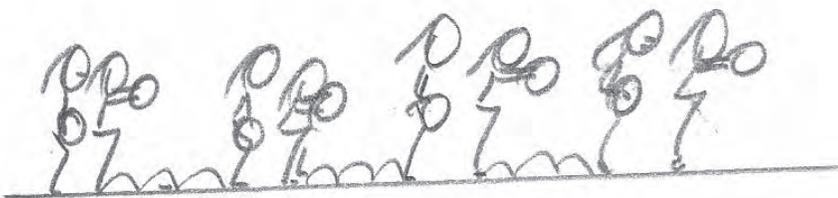


4 Rep.  
Reg. 45"

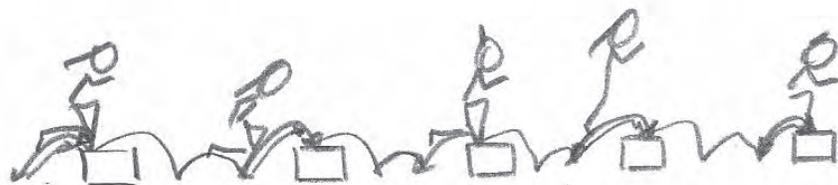
15 m



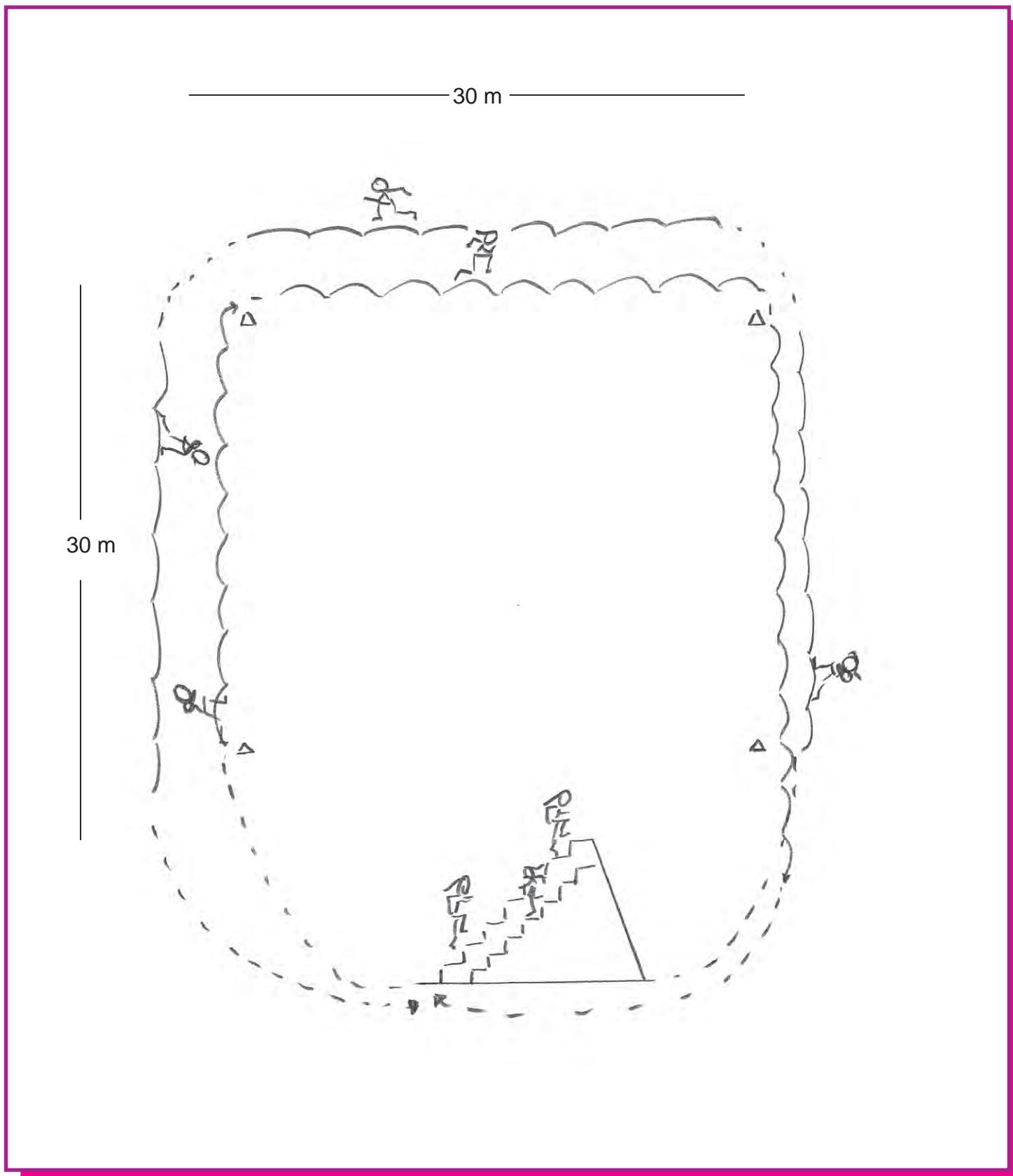
4 Rep.  
Reg. 45"



4 Rep.  
Reg. 45"



4 Rep.  
Reg. 45"

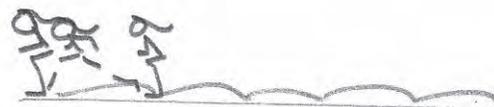


15 m



Todo puntillas

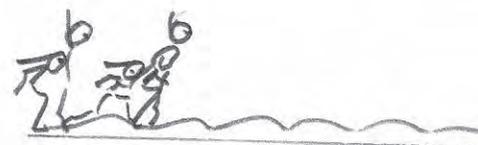
15 m



Paso atrás



Paso largo puntillas



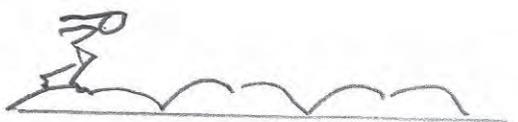
Extensión paso extensión



Paso mantener



Cambio de piernas + frecuencia

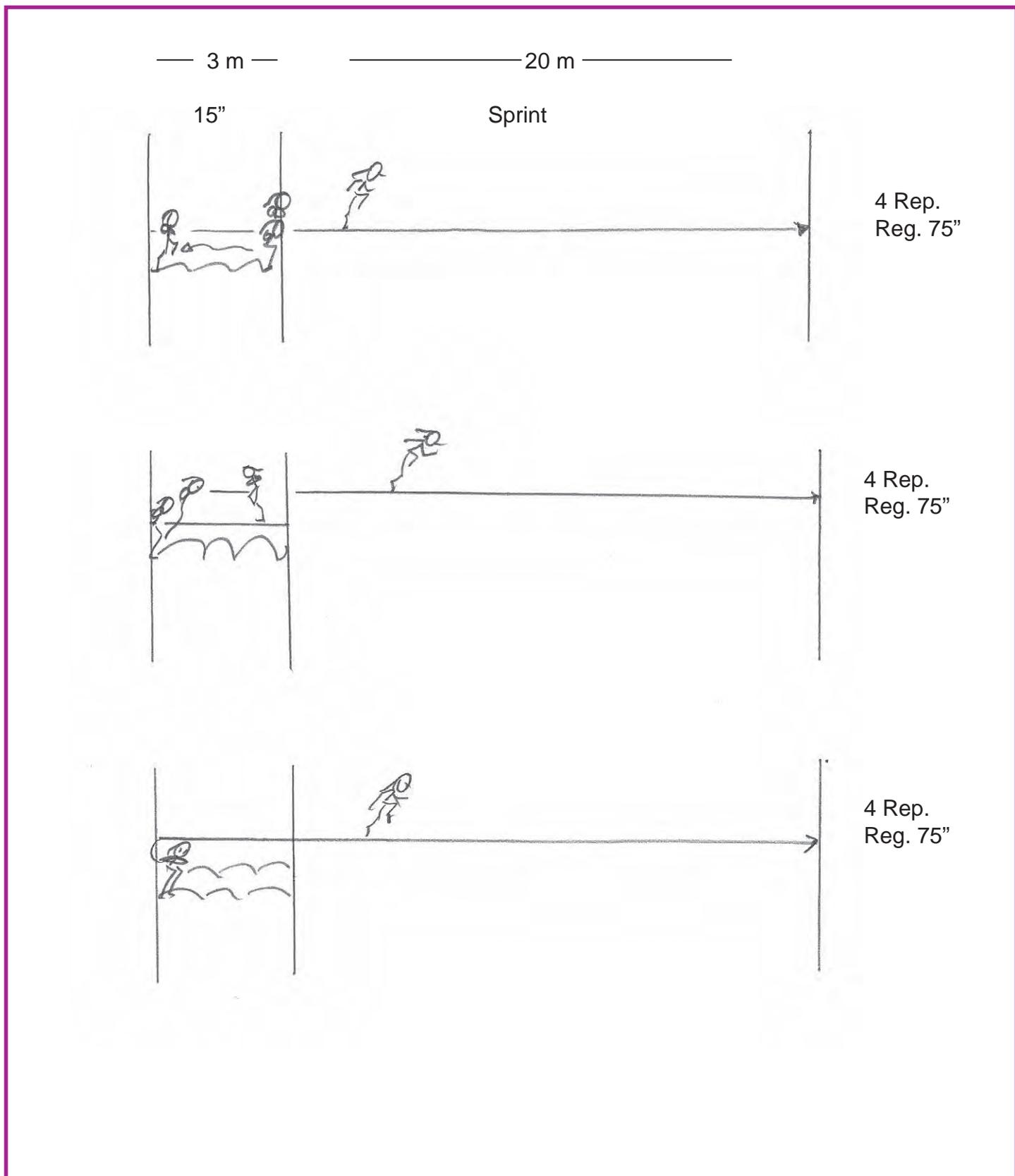


Laterales puntillas

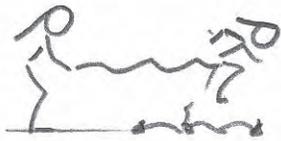


sentadilla lateral sentadilla

2 Rep. / Reg. 45" / de cada ejercicio



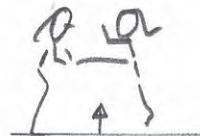
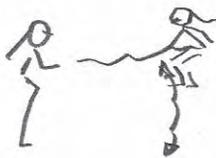




4 Rondas  
Reg. 90"



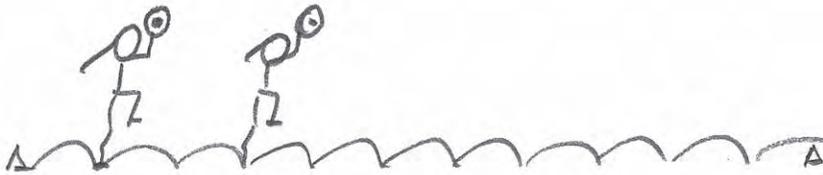
4 Rondas  
Reg. 90"



4 Rondas  
Reg. 90"

————— 20 m —————

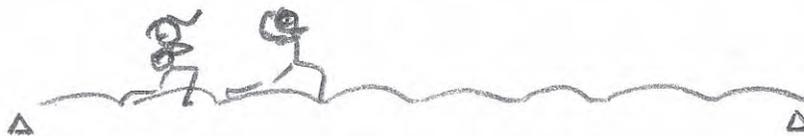
Disco 5 - 10 Kg



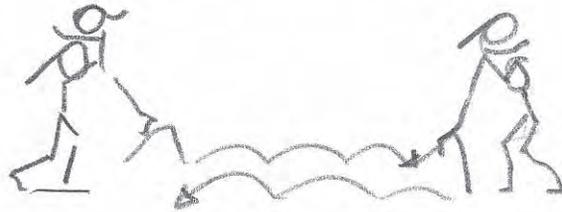
4 Rep.  
Reg. 45"



4 Rep.  
Reg. 45"



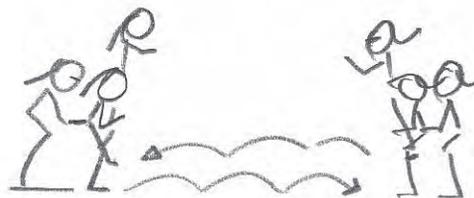
4 Rep.  
Reg. 45"



3 Rep.  
30" Trabajo  
60" Pausa



3 Rep.  
30" Trabajo  
60" Pausa

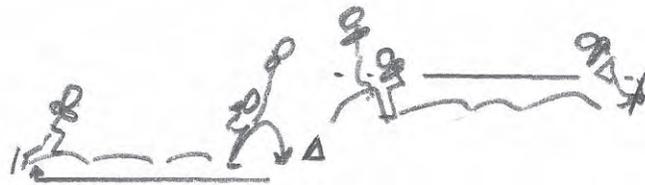


3 Rep.  
30" Trabajo  
60" Pausa

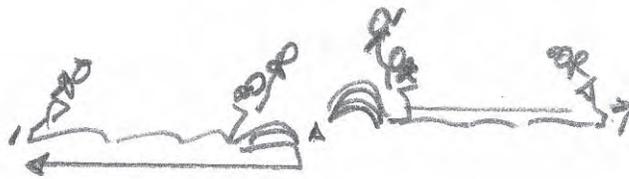


3 Rep.  
30" Trabajo  
60" Pausa

6 m                      6 m



4 x 30"  
Reg. 75"



4 x 30"  
Reg. 75"



4 x 30"  
Reg. 75"

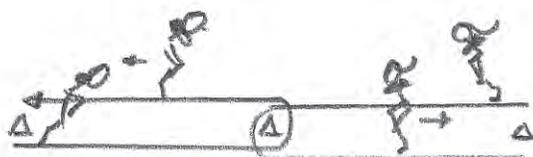
Bolsa de arena



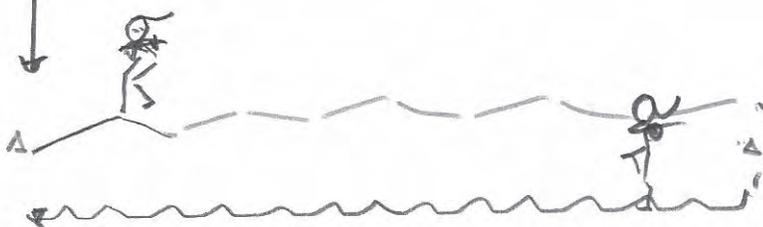
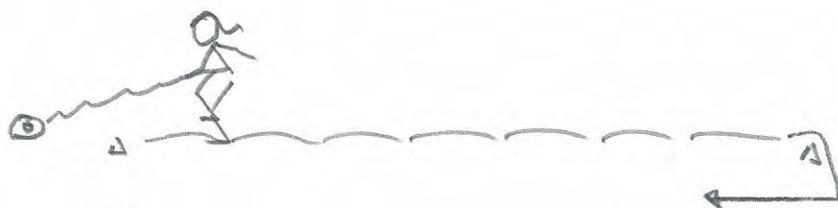
4 x 30"  
Reg. 75"



4 x 30"  
Reg. 75"



4 x 30"  
Reg. 75"

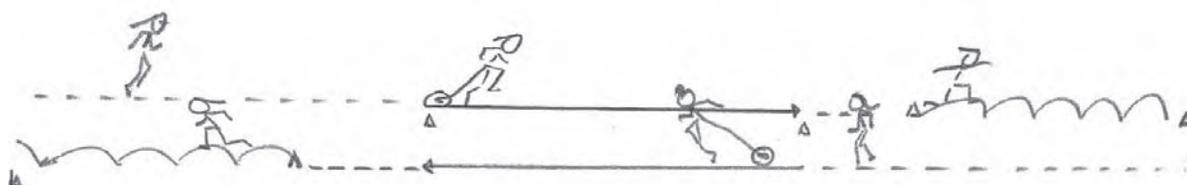


4 Rondas  
Reg. 2'

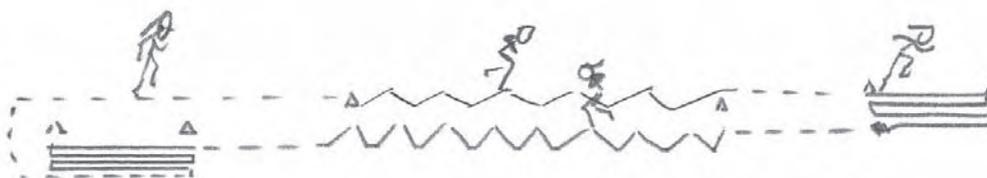


4 Rondas  
Reg. 2'

— 5 m — — 5 m — ————— 20 m ————— — 5 m — — 5 m —



4 Rep.  
Reg. 2'30"

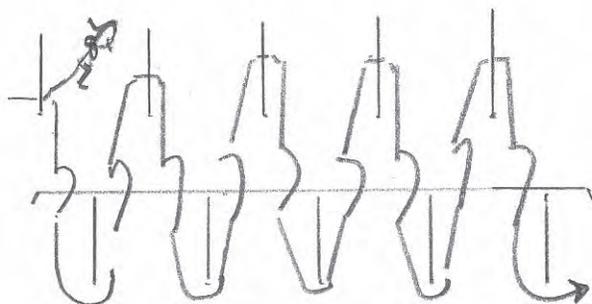


4 Rep.  
Reg. 2'30"

Bolsa de arena

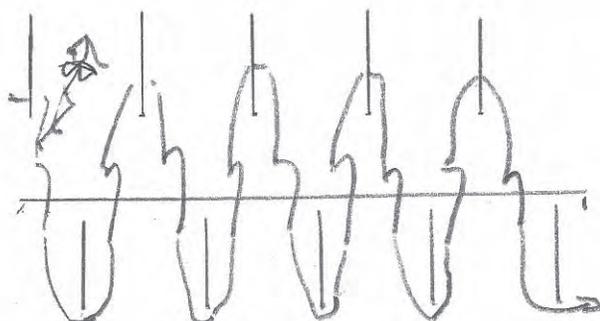
————— 12 m —————

Carrera frontal



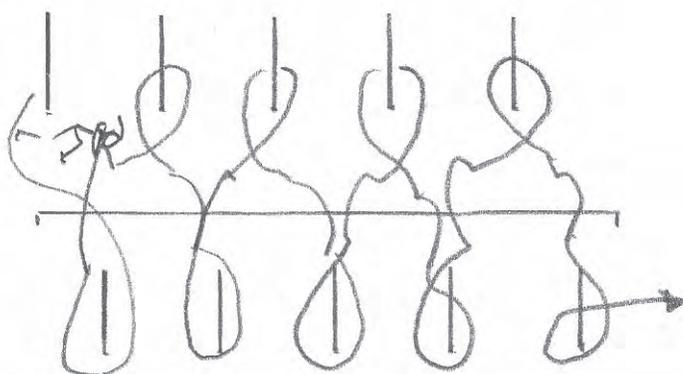
4 Rep.  
Reg.1'

Carrera perfilada



4 Rep.  
Reg.1'

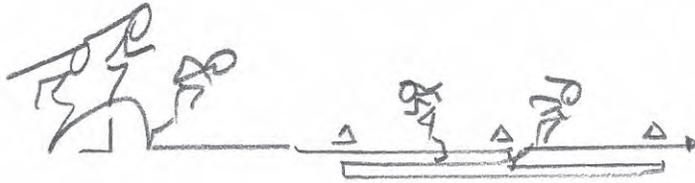
Carrera frontal



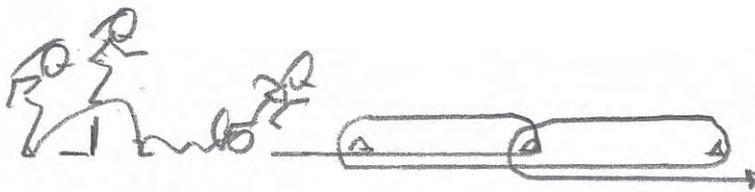
4 Rep.  
Reg.1'

Arena

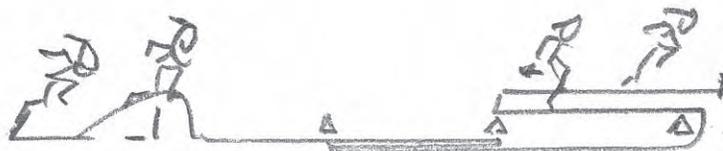
15 m



4 Rep.  
Reg.45"



4 Rep.  
Reg.45"



4 Rep.  
Reg.45"

15 m



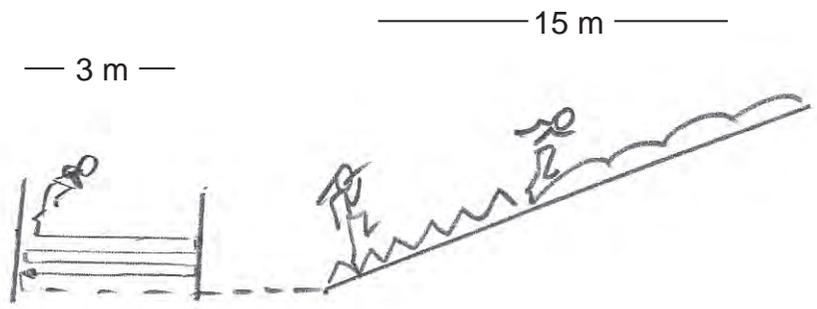
5 Rep.  
Reg.60"



5 Rep.  
Reg.60"



5 Rep.  
Reg.60"



5 Rep.  
Reg.60"



5 Rep.  
Reg.60"

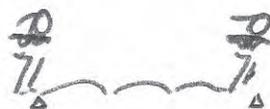


5 Rep.  
Reg.60"

— 5 m —



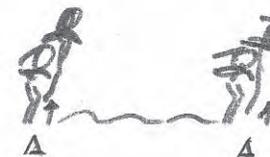
— 5 m —



4 x30"  
Reg.75"



4 x30"  
Reg.75"



4 x30"  
Reg.75"



4 Rep.  
Reg.60"

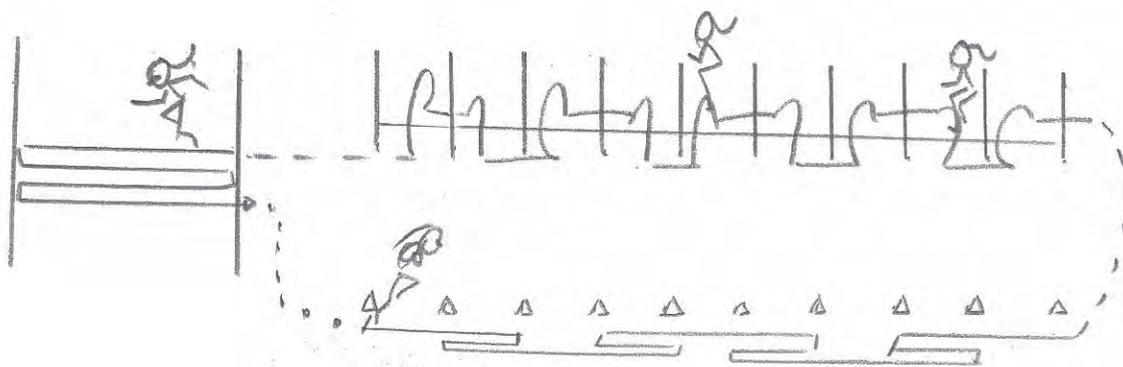
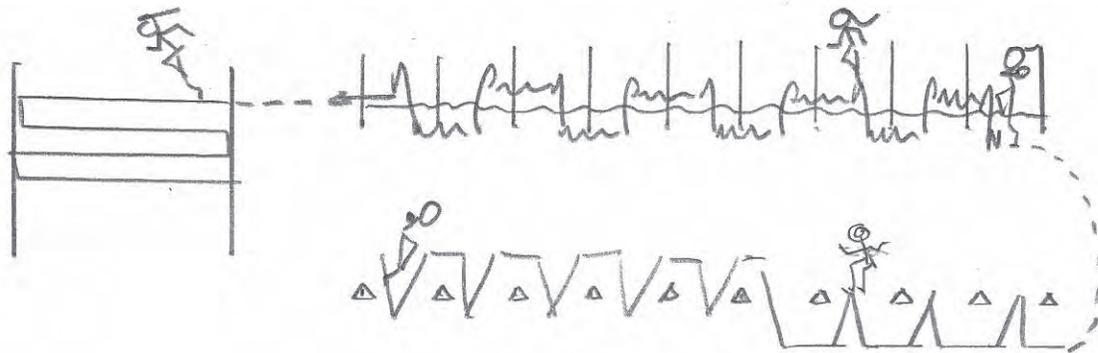
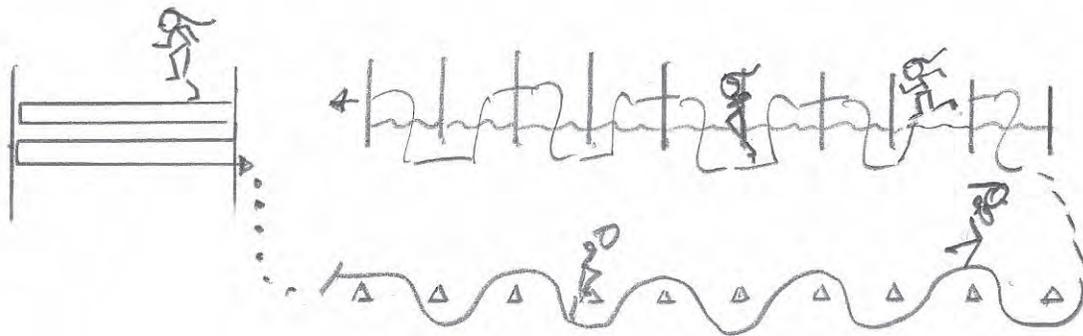


4 Rep.  
Reg.60"



4 Rep.  
Reg.60"

Bolsa de arena  
Saco





3 x 20m  
Reg. 45"



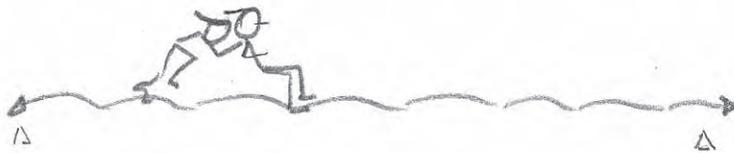
3 x 20m  
Reg. 45"



3 x 20m  
Reg. 45"



3 x 20m  
Reg. 45"



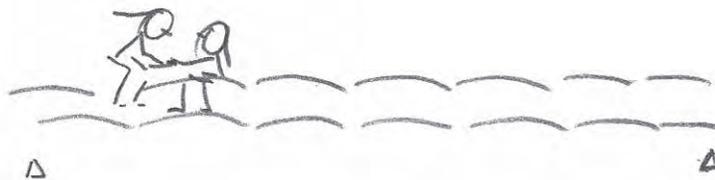
3 x 15m  
Reg. 60"



3 x 15m  
Reg. 60"

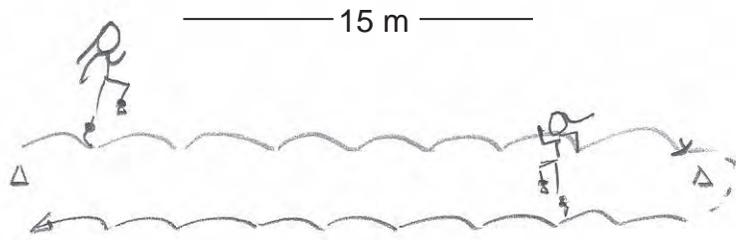


3 x 15m  
Reg. 60"

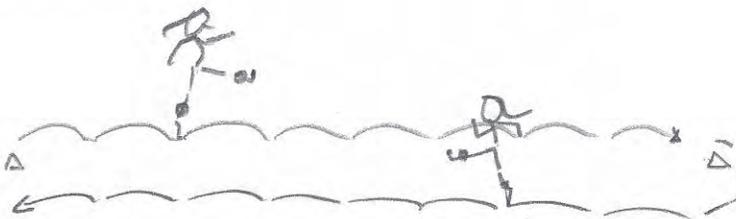


3 x 15m  
Reg. 60"

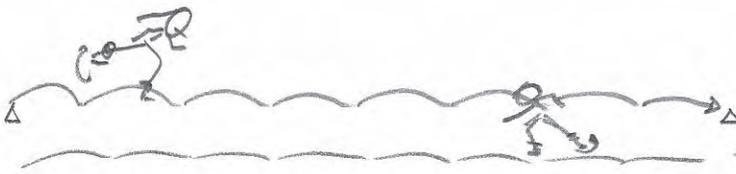
Polainas



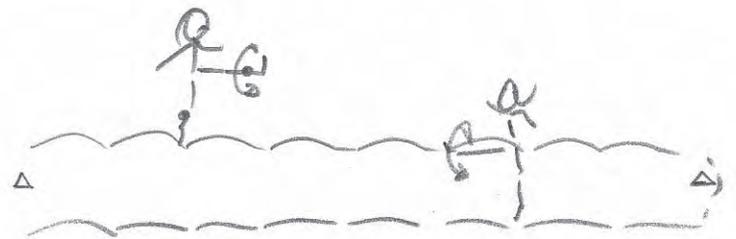
3 Rep.  
Reg. 60"



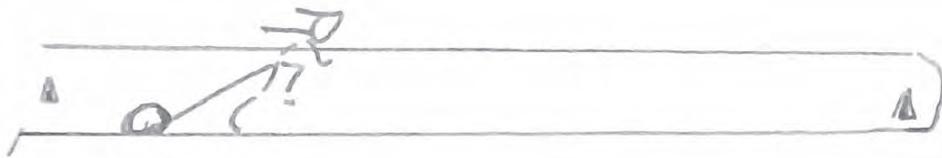
3 Rep.  
Reg. 60"



3 Rep.  
Reg. 60"



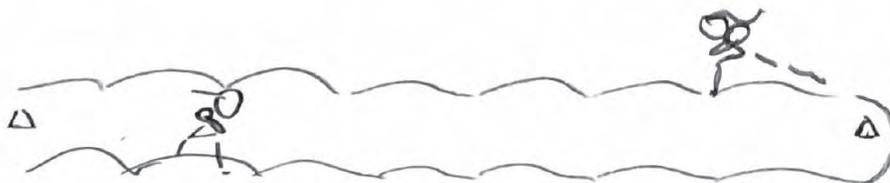
3 Rep.  
Reg. 60"



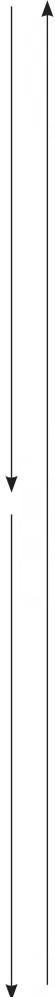
5 Rep.  
Reg. 1'

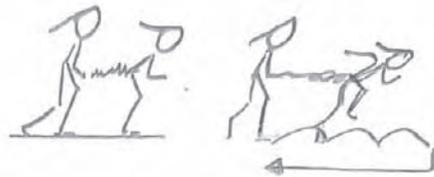


5 Rep.  
Reg. 1'



5 Rep.  
Reg. 1'





4 x 20" Trabajo  
40" Pausa



4 x 20" Trabajo  
40" Pausa



4 x 20" Trabajo  
40" Pausa



4 x 20" Trabajo  
40" Pausa

—————20 m—————

E1



E2



4 Rep. / Reg. 1' x E1 - E2

—————20 m—————

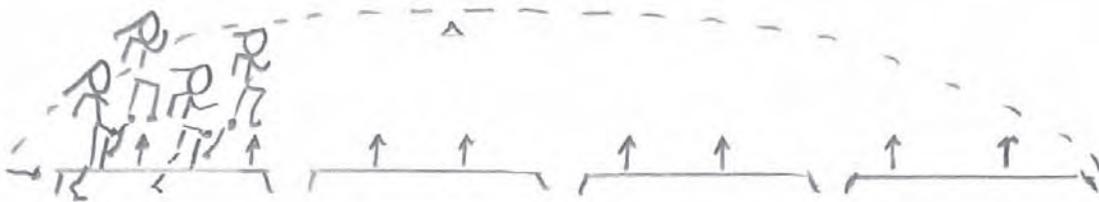
E1



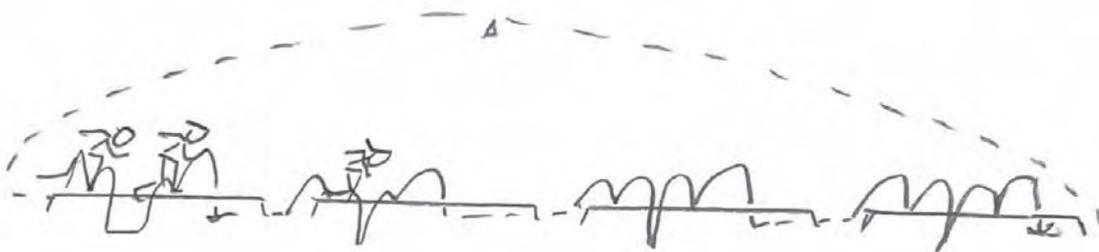
E2



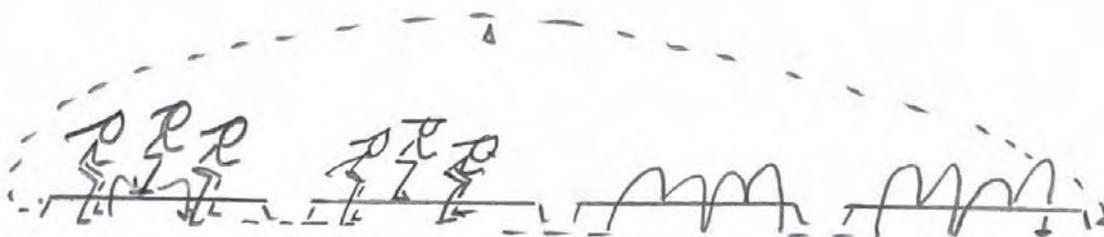
4 Rep. / Reg. 1' x E1 - E2



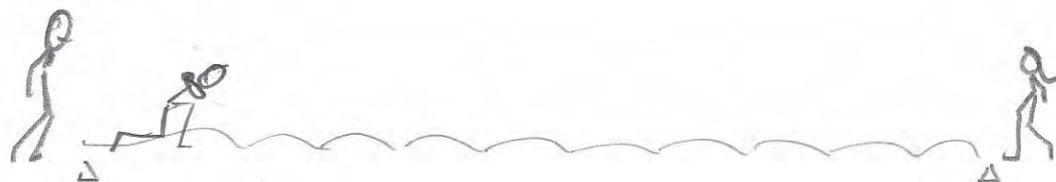
3 Rep.  
Reg. 75"



3 Rep.  
Reg. 75"



3 Rep.  
Reg. 75"



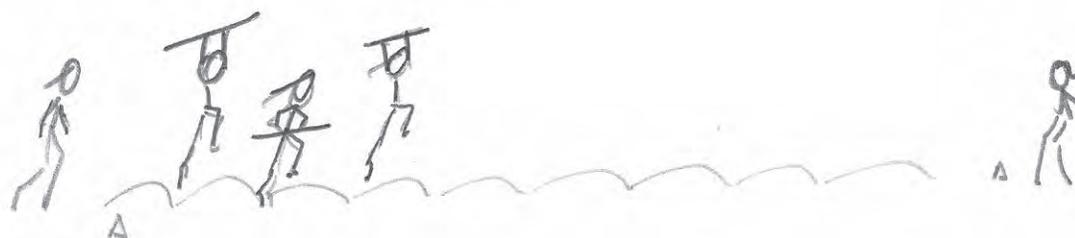
2' Continuos  
Pausa de  
estación



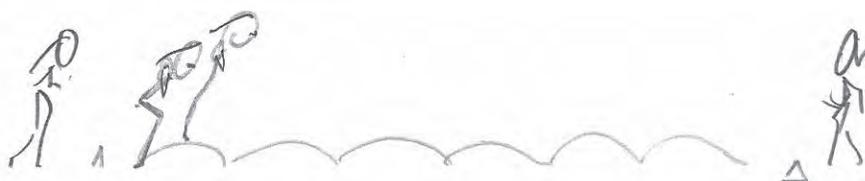
2' Continuos  
Pausa de  
ejercicio



2' Continuos  
Pausa de  
ejercicio



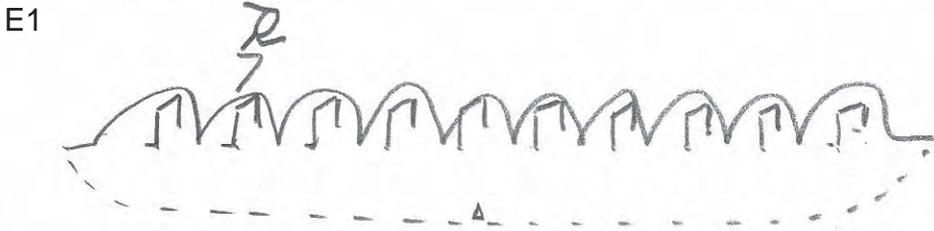
2' Continuos  
Pausa de  
ejercicio



2' Continuos  
Pausa de  
ejercicio

————— 20 m —————

E1



E2



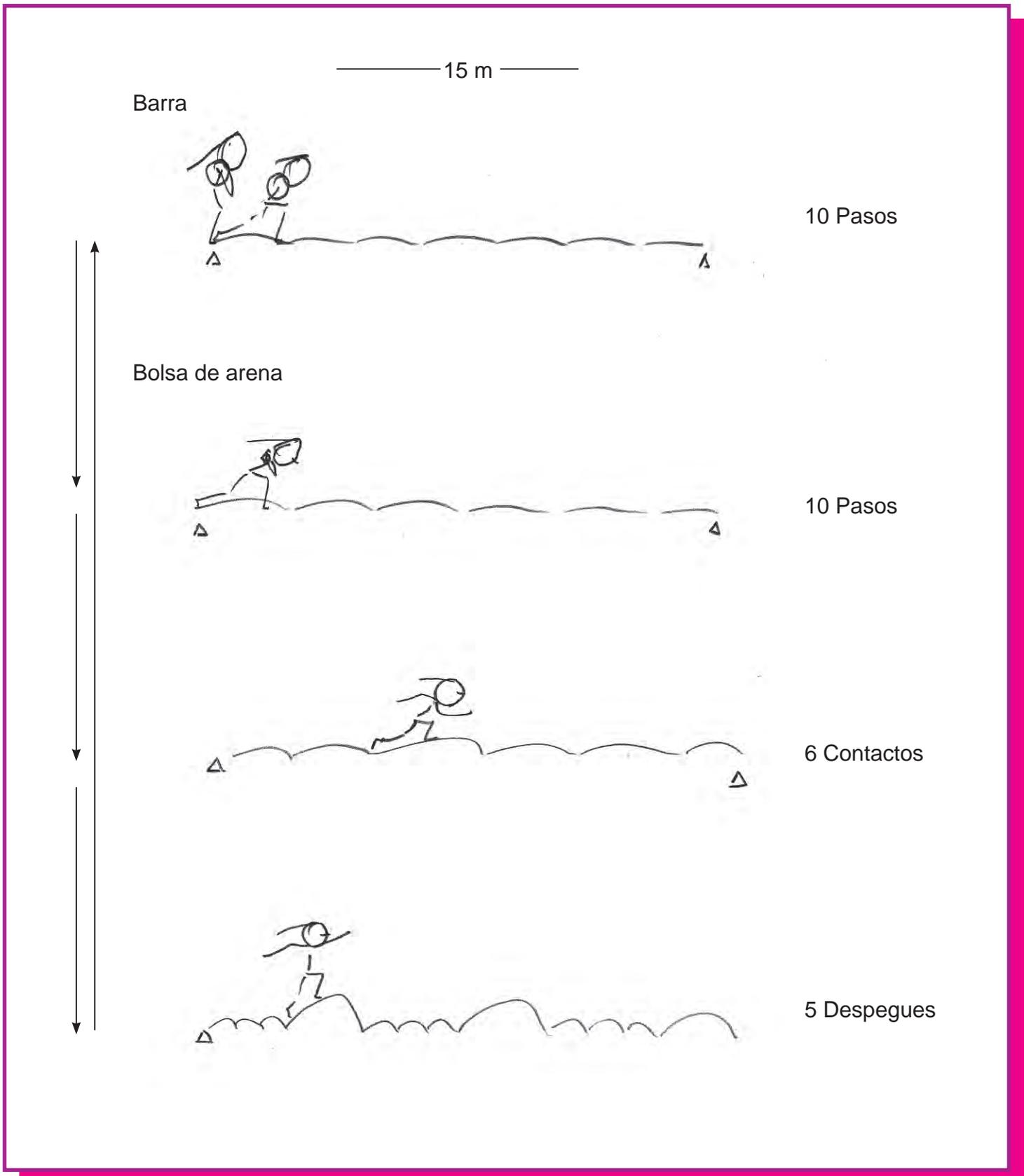
E3



E4



5 Series / Reg. 1' / 1' Pausa de ejercicio x E1 - E2 - E3 - E4

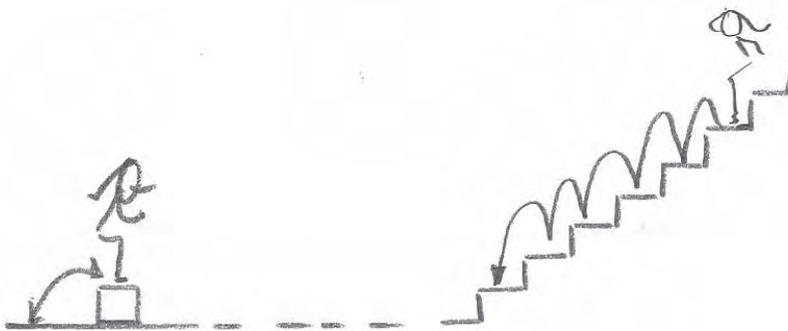




6 Rondas  
6 Rep. + subida  
Reg. 90"

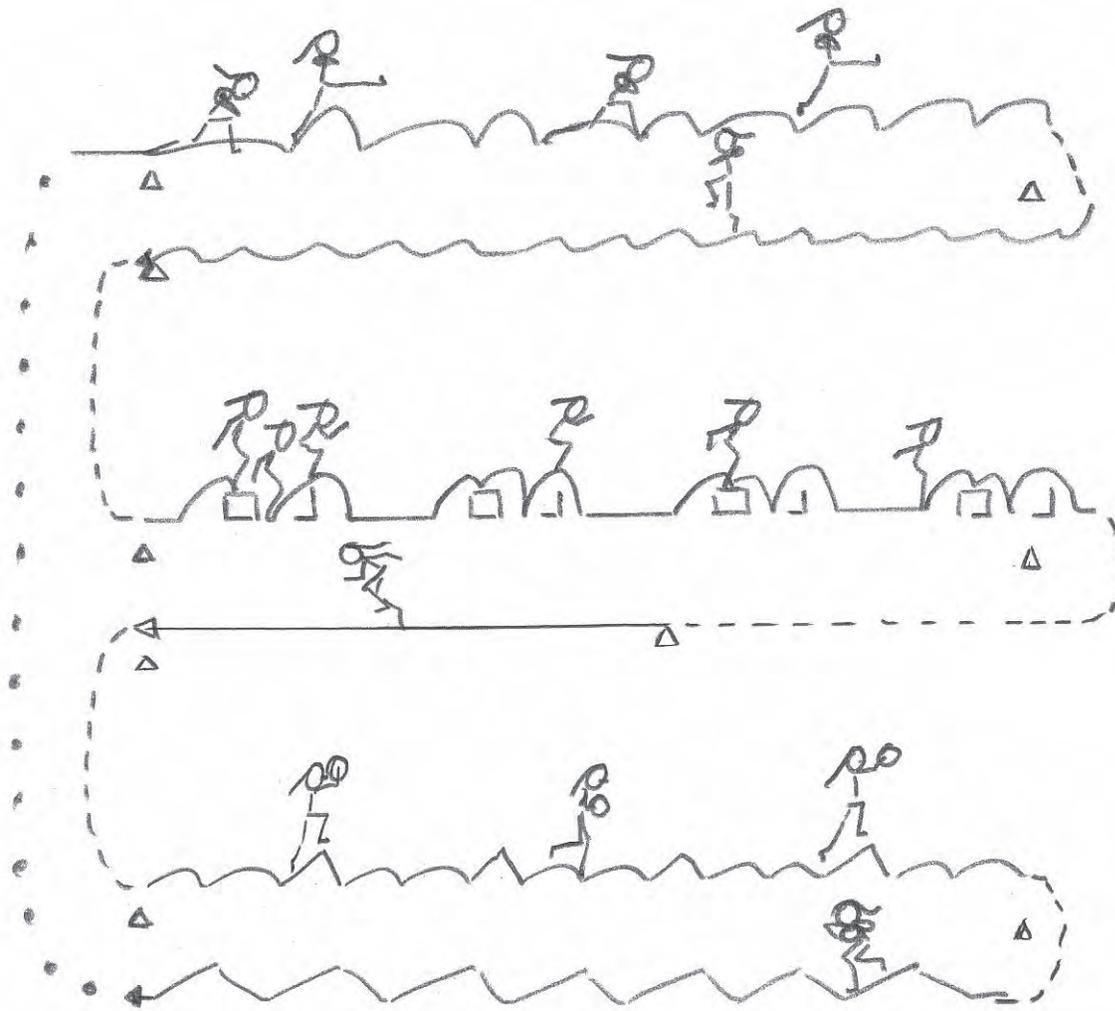


6 Rondas  
6 Rep. + subida  
Reg. 90"



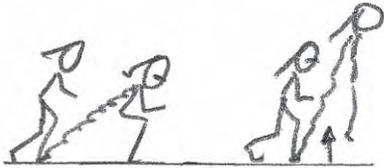
6 Rondas  
6 Rep. + bajada  
con jumps  
Reg. 90"

——— 15 m ———

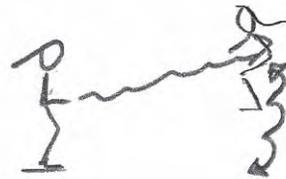


6 Rondas  
Reg. 3'

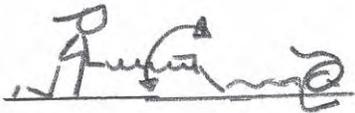
E1



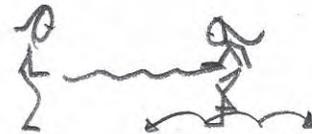
E4



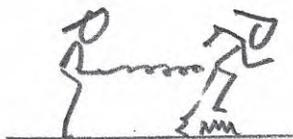
E2



E5



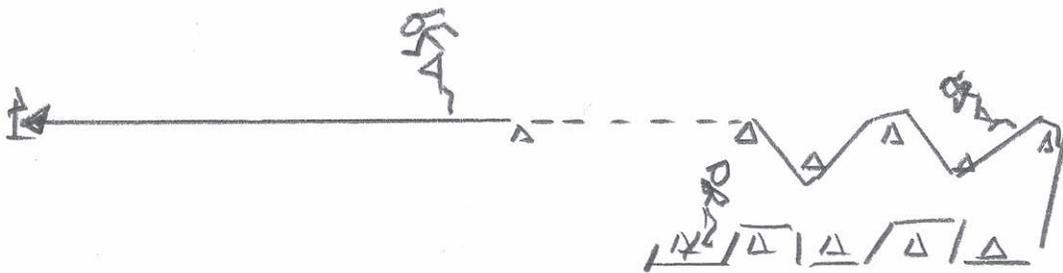
E3



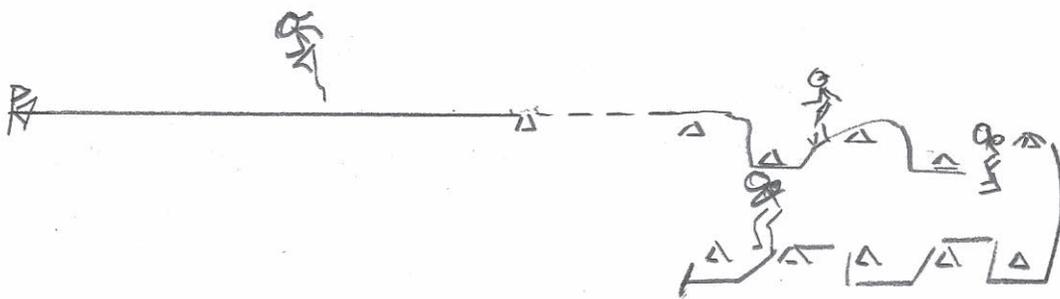
E6



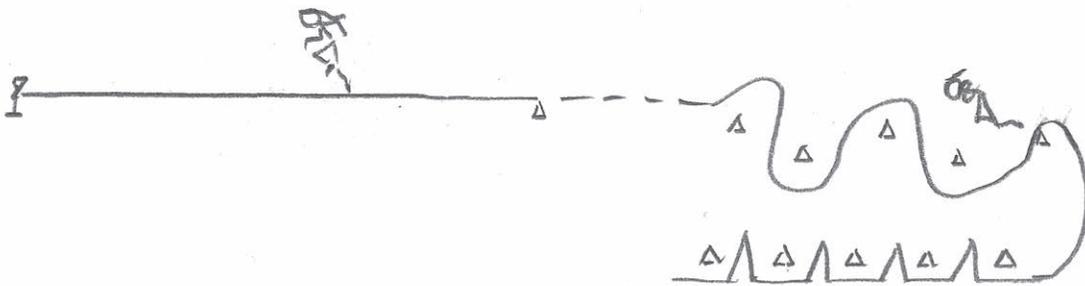
3 Series de 20" de Trabajo + 40" de Pausa  
x E1 - E2 - E3 - E4 - E5 - E6



4 Rep.  
Reg. 60"

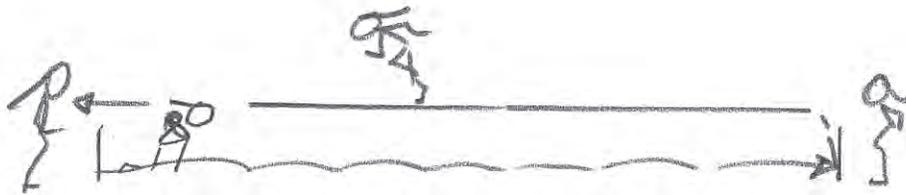


4 Rep.  
Reg. 60"

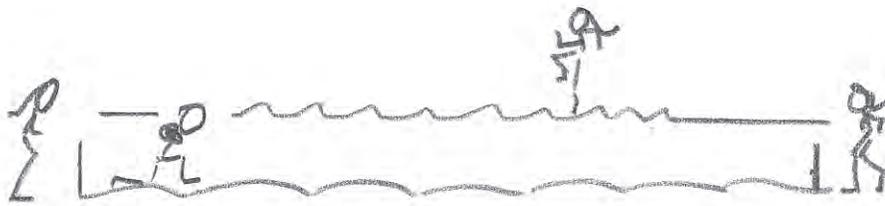


4 Rep.  
Reg. 60"

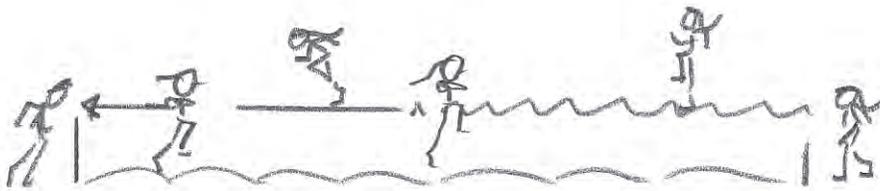
18 m



4 Rep.  
Reg. 60"



4 Rep.  
Reg. 60"

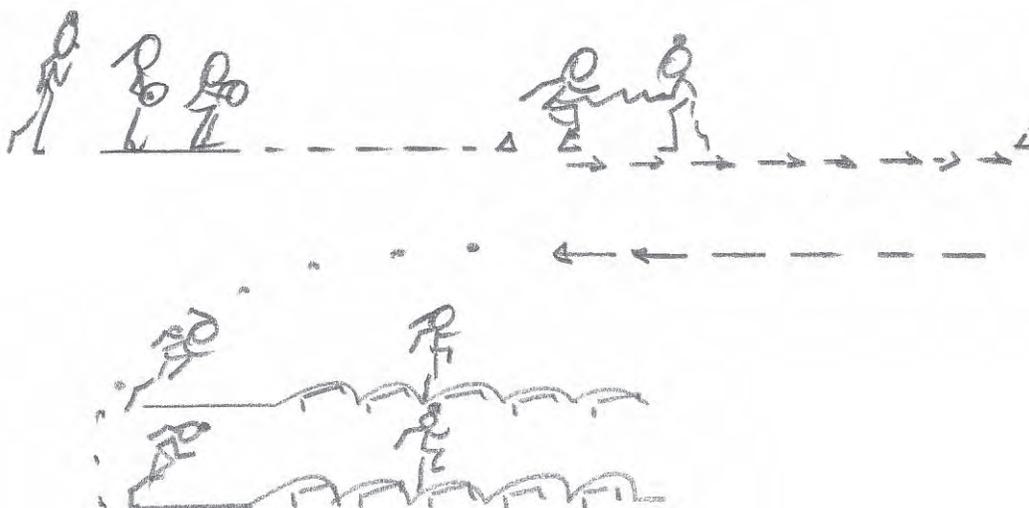


4 Rep.  
Reg. 60"

Parejas

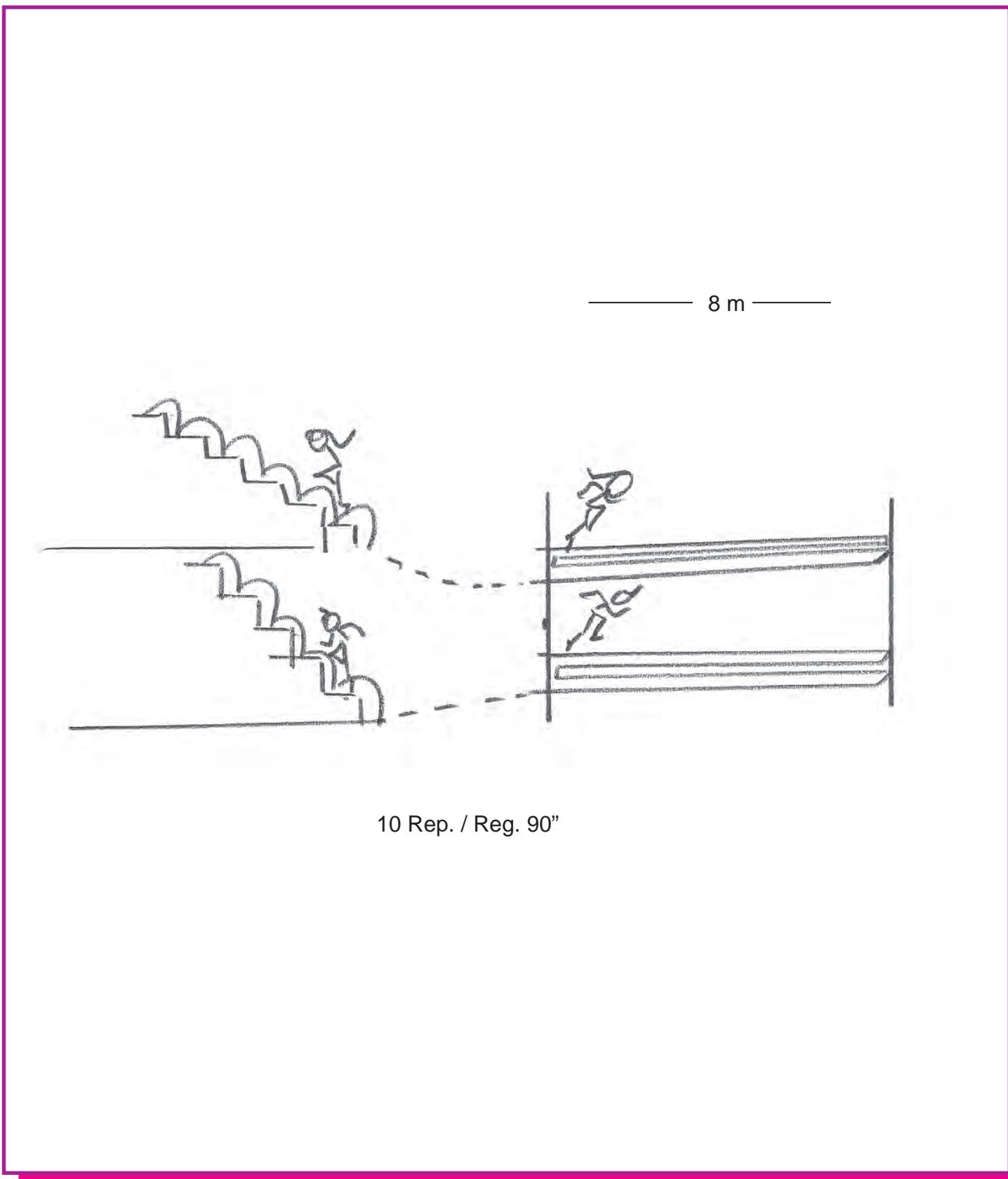
6 Rep.

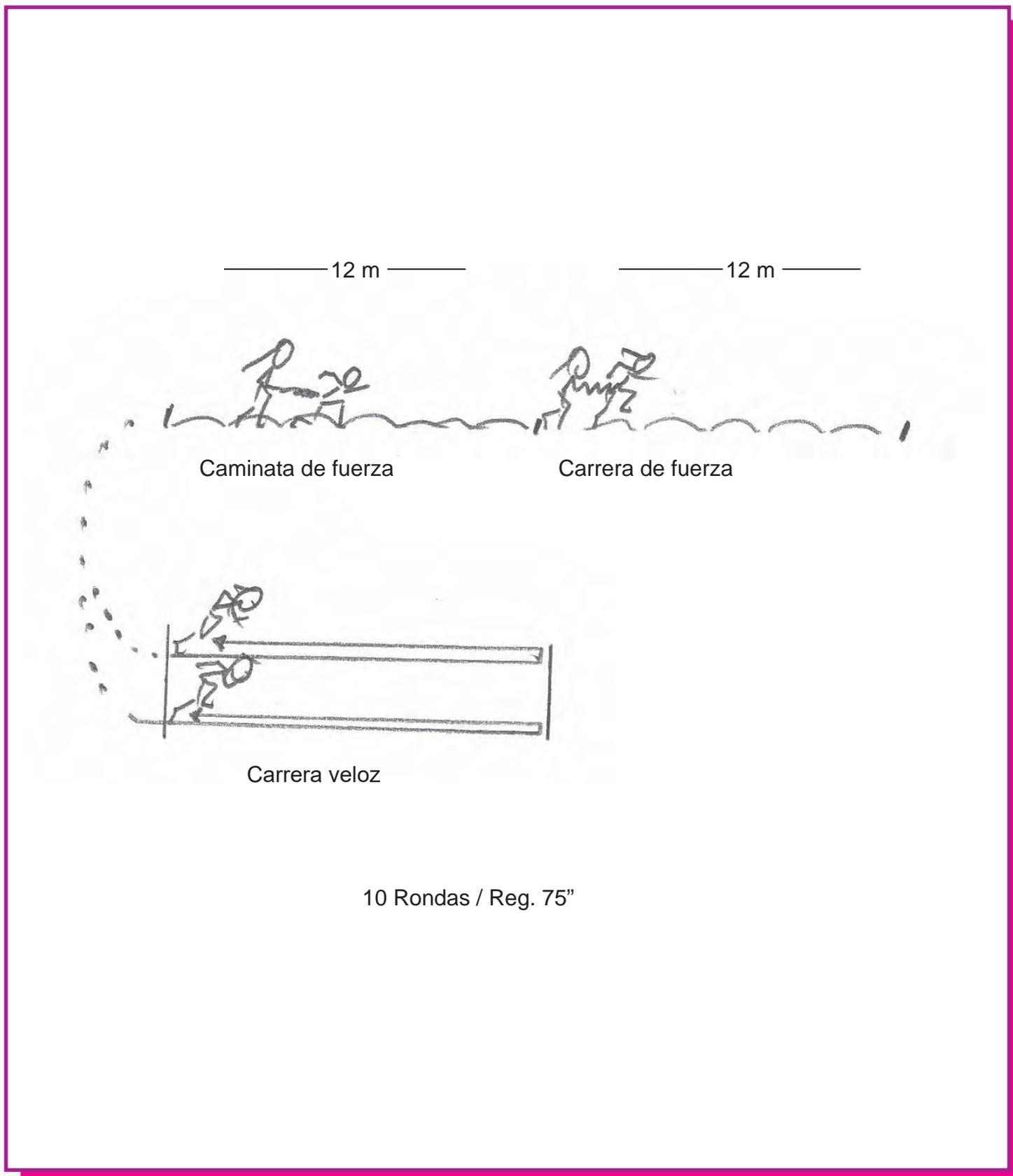
15 m

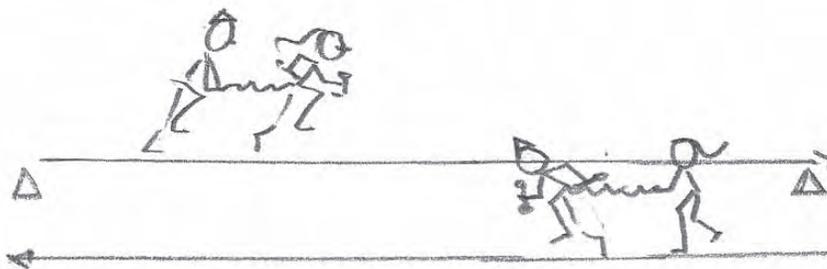


1.20 m de separación de vallas

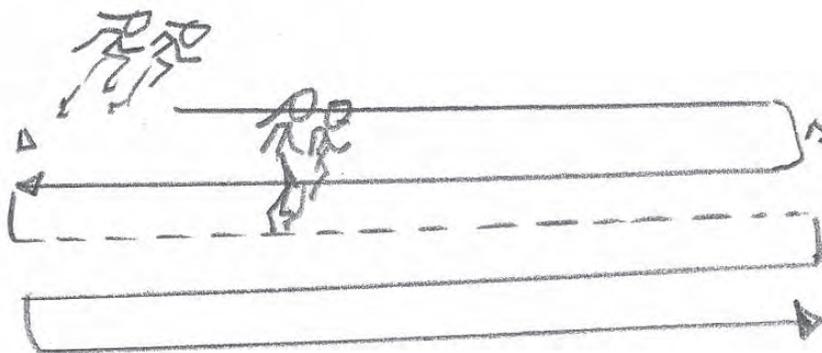
5 Rondas / Reg. 2'







5' Continuos  
1' Pausa de ejercicio



5' Continuos  
1' Pausa de ejercicio

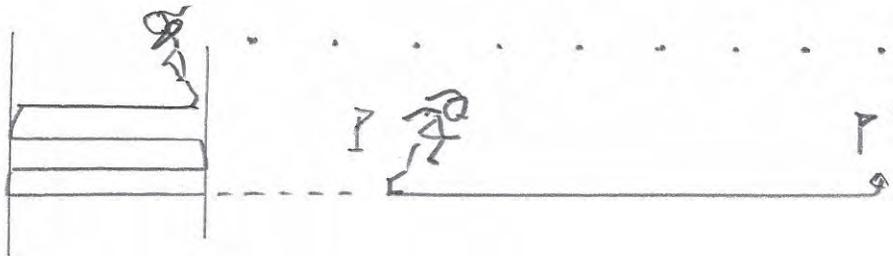


5' Continuos

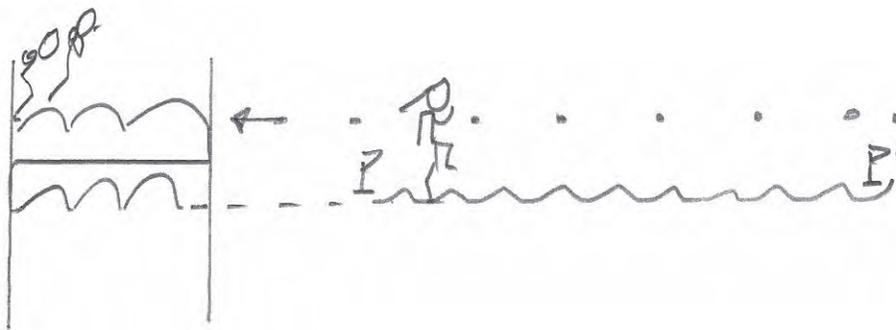
5 m

15 m

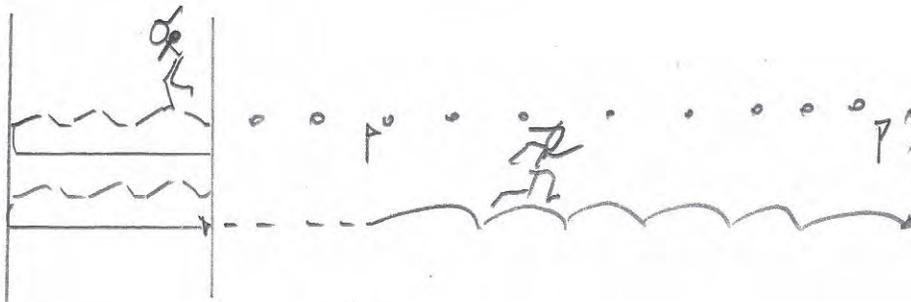
Bolsa de arena



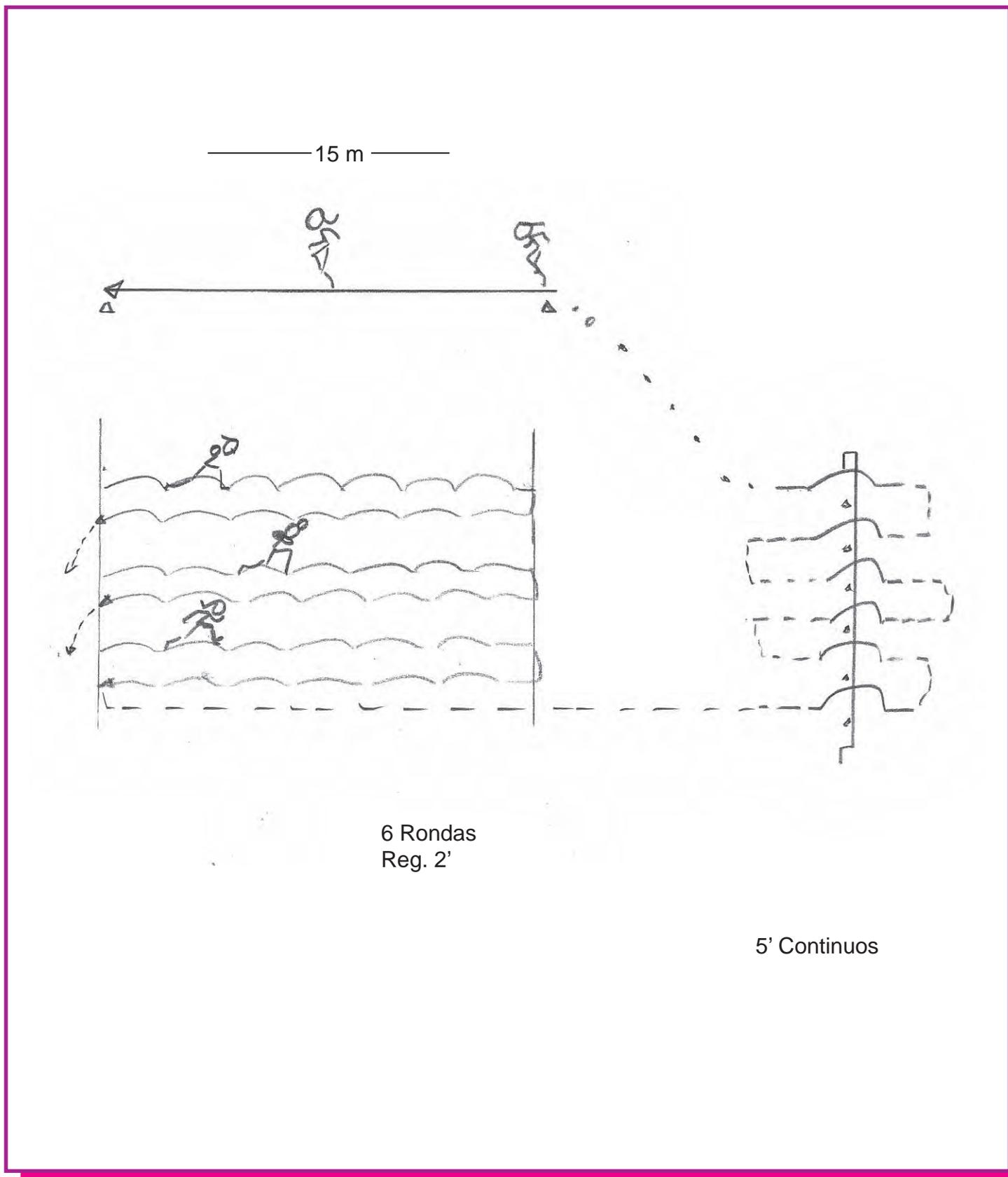
4 Rep.  
Reg. 75"

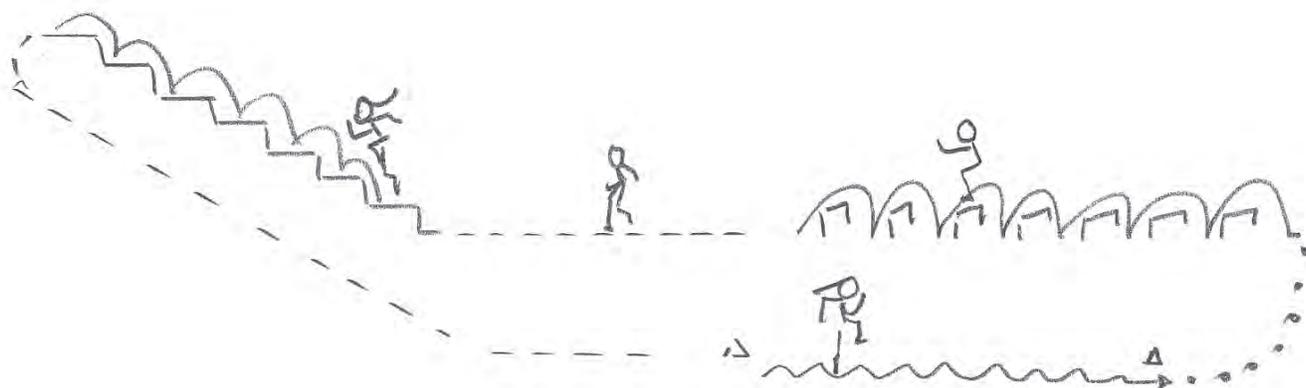


4 Rep.  
Reg. 75"



4 Rep.  
Reg. 75"

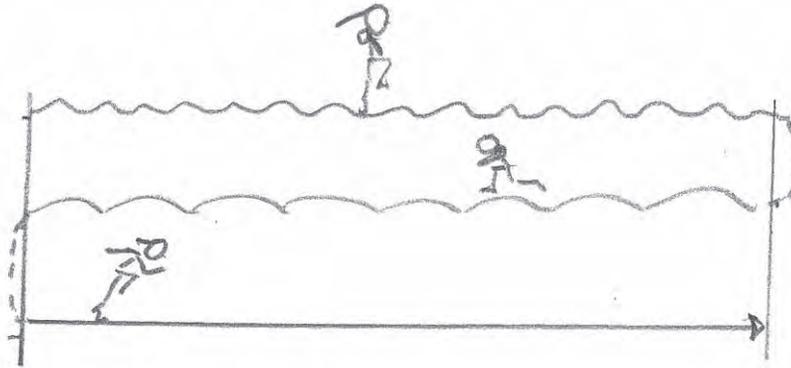




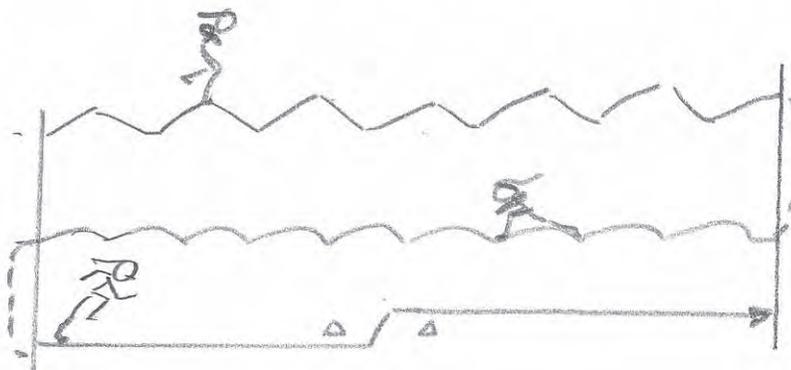
8 Rondas  
Reg. 90"

5' Continuos

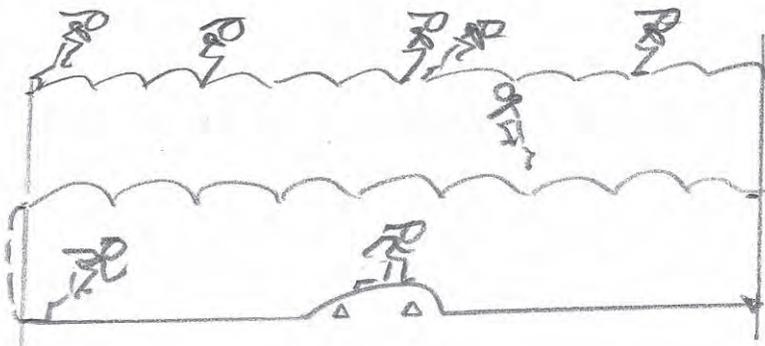
20 m



3 Rep.  
Reg. 90"



3 Rep.  
Reg. 90"



3 Rep.  
Reg. 90"