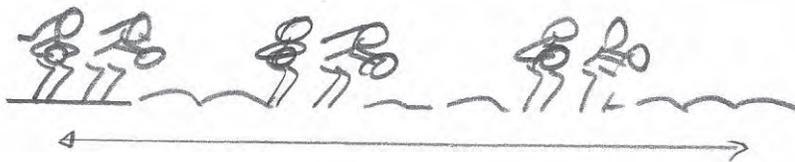
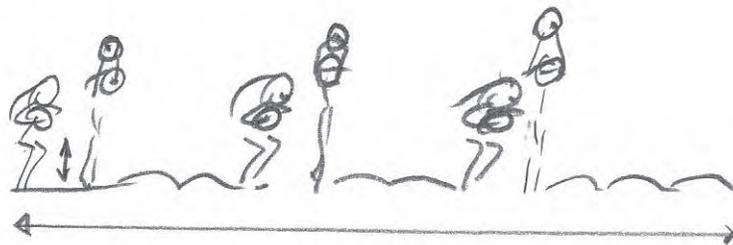


12 m

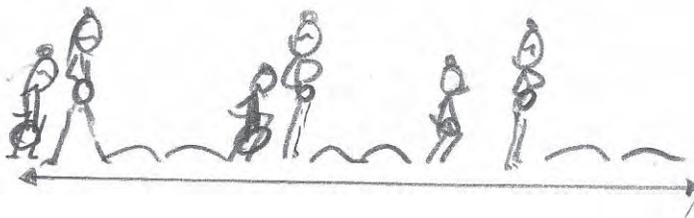
Disco de 5 - 10 Kg



4 x 20"  
Reg. 75"

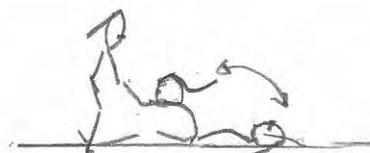


4 x 20"  
Reg. 75"



4 x 20"  
Reg. 75"

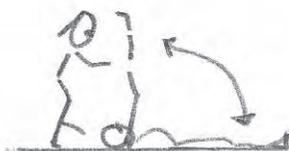
3 Repeticiones en cada posición



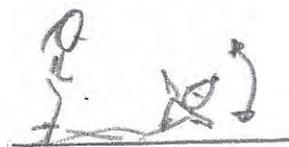
4 x 12 Rep.  
Reg. 45"



4 x 12 Rep.  
Reg. 45"



4 x 12 Rep.  
Reg. 45"

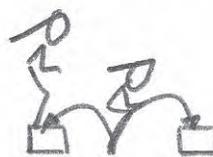


4 x 10 Rep.  
Izq./Der.  
Reg. 60"

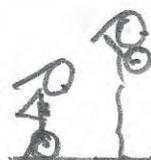
3 x 10 Rep.  
Reg. 2'



6 Rep.



3 x 6 Rep.  
Reg. 2'



30 Pasos



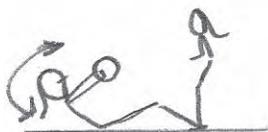
3 x 10 Rep.  
Reg. 2'



10 Rep.



Balón Medicinal o  
Disco de 3 kg.

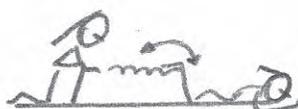


4 x 10 Rep.  
Reg. 45"



4 x 10 Rep.  
Reg. 45"

Liga

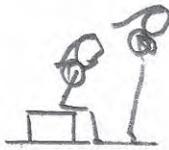


4 x 10 Rep.  
Reg. 45"



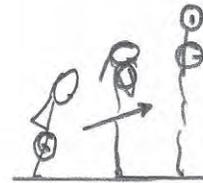
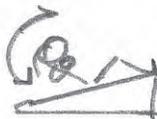
4 x 10 Rep.  
Reg. 45"

3 x 10 Rep.  
75% Int.



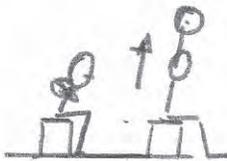
3 x 10 Rep.  
75% Int.

3 x 10 Rep.  
3 - 5 Kg.



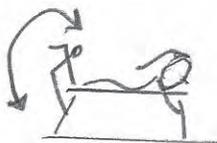
3 x 6 Rep.  
60% Int.

3 x 10 Rep.  
75% Int.



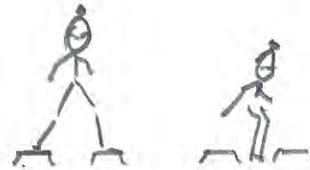
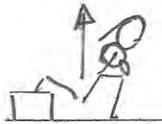
3 x 10 Rep.  
75% Int.

3 x 10 Rep.  
75% Int.



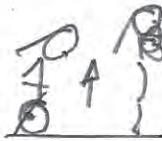
3 x 10 Rep.  
3 - 5 Kg.

3 x 6 Rep.  
Izq./Der.  
50% Int.



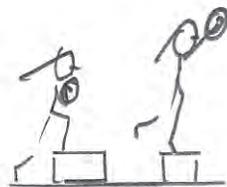
3 x 10  
Contactos

3 x 6 Rep.  
80% Int.



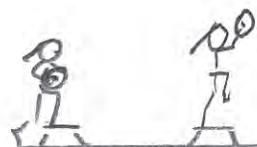
3 x 10 Rep.

3 x 60 Rep.  
5 - 10 Kg.



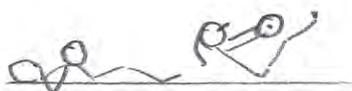
3 x 10 Rep.

3 x 20" T  
40" P



3 x 20" T  
40" P

3 x 20" T  
40" P



3 x 20" T  
40" P

3 x 20" T  
40" P



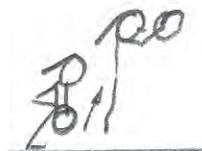
3 x 20" T  
40" P

3 x 20" T  
40" P



3 x 20" T  
40" P

3 x 20" T  
40" P



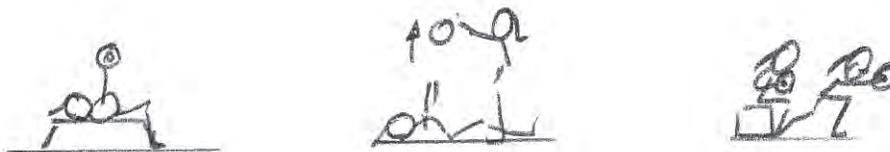
3 x 20" T  
40" P



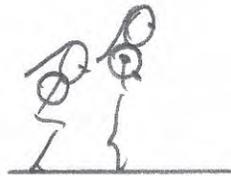
8 Rondas / 15" T + 20" P



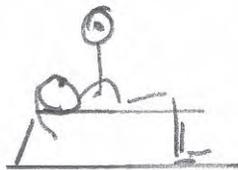
8 Rondas / 15" T + 20" P



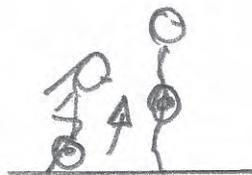
8 Rondas / 15" T + 20" P



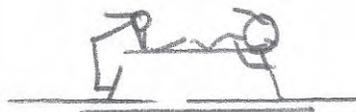
3 x 10 Rep.  
75% Int.  
Reg. 90"



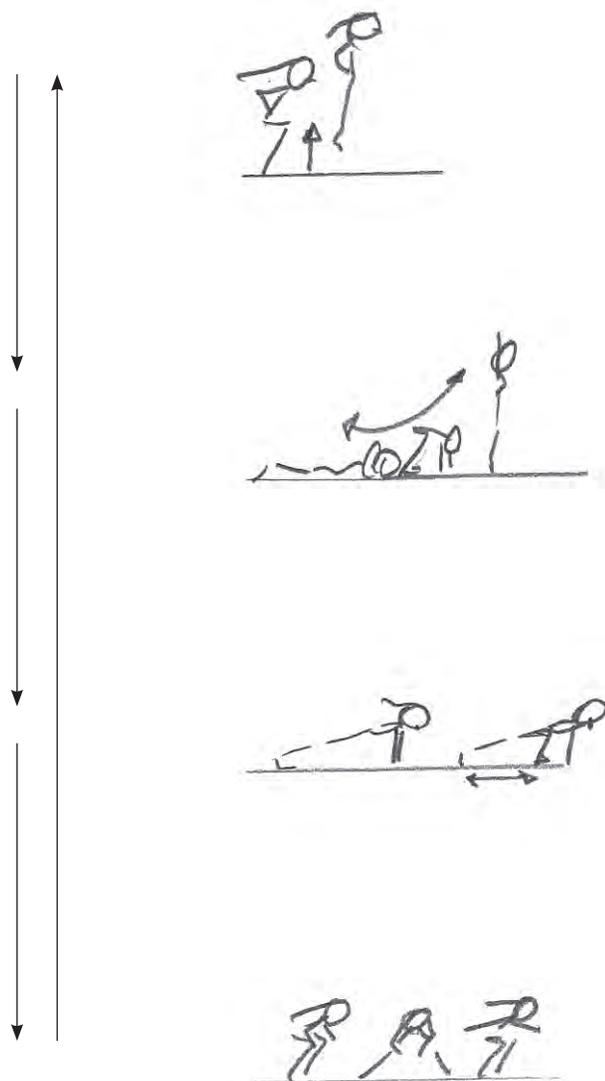
3 x 10 Rep.  
75% Int.  
Reg. 90"



3 x 10 Rep.  
75% Int.  
Reg. 90"



3 x 10 Rep.  
75% Int.  
Reg. 90"



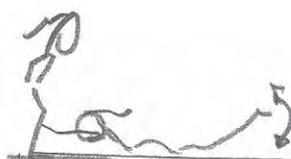
4 Rondas / 30" Trabajo / 15" Pausa



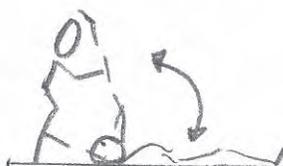
3 x 12 Rep.  
Pausa 30"



3 x 12 Rep.  
Pausa 30"



3 x 12 Rep.  
Pausa 30"



3 x 12 Rep.  
Pausa 30"

1



2



3

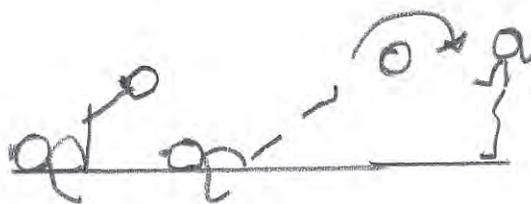
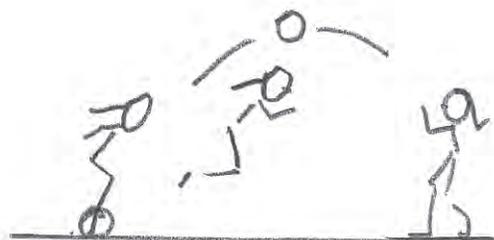
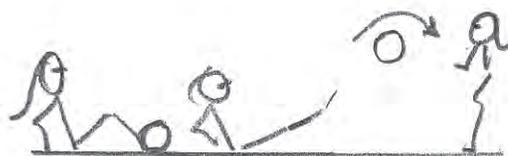


4



3 Series / 20" Trabajo + 40" Pausa  
x Ejercicio 1 - 2 - 3 - 4

Balón Medicinal

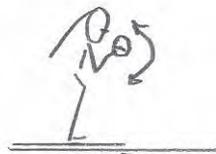


3 Series / 6 Rep. / Reg. 1'

1



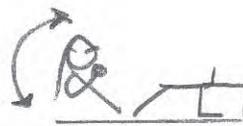
4



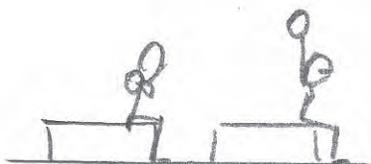
2



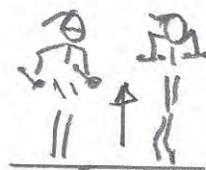
5



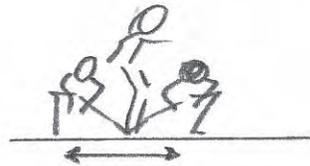
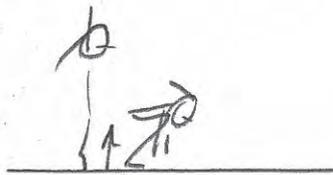
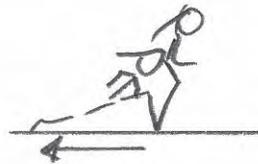
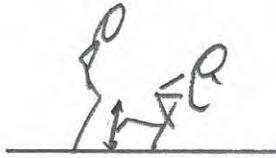
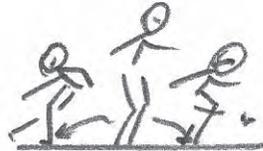
3



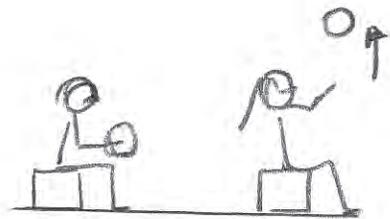
6



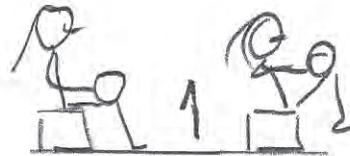
3 Series / 10 Rep. / Reg 1'  
x Ejercicio 1 - 2 - 3 - 4 - 5 - 6



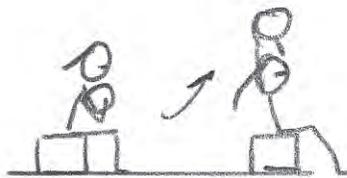
3 Rondas / 30" Trabajo + 15" Pausa



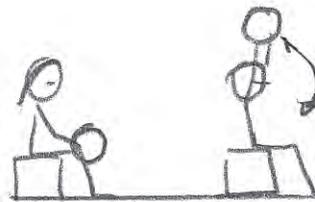
10 Rep.



10 Rep.



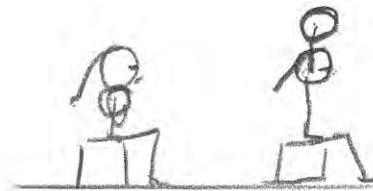
10 Rep.



10 Rep.

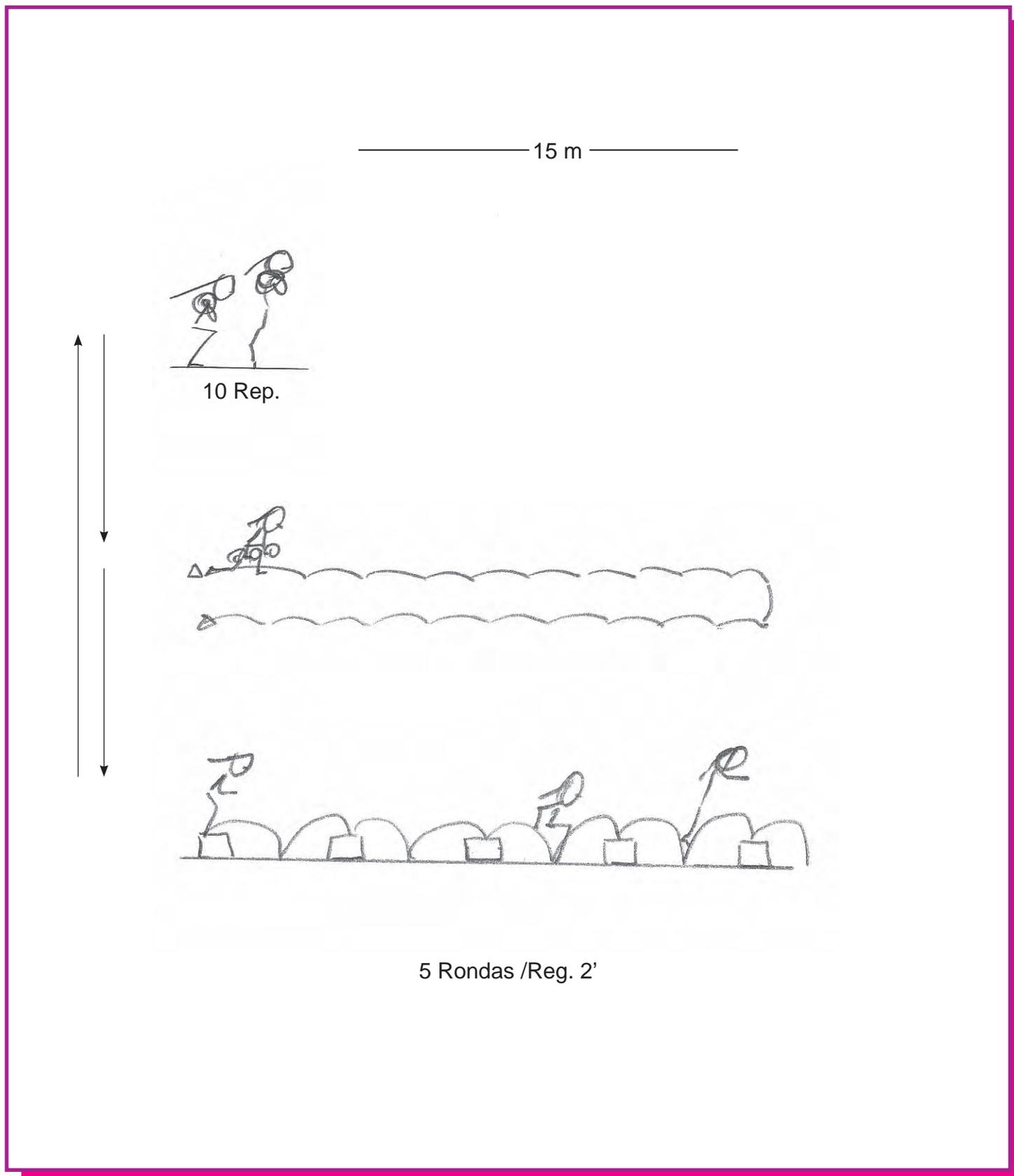


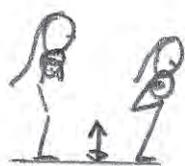
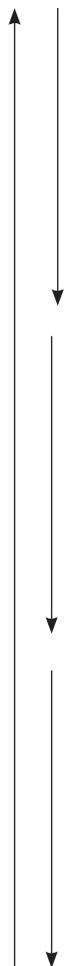
10 Rep.



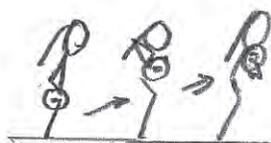
10 Rep.

5 Rondas /Reg. Aprox. 5'





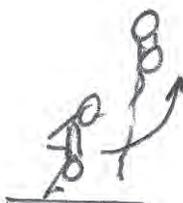
4 x10 Rep.  
Reg. 1'



4 x10 Rep.  
Reg. 1'



4 x10 Rep.  
Reg. 1'



4 x10 Rep.  
Reg. 1'



4 x10 Rep.  
Izq. - Der.  
Reg. 90"



4 x10 Rep.  
Reg. 75"



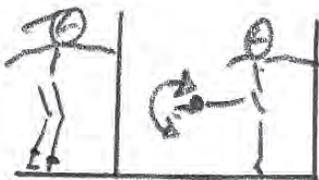
4 x10 Rep.  
Izq. - Der.



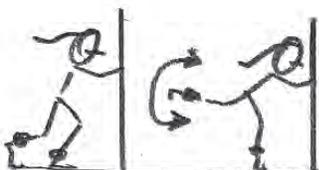
4 x10 Rep.  
Izq. - Der.



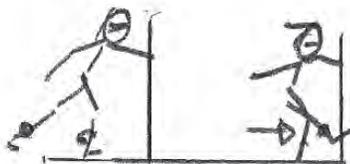
4 x10 Rep.  
Izq. - Der.



4 x10 Rep.  
Izq. - Der.



4 x10 Rep.  
Izq. - Der.



4 x10 Rep.  
Izq. - Der.

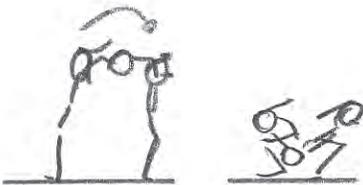
10 Rep.



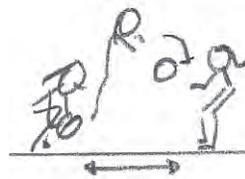
10 Rep.



10 Rep.



10 Rep.



10 Rep.

10 Rep.

10 Rep.

10 Rep.



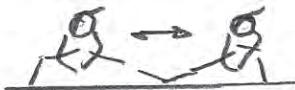
10 Rep.



10 Rep.



10 Rep.



10 Rep.



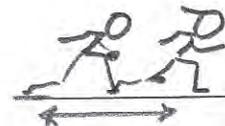
10 Rep.



10 Rep.



10 Rep.



10 Rep.



Rondas  
10 Rep. / Reg. 30"

10 Rep.



10 Rep.



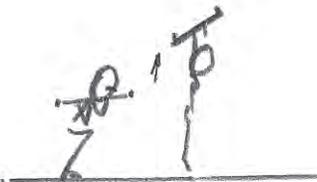
10 Rep.



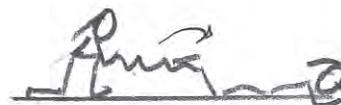
10 Rep.



10 Rep.



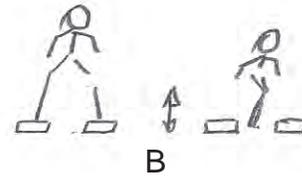
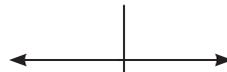
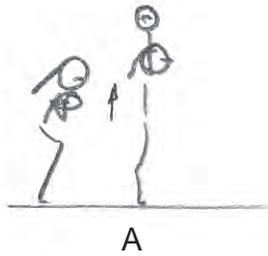
10 Rep.



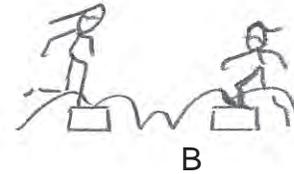
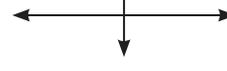
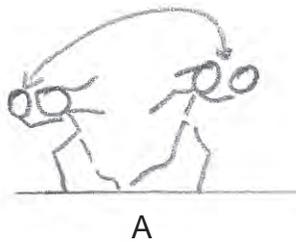
4 Rondas  
10 Rep. / Reg. 45"

Balón Medicinal

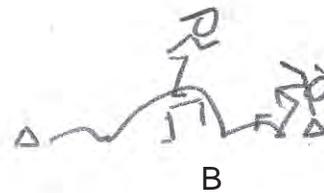
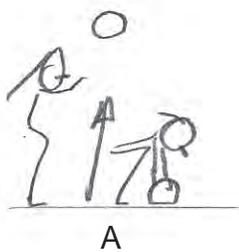
3 Rondas  
15" Trabajo  
30" Pausa  
x A - B



3 Rondas  
15" Trabajo  
30" Pausa  
x A - B

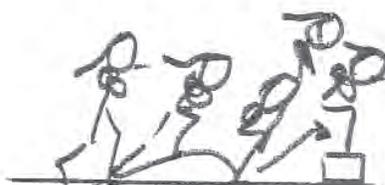


3 Rondas  
15" Trabajo  
30" Pausa  
x A - B





3 x 10 Rep.  
Reg. 60"



3 x 10 Rep.  
Reg. 60"



3 x 10 Rep.  
Reg. 60"



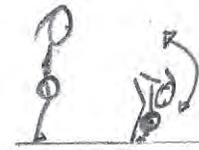
3 x 10 Rep.  
Reg. 60"



A

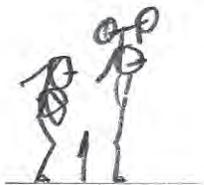


B

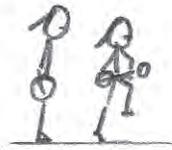


C

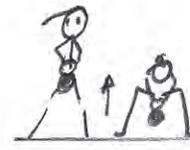
3 x 10 Rep.  
x A - B - C  
Reg. 90"



A



B

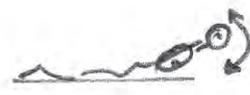


C

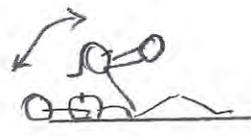
3 x 10 Rep.  
x A - B - C  
Reg. 90"



A

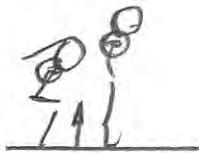


B



C

3 x 10 Rep.  
x A - B - C  
Reg. 90"



A

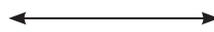


B

3 x 10 Rep.  
x A - B  
Reg. 90"



A



B

3 x 10 Rep.  
x A - B  
Reg. 90"

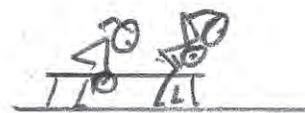


A



B

3 x 10 Rep.  
x A - B  
Reg. 90"

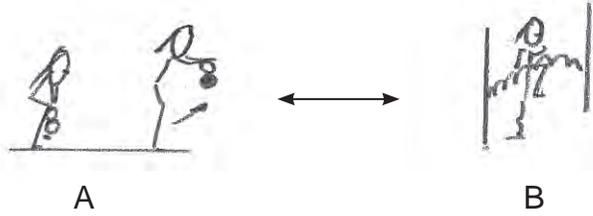


A

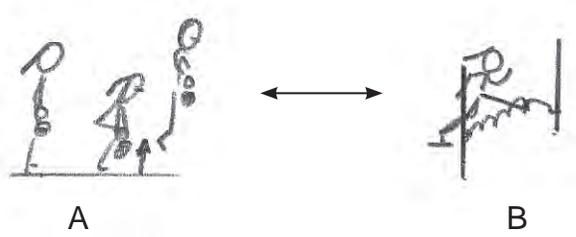


B

3 x 10 Rep.  
x A - B  
Reg. 90"



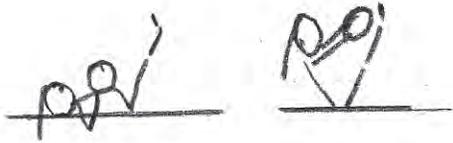
4 x 10 Rep. - A  
4 x 20 Rep. - B  
Reg. 75"



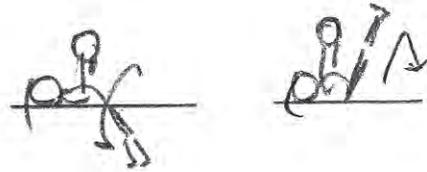
4 x 10 Rep. - A  
4 x 20 Rep. - B  
Reg. 75"



4 x 10 Rep. - A  
4 x 20 Rep. - B  
Reg. 75"



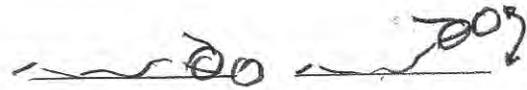
3 X 20" Trabajo  
40" Pausa



3 X 20" Trabajo  
40" Pausa



3 X 20" Trabajo  
40" Pausa



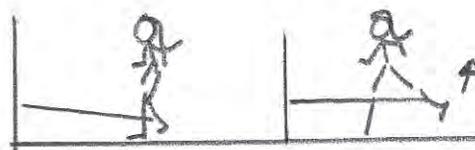
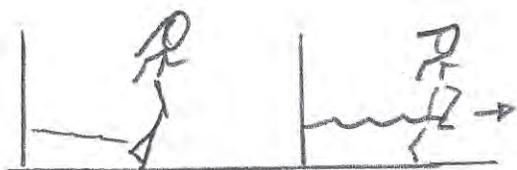
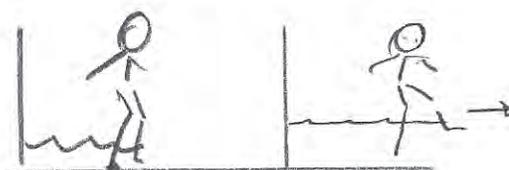
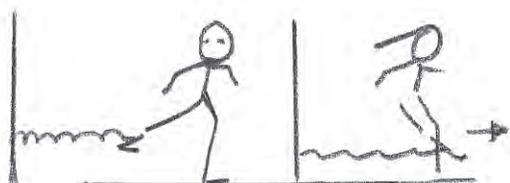
3 X 20" Trabajo  
40" Pausa



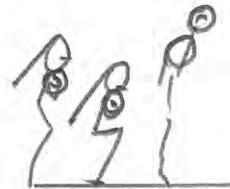
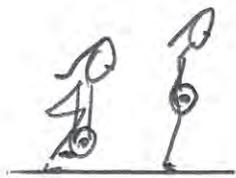
3 X 20" Trabajo  
40" Pausa



3 X 20" Trabajo  
40" Pausa



3 Series / 10 Rep. / Iqz. - Der. / Reg. 60"



Disco 10 Kg. 3 x 20" / Reg. 1'



Mancuernas 3 x 20" / Reg. 1'



Barra 12 - 14 Kg. 3 x 20" / Reg. 1'



20" Trabajo  
40" Pausa



20" Trabajo  
40" Pausa



20" Trabajo  
40" Pausa



20" Trabajo  
40" Pausa



20" Trabajo  
40" Pausa



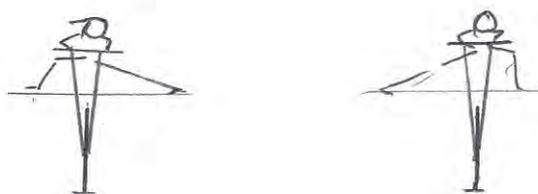
20" Trabajo  
40" Pausa



4 x 20 Rep.  
Reg. 75"

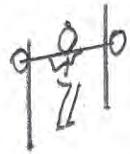


4 x 20 Rep.  
Reg. 75"



4 x 20 Rep.  
Reg. 75"

3 x 10 Rep.  
x A - B - C



A



B



C

3 x 10 Rep.  
x A - B - C



A



B



C

3 x 10 Rep.  
x A - B - C



A



B



C

4 x 10 Rep.  
Reg. 75"



4 x 10 Rep.  
Reg. 75"



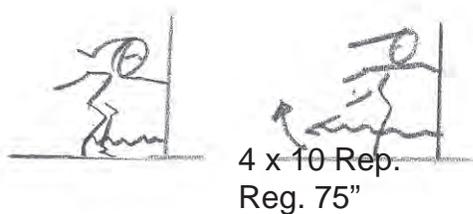
4 x 10 Rep.  
Reg. 75"



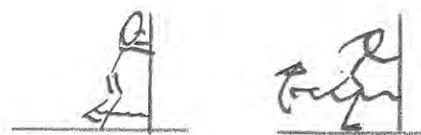
4 x 6 Rep.  
Reg. 75"



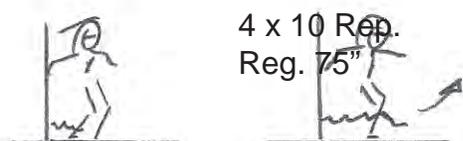
1



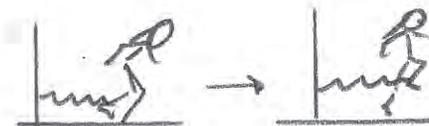
3



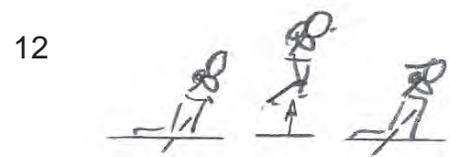
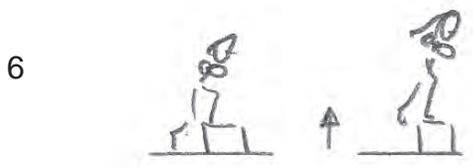
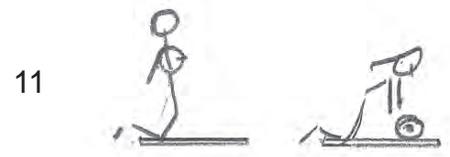
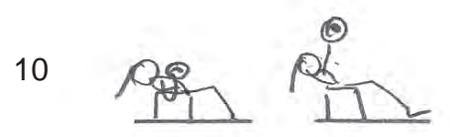
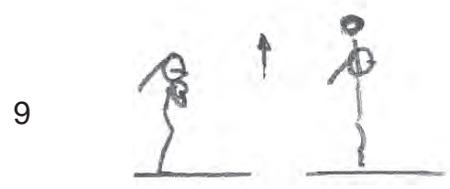
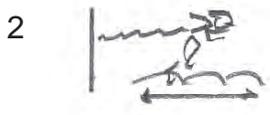
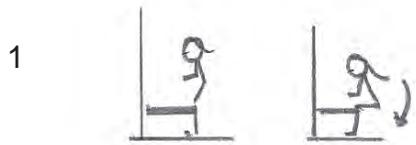
2



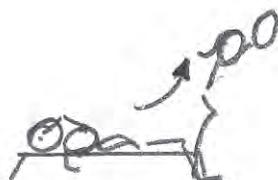
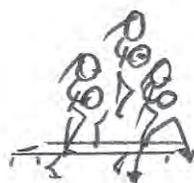
4



2 Rondas (1 - 2 - 3- 4)  
20" Trabajo con cada pierna  
30" Pausa entre series

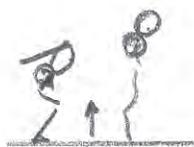


2 Rondas - 20" Trabajo + 40" Pausa



3 Rondas - 15" Trabajo + 45" Pausa

1



4



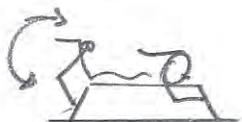
2



5



3



6

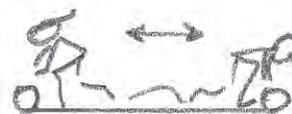
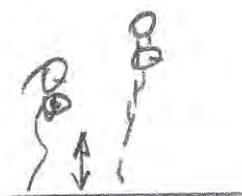
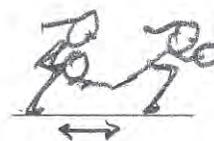


3 Rondas (1 - 2 - 3 - 4 - 5 - 6)  
15" Trabajo  
45" Pausa

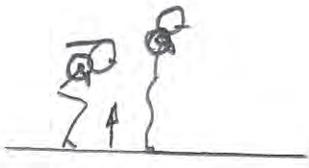
Mancuerna



Balón Medicinal



3 Rondas - 20" Trabajo + 40" Pausa



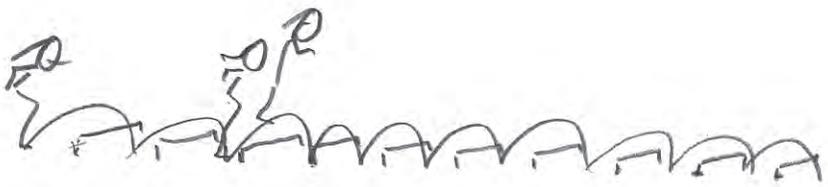
4 x 10 Rep.  
40 - 50%  
Reg.1'



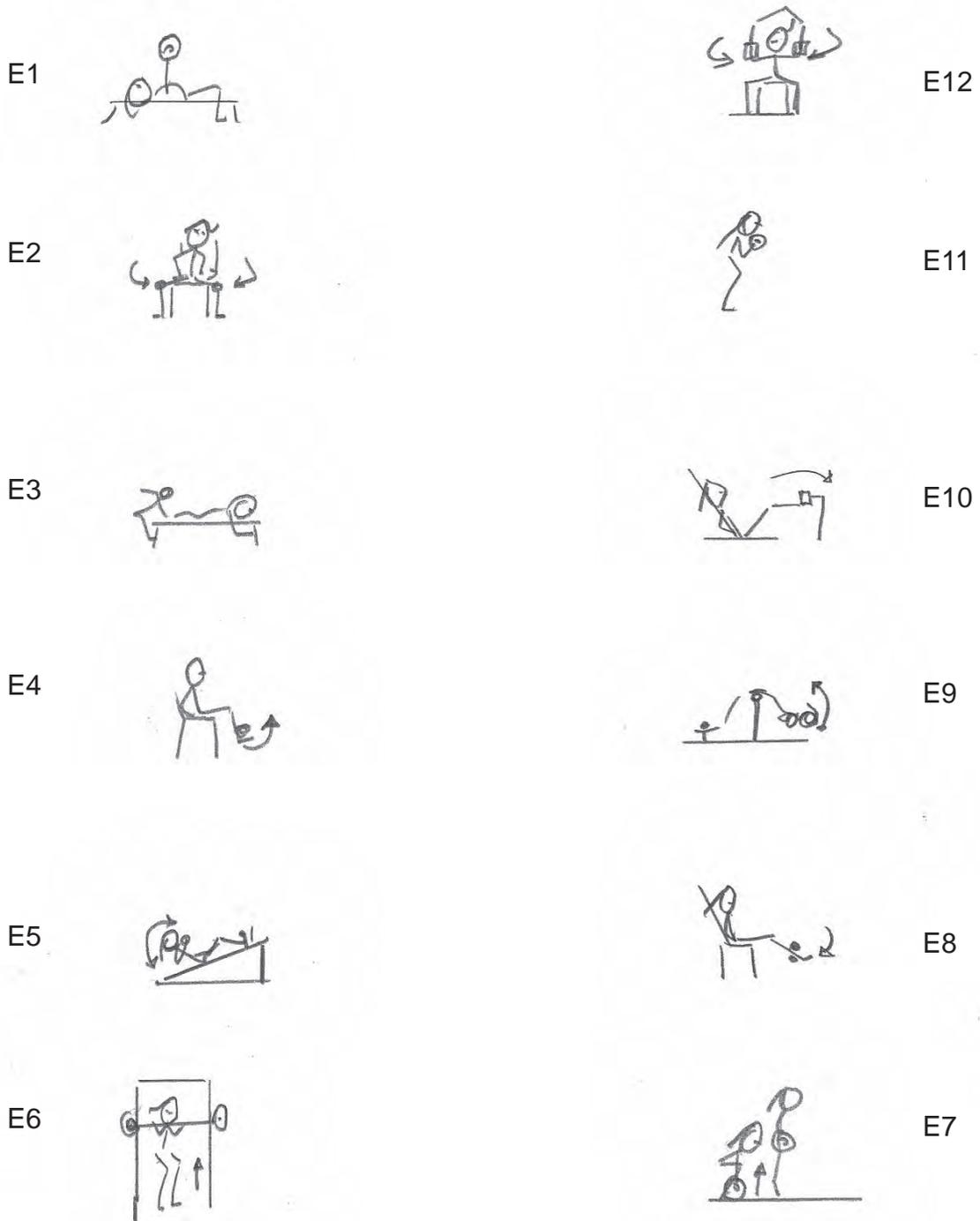
4 x 10 Rep.  
10 - 15 Kg  
Reg.1'



4 x 10 Contactos  
10 Kg  
Reg.1'



4 x 10 Contactos  
Reg.1'



2 x 10 Rep. x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8 - E9 - E10 - E11 - E12

Isquiotibiales

1



Glúteos

7



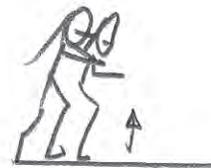
Psoas

2



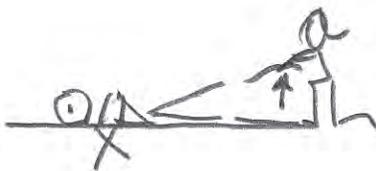
Cuadriceps

6



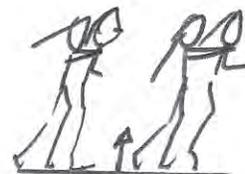
Abductores

3



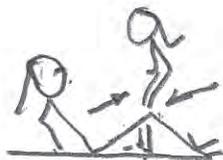
Gastrocnemio / gemelo

5



Aductores

4



2 x 10 Rep.

Parejas

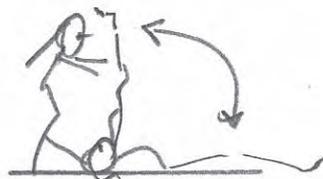
1



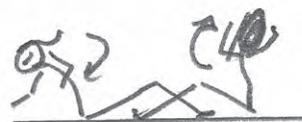
4



2



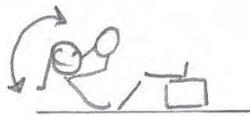
3



3 x 12 Rep. x E1 - E2 - E3 - E4



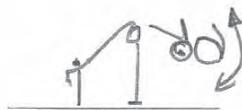
3 x 10 Rep.  
40 - 50%  
Veloz  
Lento



3 x 10 Rep.  
3 Kg  
Veloz  
Lento



3 x 10 Rep.  
40 - 50%  
Veloz  
Lento



3 x 10 Rep.  
3 Kg



3 x 10 Rep.  
40 - 50%  
Veloz  
Lento

Barra ligera



3 x 6 Rep.  
Reg. 1'



3 x 8 Rep.  
Reg. 1'

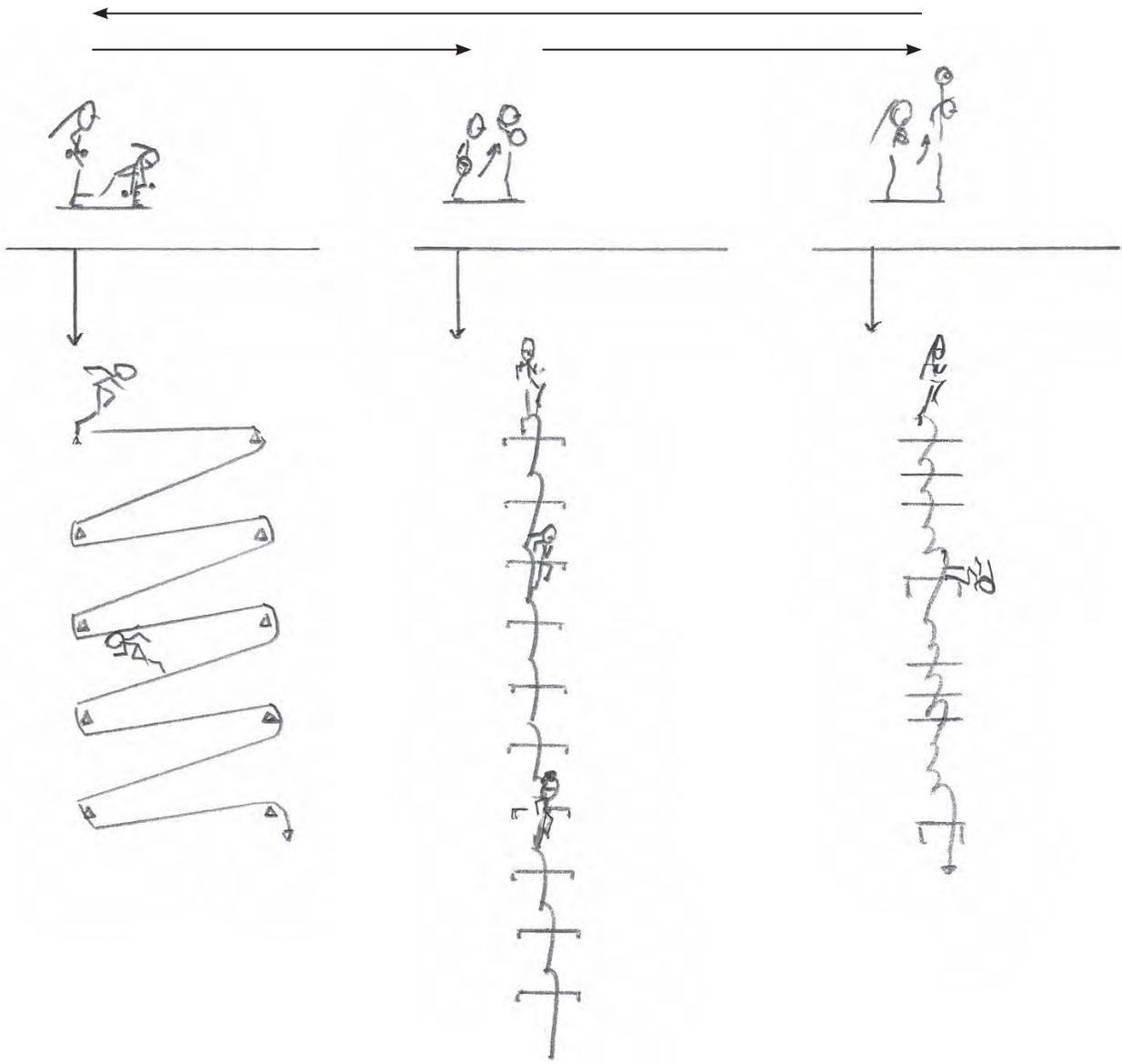


3 x 2 Rep.  
Reg. 1'

Barra ligera



3 x 6 Rep.  
Reg. 1'



5 Rondas  
reg. 2'30"

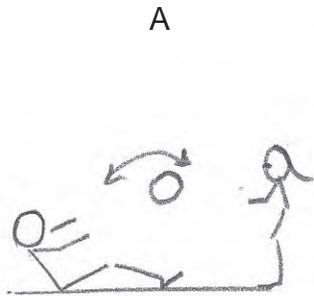
10 Rep.

5 Rondas  
reg. 2'30"

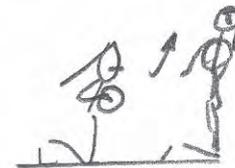
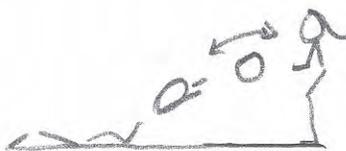
6 Rep.

5 Rondas  
reg. 2'30"

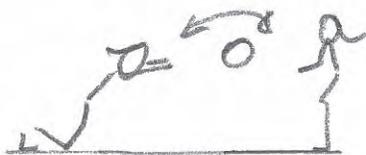
6 Rep.



3 Series  
10 Rep.  
A - B

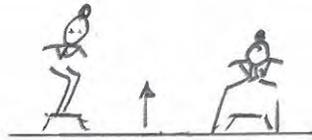


3 Series  
10 Rep.  
A - B

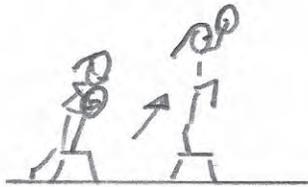


3 Series  
10 Rep.  
A - B

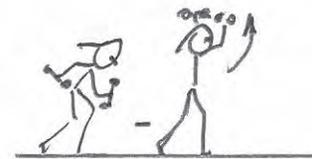
E1



E2



E8



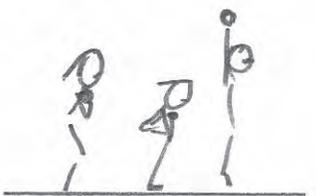
E3



E7



E4



E6

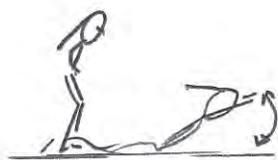


E5

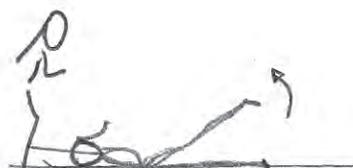


3 X 20" de trabajo + 40" de pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

E1



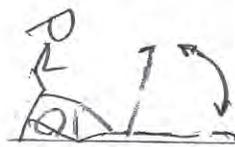
E4



E2



E5



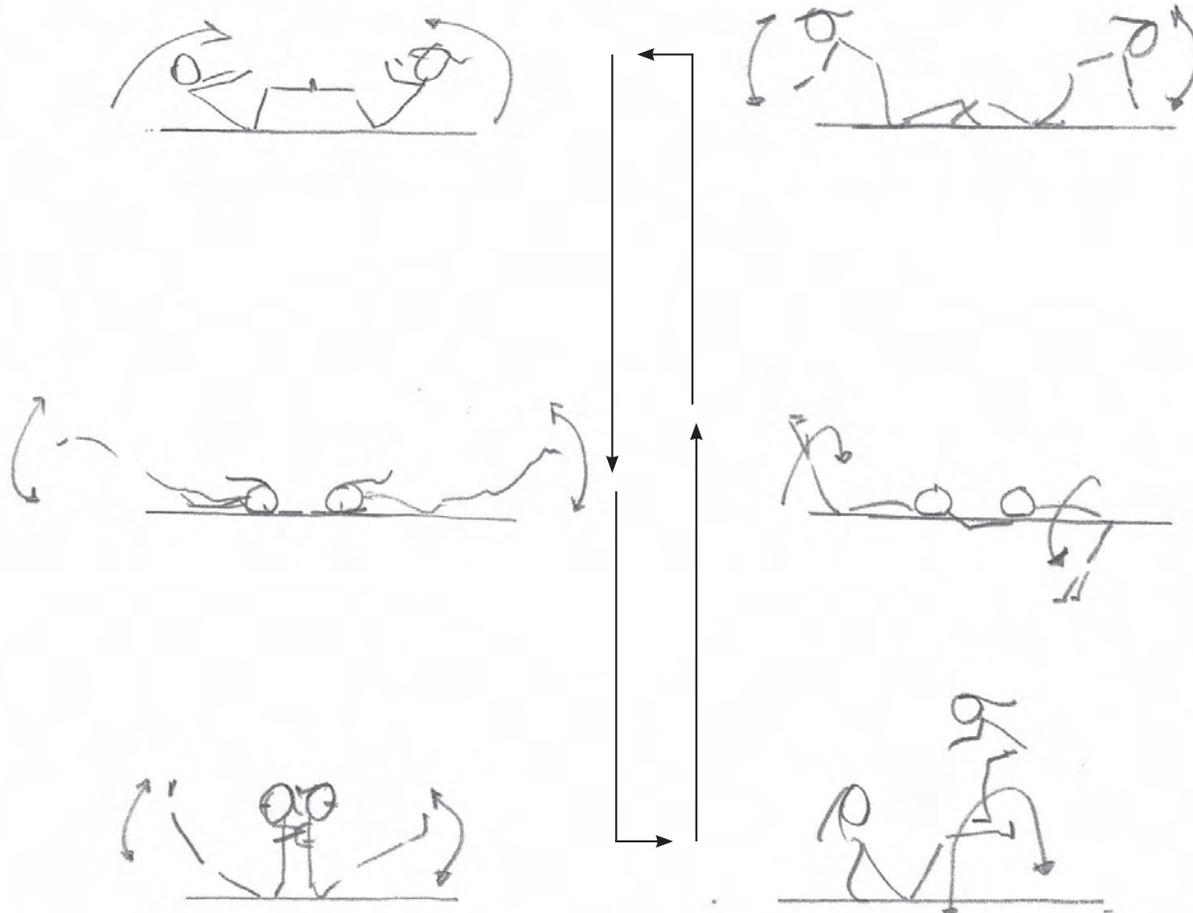
E3



E6



3 X 20" de trabajo + 40" de pausa  
x E1 - E2 - E3 - E4 - E5 - E6



8 Rondas / 15 Rep. / Reg. 45"

A

B

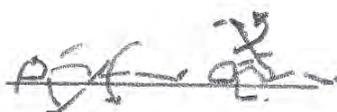
C



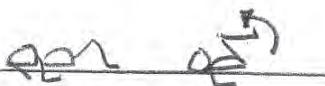
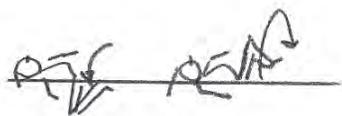
3 X 10 Rep.  
A - B - C  
Reg. 1'



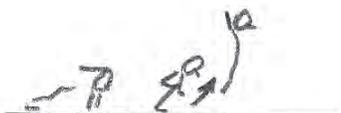
3 X 10 Rep.  
A - B - C  
Reg. 1'



3 X 10 Rep.  
A - B - C  
Reg. 1'

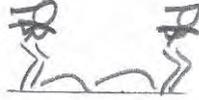


3 X 10 Rep.  
A - B - C  
Reg. 1'

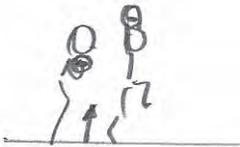


3 X 10 Rep.  
A - B - C  
Reg. 1'

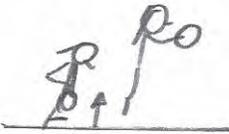
Bolsa de arena



Disco 5 - 10 Kg



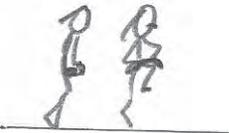
Balón Medicinal



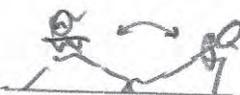
Mancuerna



Bolsa de arena

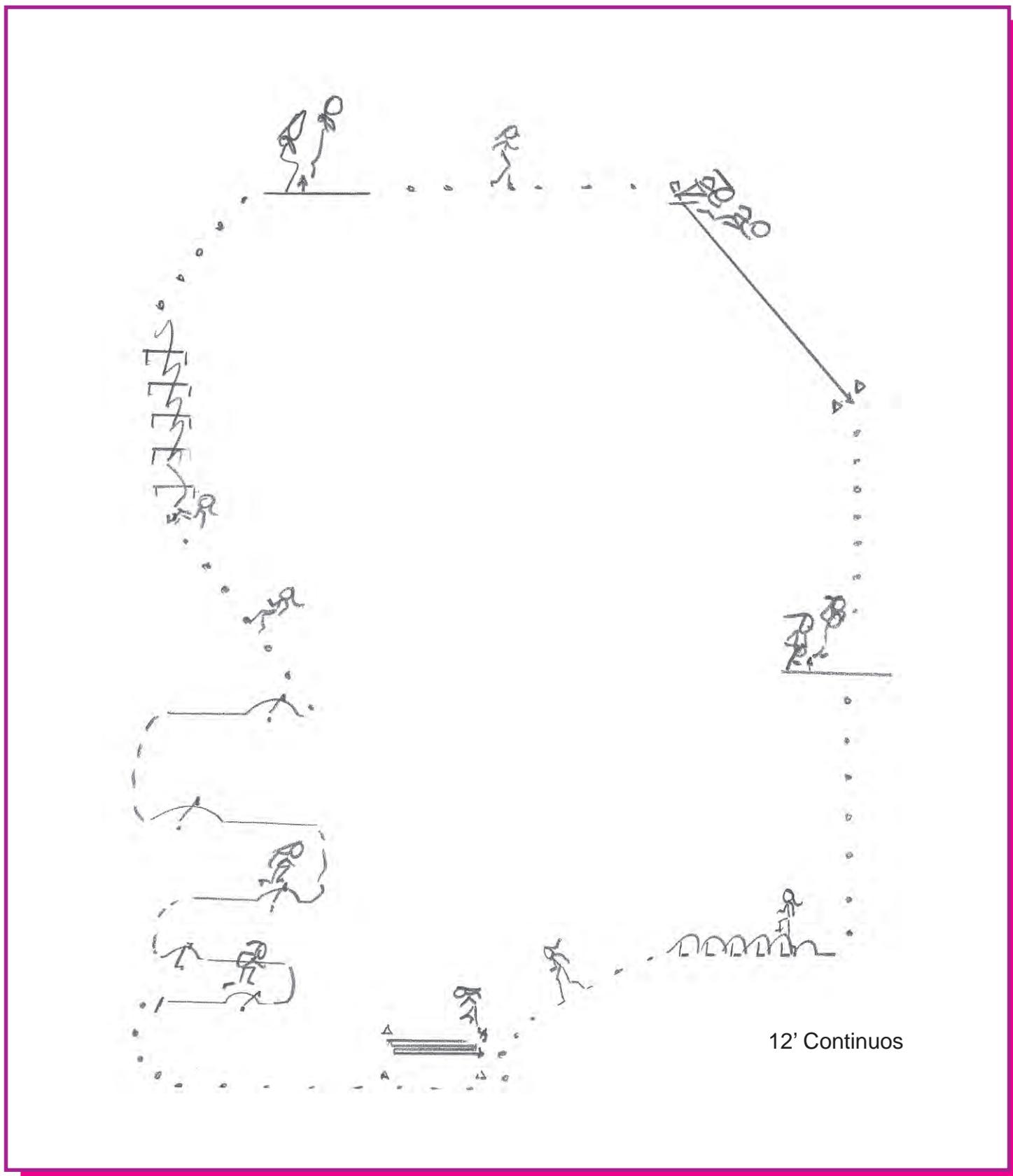


Bolsa de arena



3 x

30" Trabajo  
45" Pausa



E1



+



E2



+



E3



+

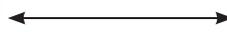
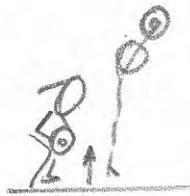


4 Series / 10 Rep. + 3 saltos  
x E1 - E2 - E3

Balón medicinal  
Disco

A

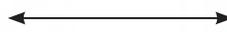
B



15"

15"

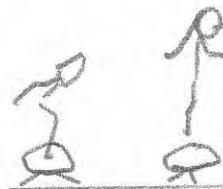
3 Series / 75"



15"

15"

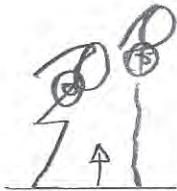
3 Series / 75"



15"

15"

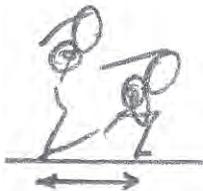
3 Series / 75"



10 Rep.



2 Rep.

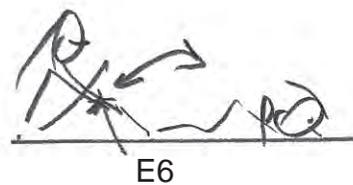
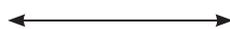
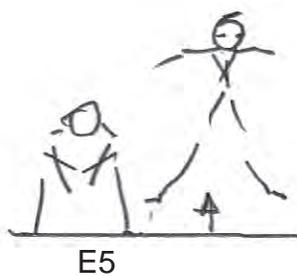
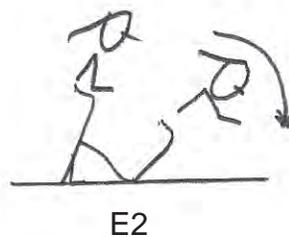


10 Rep.



2 Rep.

6 Rondas  
Reg. 4'



2 x 20" Trabajo / Reg. 60"  
x E1 - E2 / E3 - E4 / E5 - E6



3 X 10 Rep.  
40%



3 X 4 Rep.



3 X 10 Rep.  
40%



3 X 6 Rep.



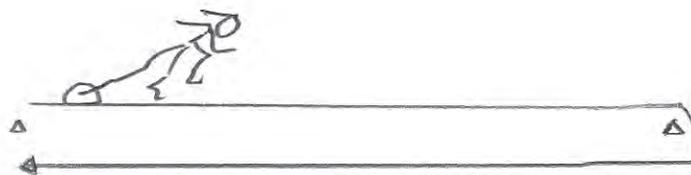
3 X 10 Rep.  
40%



3 X 6 Rep.



10 Rep.

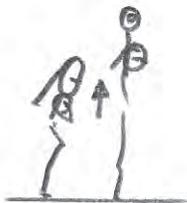


30 m.

6 contactos



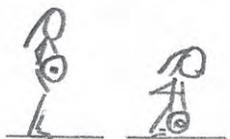
x 6



6 Rep.

Disco de 5 a 10 kg

1



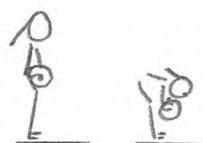
4



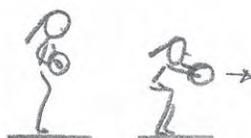
2



5



3



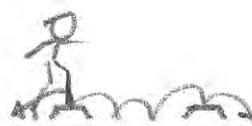
6



2 x 20" trabajo + 40" pausa  
x 1 - 2 - 3 - 4 - 5 - 6



4 x 10 Rep.



6 Rep.



4 x 6 Rep.



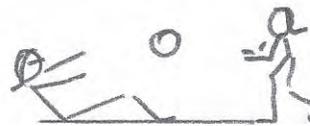
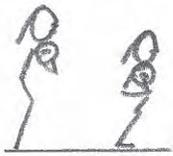
10 Rep.



4 x 6 Rep.



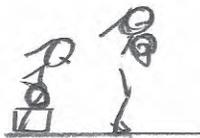
10 Rep.



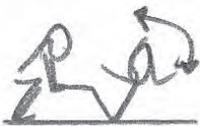
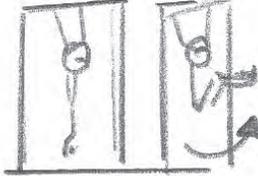
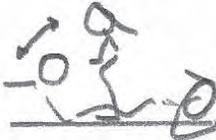
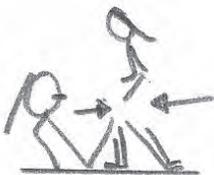
4 Rondas  
20" Trabajo  
40" Pausa



4 Rondas  
20" Trabajo  
40" Pausa



4 Rondas  
20" Trabajo  
40" Pausa

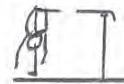
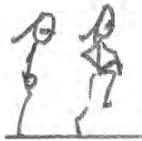
		3 Rondas 20" Trabajo 40" Pausa
		3 Rondas 20" Trabajo 40" Pausa
		3 Rondas 20" Trabajo 40" Pausa
		3 Rondas 20" Trabajo 40" Pausa



3 Rondas  
20" Trabajo  
40" Pausa



3 Rondas  
20" Trabajo  
40" Pausa



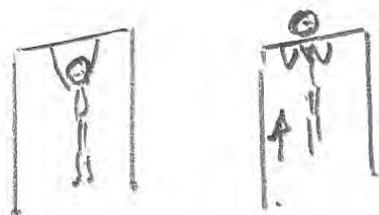
3 Rondas  
20" Trabajo  
40" Pausa



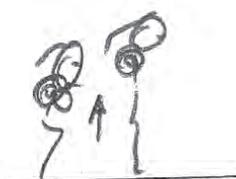
3 Rondas  
20" Trabajo  
40" Pausa



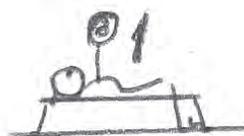
3 Rondas  
20" Trabajo  
40" Pausa



3 x 10 Rep.  
Reg. 1'



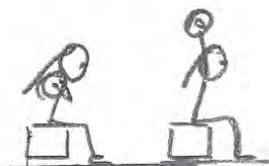
3 x 10 Rep.  
Reg. 1'



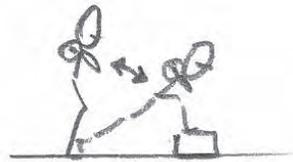
3 x 10 Rep.  
Reg. 1'



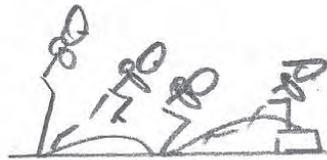
3 x 10 Rep.  
Reg. 1'



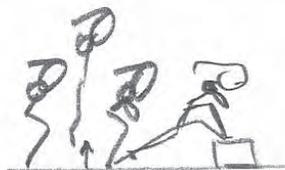
3 x 10 Rep.  
Reg. 1'



3 Series  
30" Trabajo  
45" Pausa



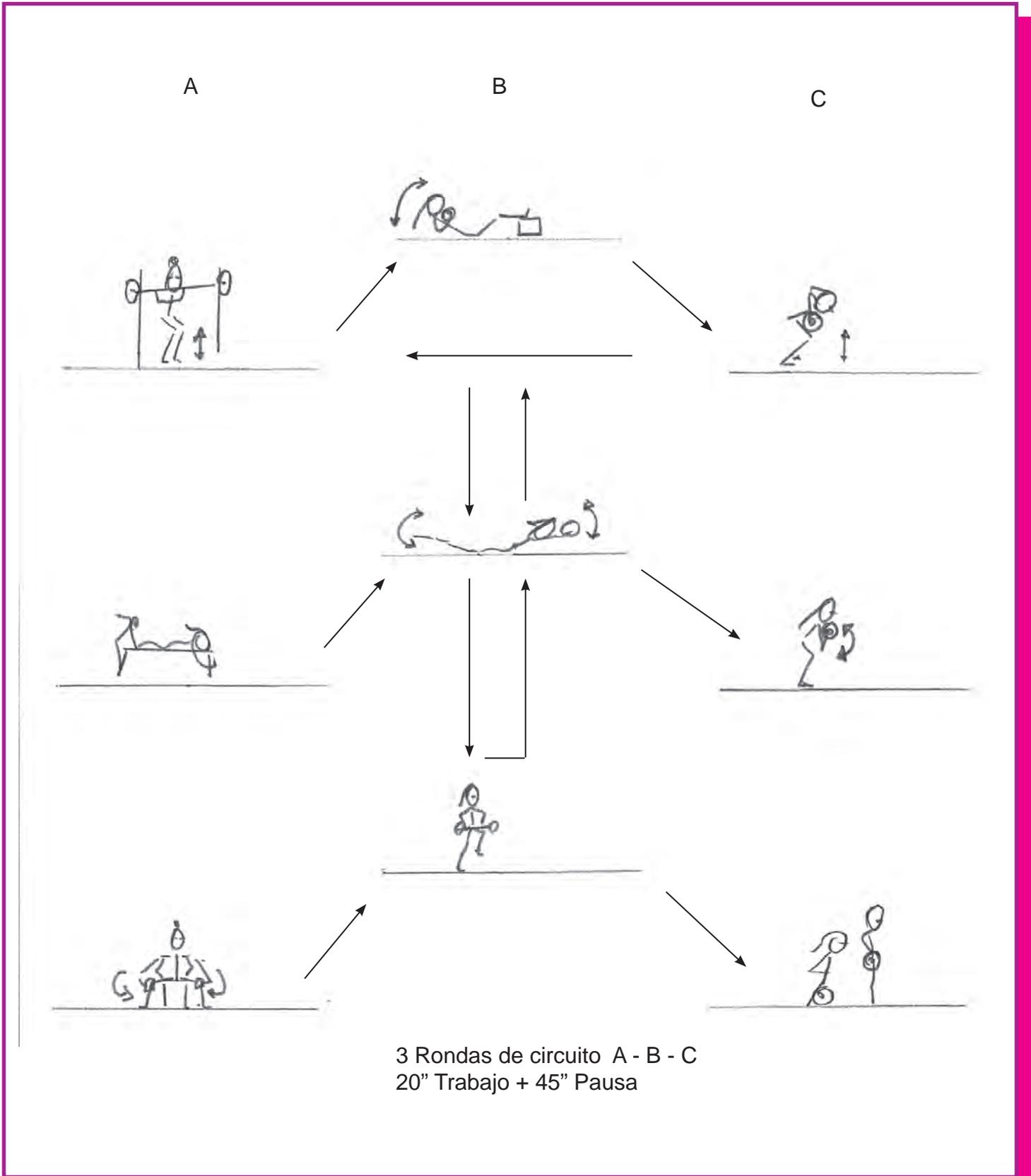
3 Series  
30" Trabajo  
45" Pausa



3 Series  
30" Trabajo  
45" Pausa



3 Series  
30" Trabajo  
45" Pausa





3 x 10 Rep. 30" P.



5 Rep. Izq - Der 30" P.



3 Rep.



3 x 10 Rep. 30" P.



5 Rep. Izq - Der 30" P.



3 Rep.



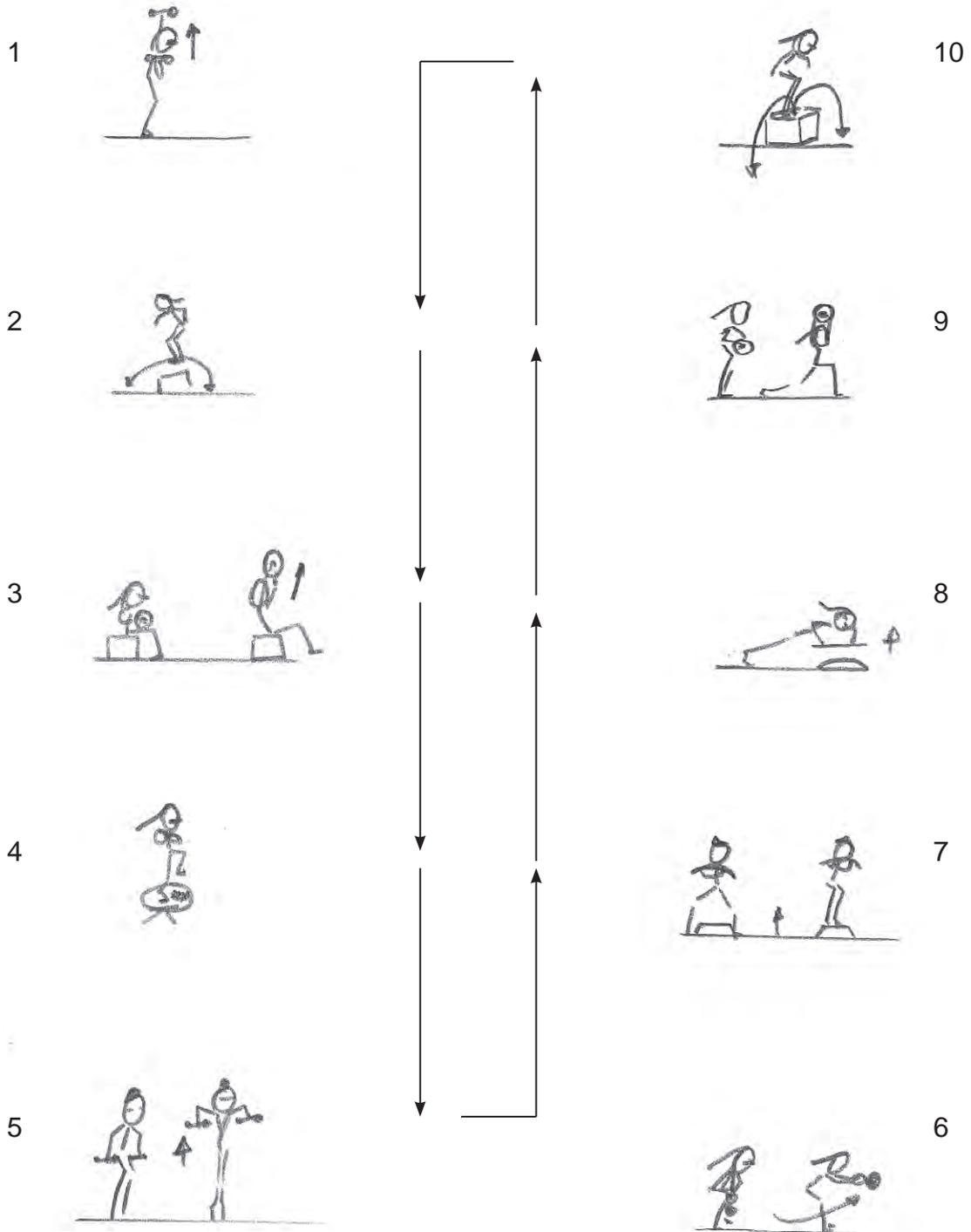
3 x 10 Rep. 30" P.



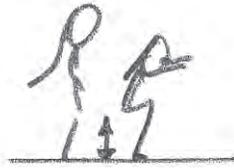
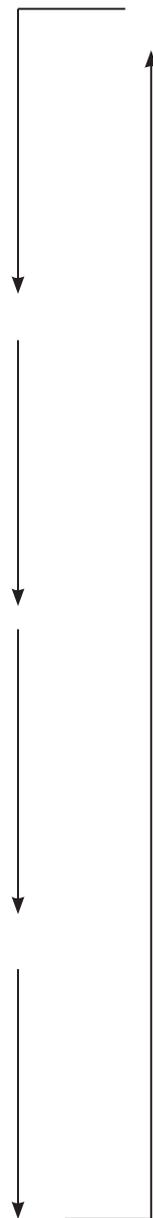
10 Rep. 30" P.



3 Rep.



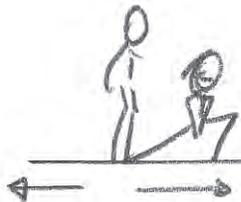
3 Rondas / 15" Trabajo / 45" Pausa



2 Rep.

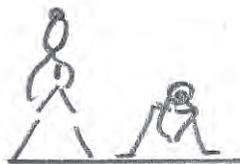


10 Rep. / Izq. / Der.

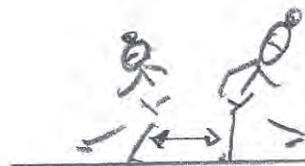


10 Rep. / Izq. / Der.

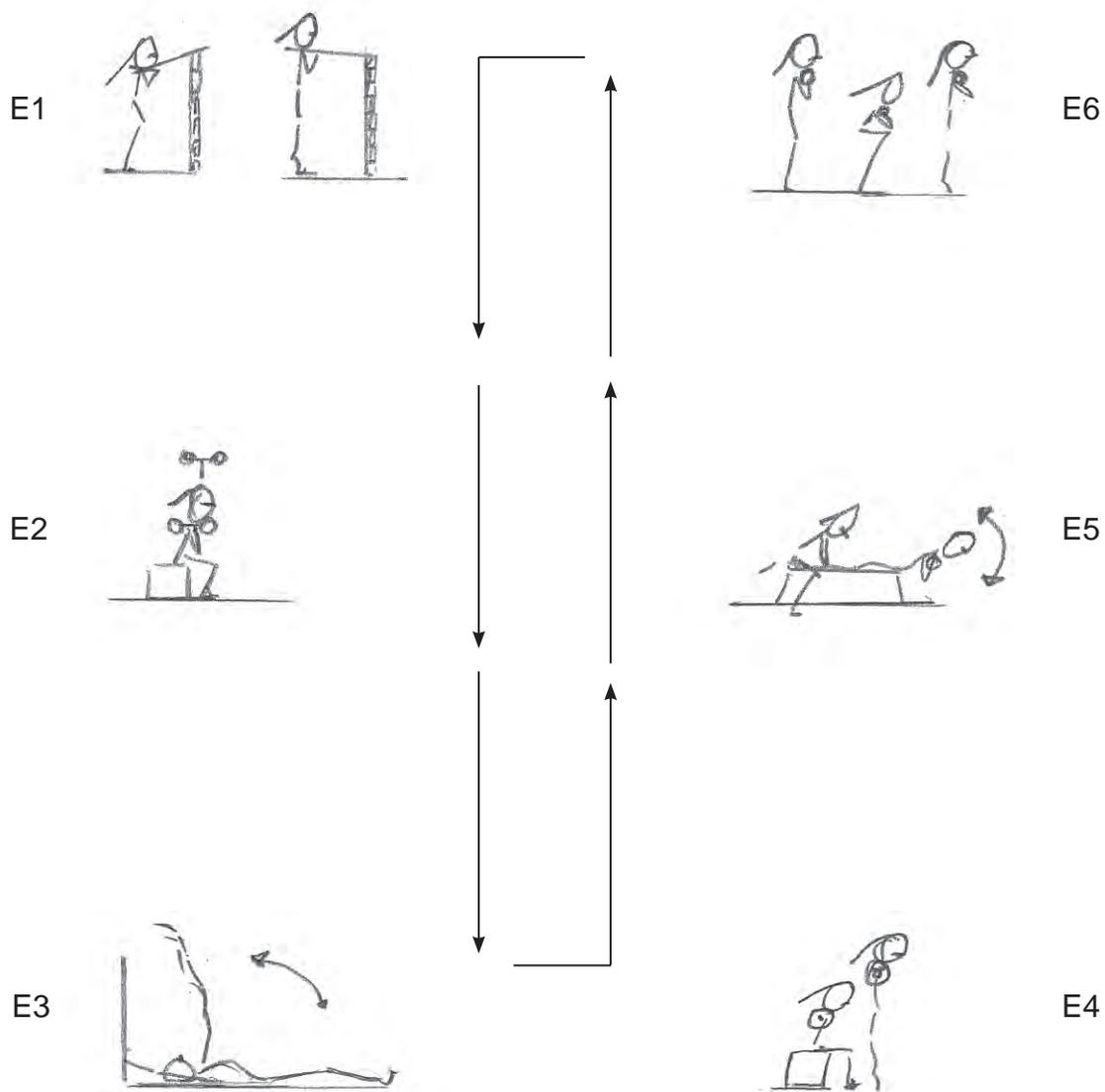
x 3



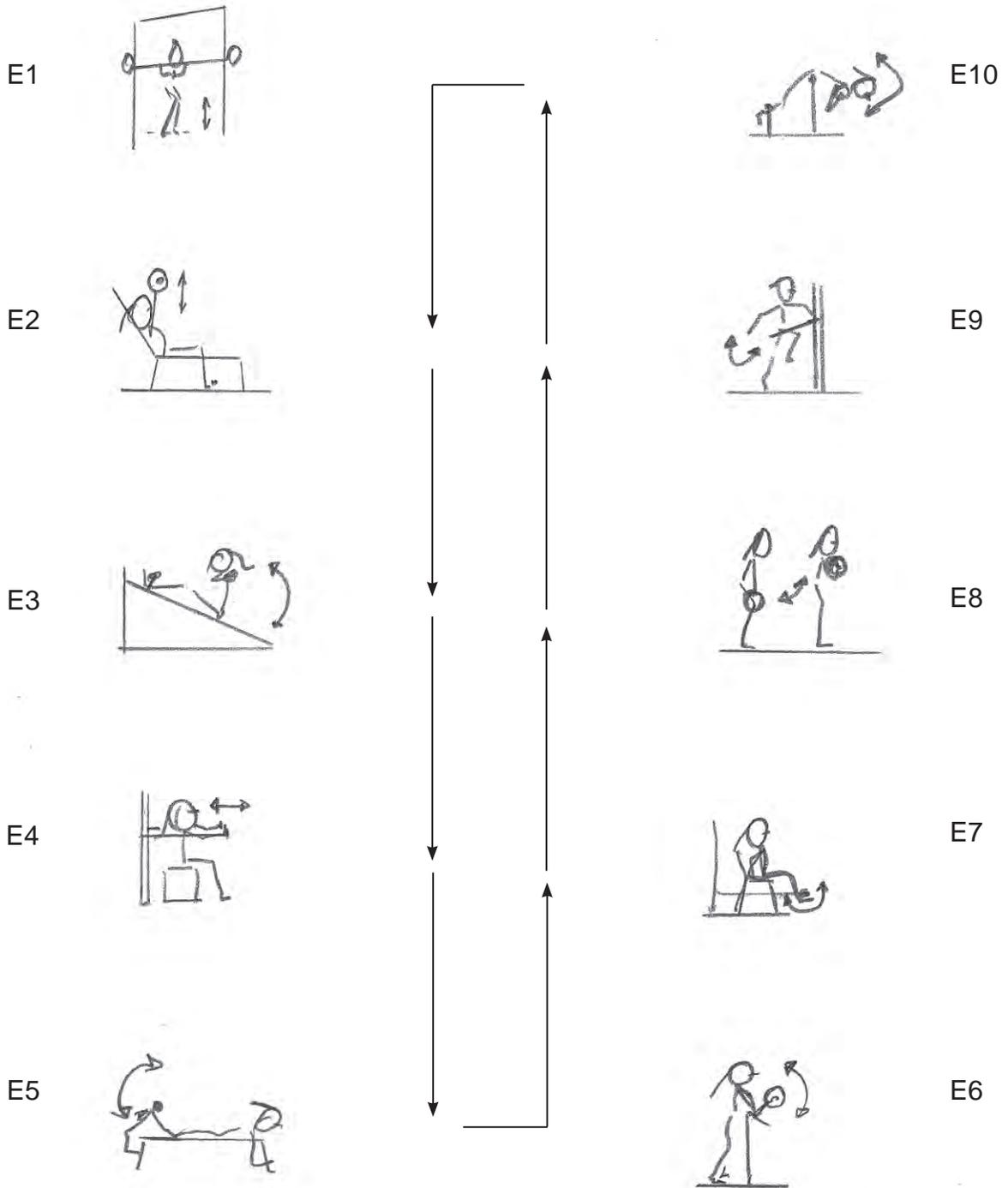
2 Rep.



10 Rep. / Izq. / Der.

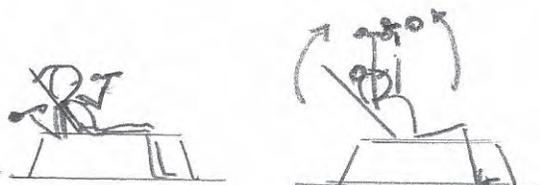


4 Rondas / 10 Rep. / Reg. 60"  
x E1 - E2 - E3 - E4 - E5 - E6



2 Series / 10 Rep. / Reg. 1'  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8 - E9 - E10

1



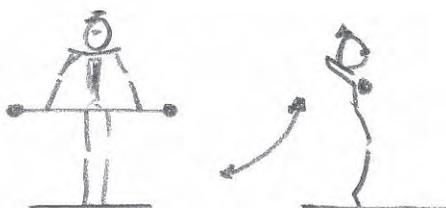
4 x 10 Rep. / Reg. 60"

4



4 x 6 Rep. / Reg. 60"

2



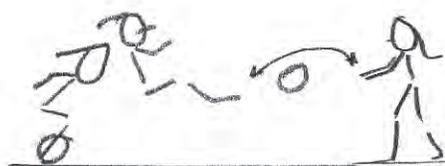
4 x 6 Rep. / Reg. 60"

3

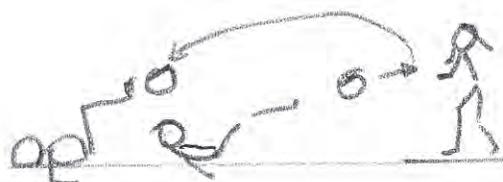


4 x 6 Rep. / Reg. 60"

E1



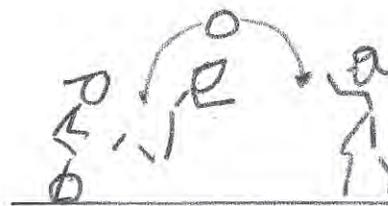
E4



E2

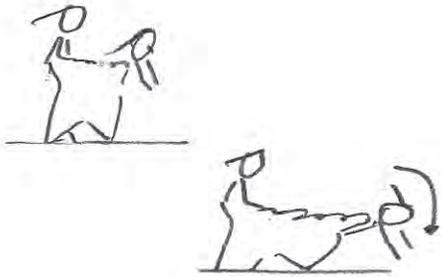


E3

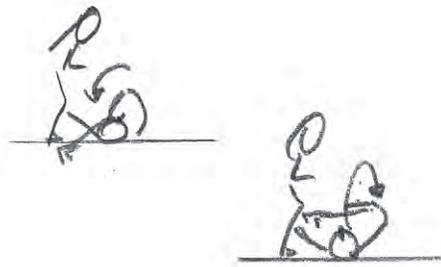


3 Series x 6 Rep.  
Reg. 75"  
x E1 - E2 - E3 - E4

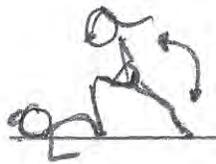
E1



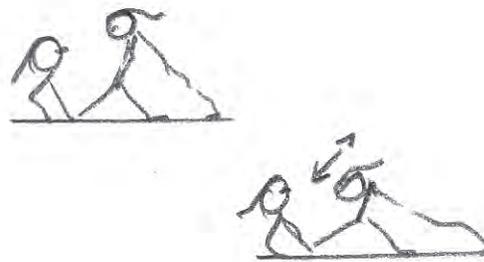
E6



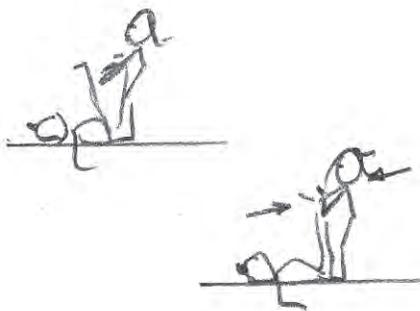
E2



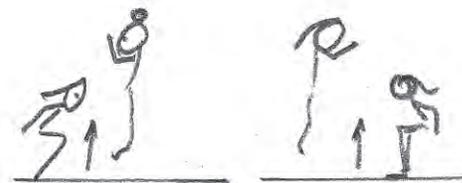
E5



E3



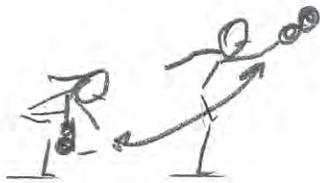
E4



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

Pesa rusa

E1



Bolsa medicinal

E6



Bolsa de arena

E2



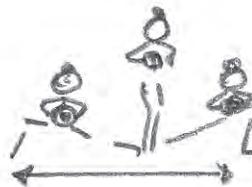
Bolsa medicinal

E5



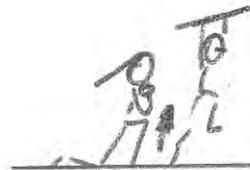
Disco

E3



Barra

E4



3 Series x 10 Rep. / Reg. 1' /  
x E1 - E2 - E3 - E4 - E5 - E6

E1



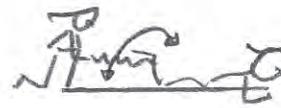
E6



E2



E5



E3



E4

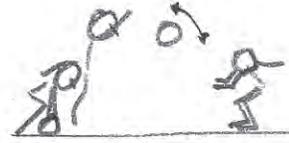


3 Series  
30" Trabajo + 45" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6

E1



E8



E2



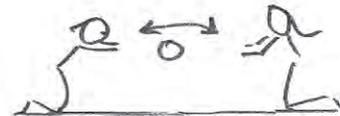
E7



E3



E6



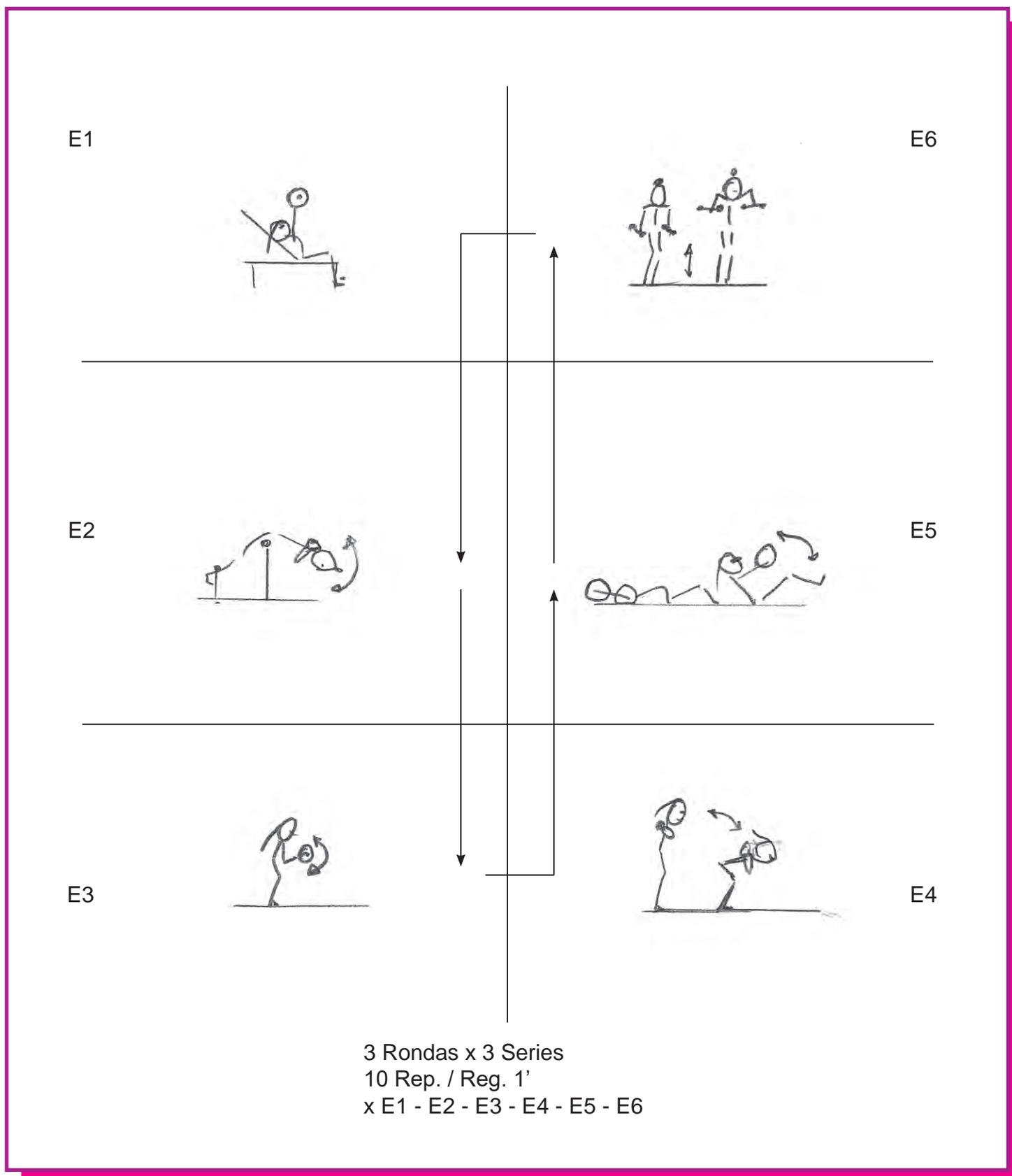
E4



E5



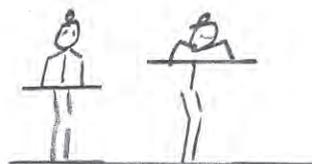
3 Series  
30" Trabajo + 30" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8



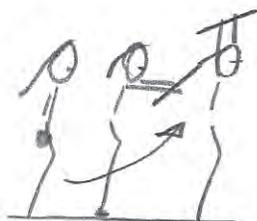
E1



E6



E2



E5



E3



E4



3 x 10 Rep. / Reg. 1'  
x E1 - E2 - E3 - E4 - E5 - E6

E1



E6



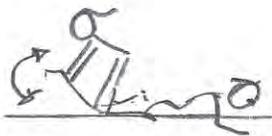
E2



E5



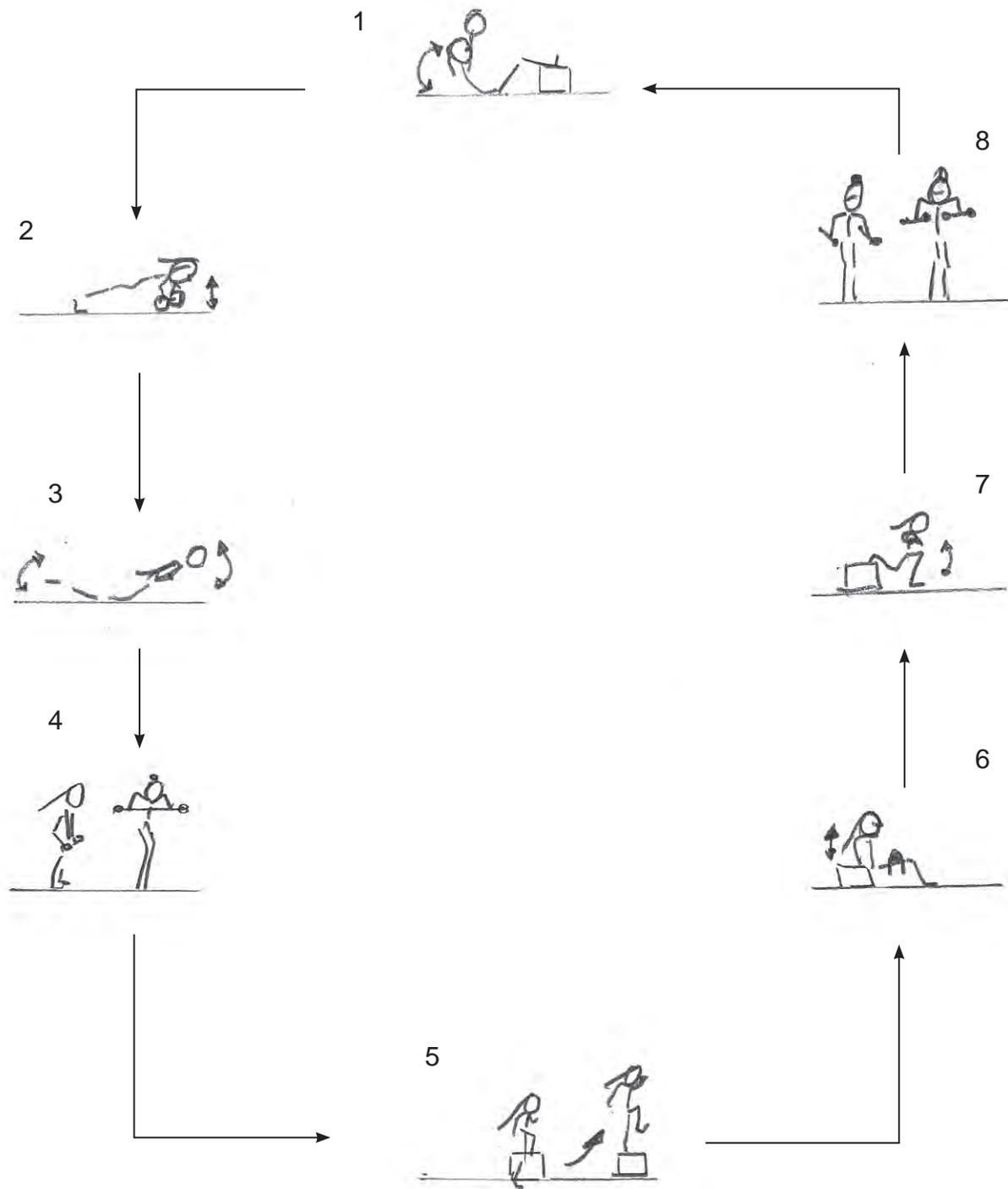
E3



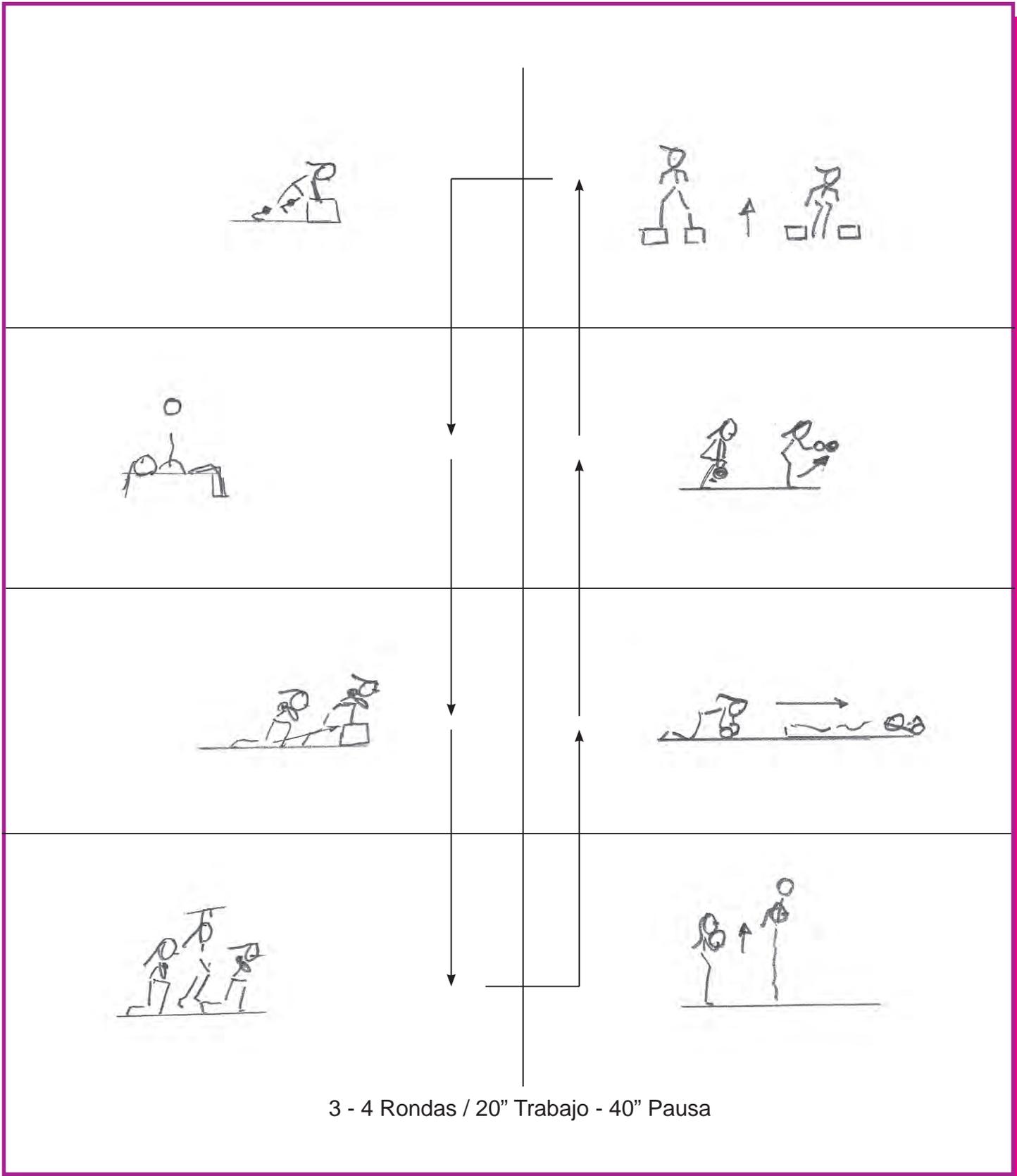
E4



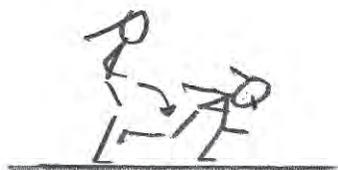
3 x 20" Trabajo / 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6



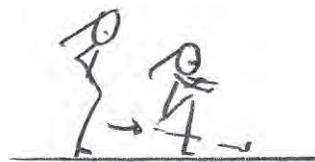
3 - 4 Rondas / 20" Trabajo - 40" Pausa



E1



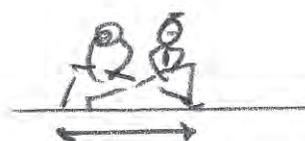
E6



E2



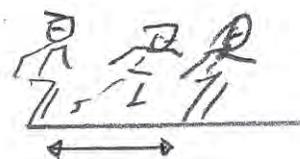
E5



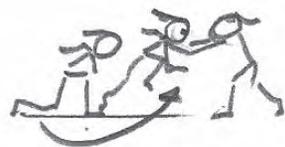
E3



E4



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



2 x 20" Trabajo - 45" Pausa



2 x 20" Trabajo - 45" Pausa

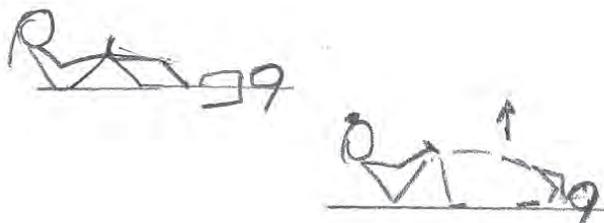


2 x 20" Trabajo - 45" Pausa

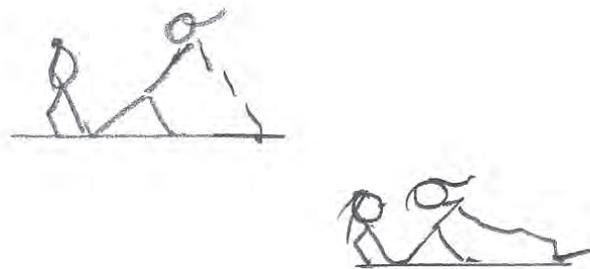


2 x 20" Trabajo - 45" Pausa

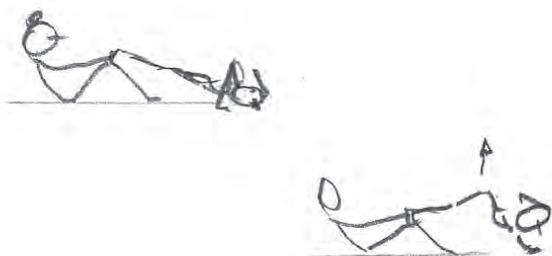
1



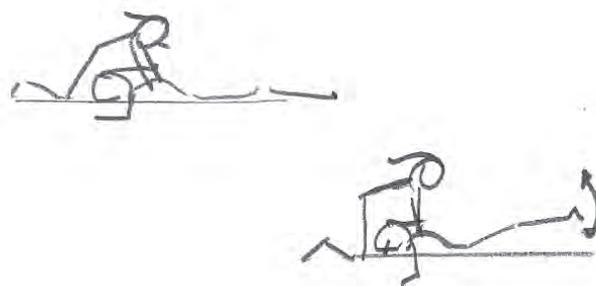
6



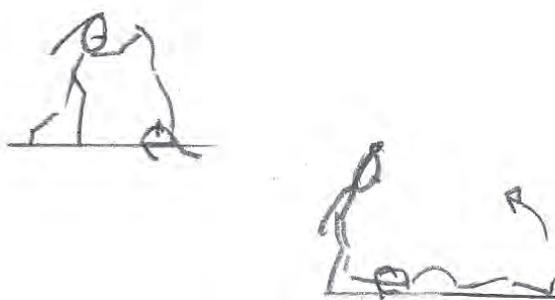
2



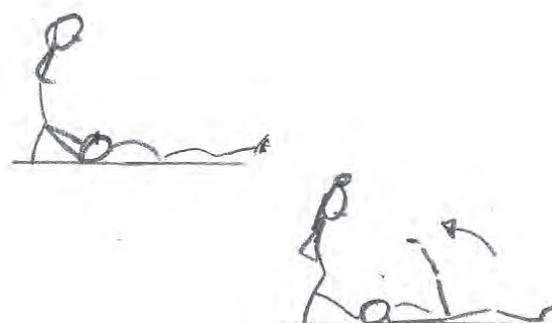
5



3

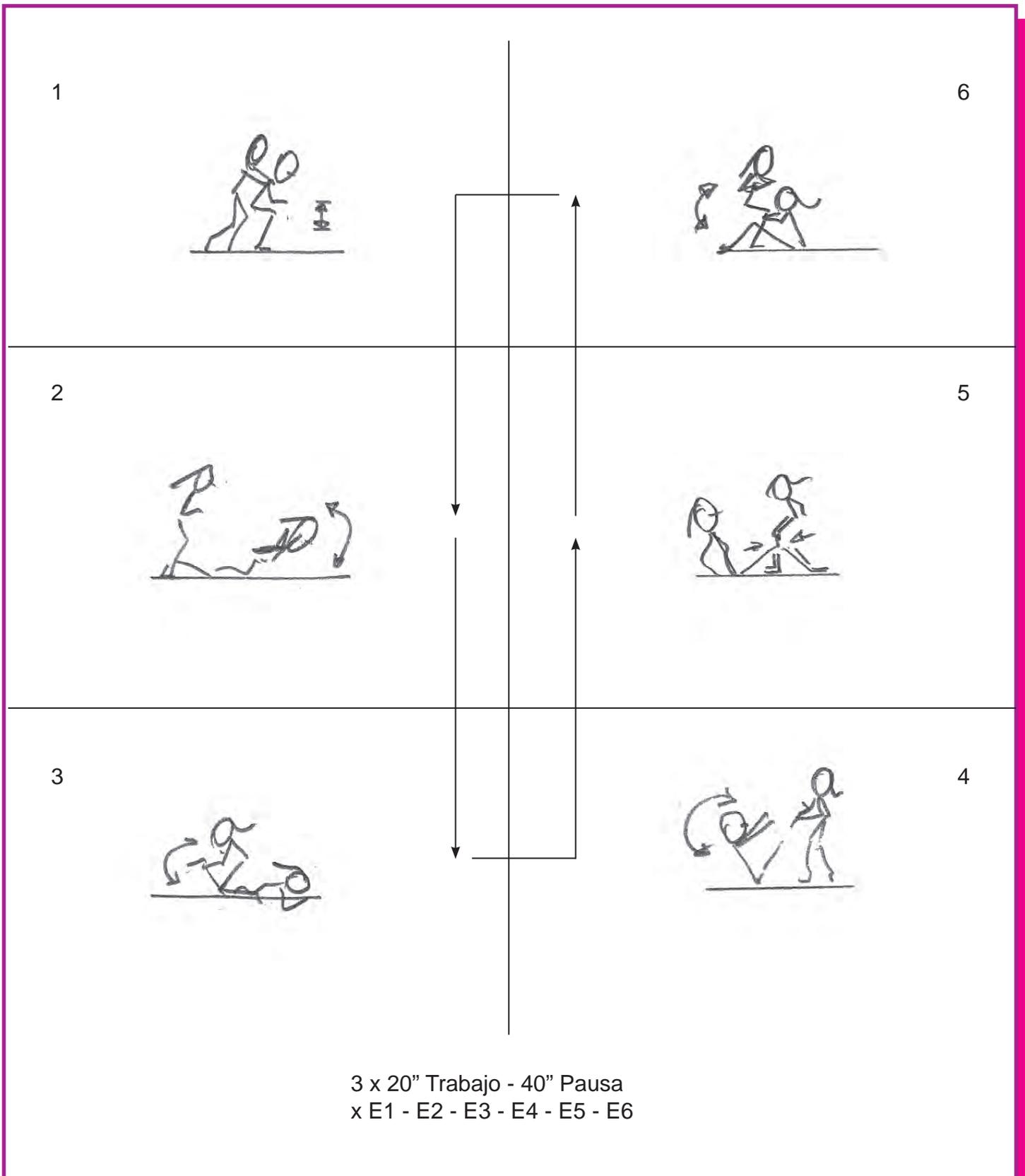


4

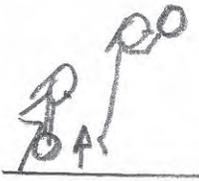


2 Rondas  
20" Trabajo - 40" Pausa

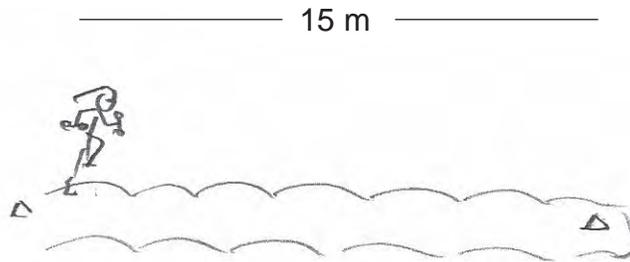




1



4 x 10 Rep.

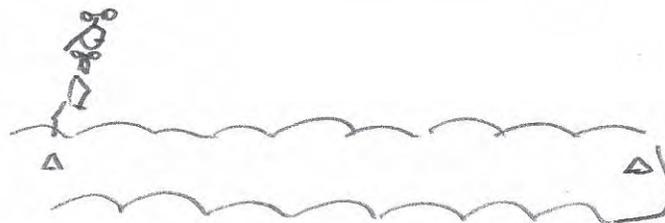


4 Rondas  
Reg. 90"

2



4 x 10 Rep.



4 Rondas  
Reg. 90"

3

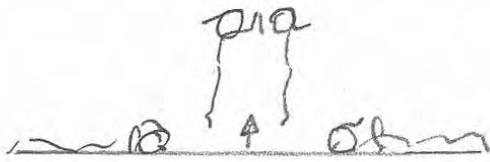


4 x 10 Rep.

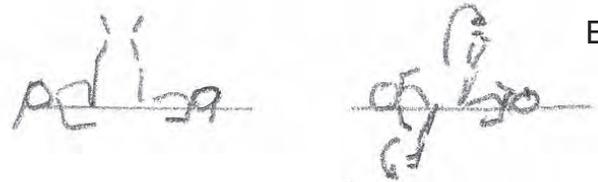


4 Rondas  
Reg. 90"

E1



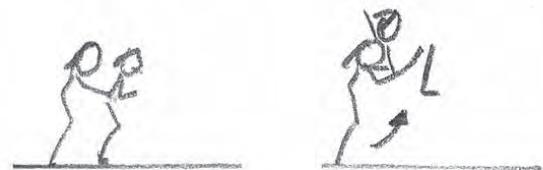
E5



E2



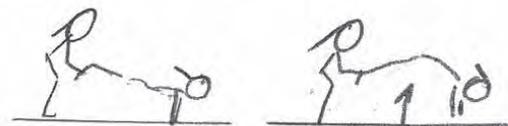
E6



E3



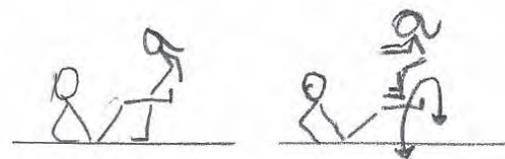
E7



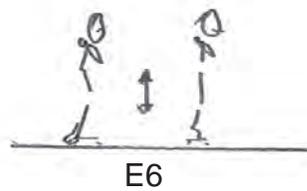
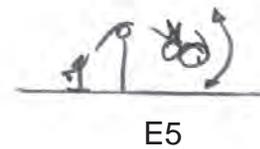
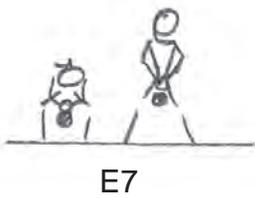
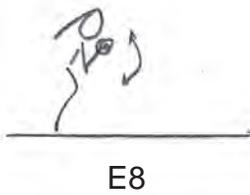
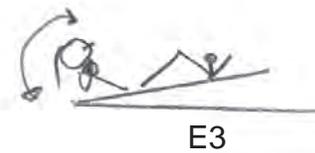
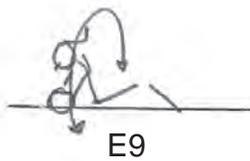
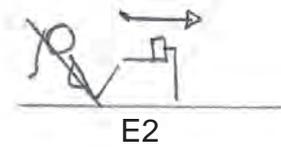
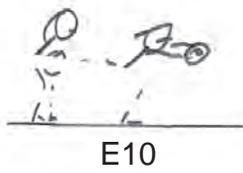
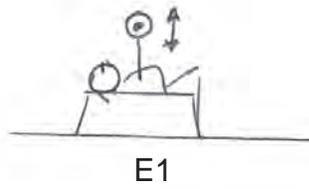
E4



E8



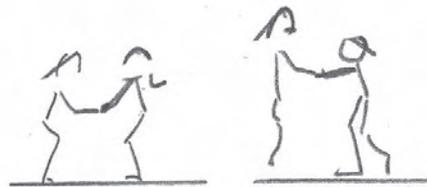
2 Series de 20" Trabajo + 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8



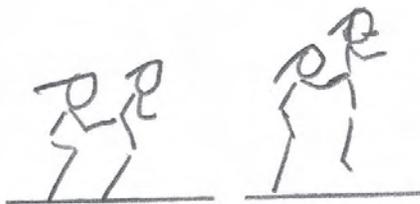
2 x 10 - 15 Rep. / Reg. 1'  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8 - E9 - E10



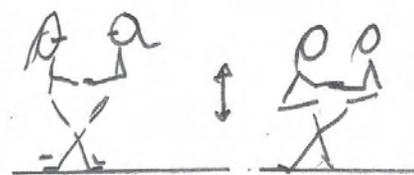
3 x 20"  
Pausa 60"



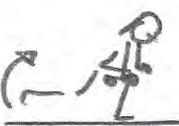
3 x 20"  
Pausa 60"



3 x 20"  
Pausa 60"

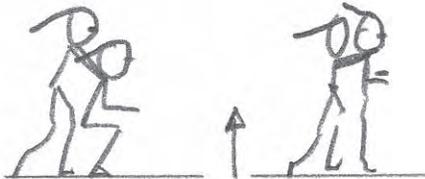


3 x 20"  
Pausa 60"

1   	2  
3  	4  
5   	6  

3 Rondas  
20" Trabajo - 40" Pausa

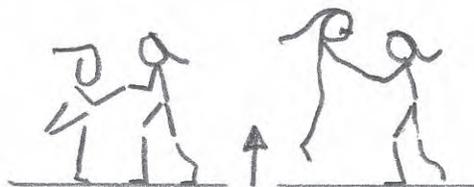
E1



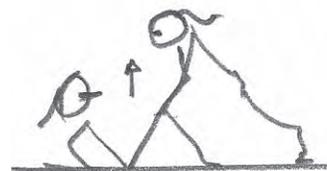
E2



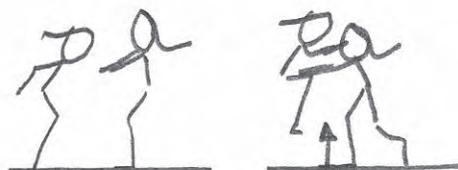
E3



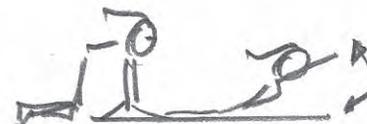
E4



E5



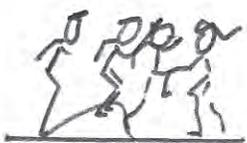
E6



3 Rondas / 20" Trabajo - 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6



3 x 5 Rep. / Izq. - Der. / Reg. 1'



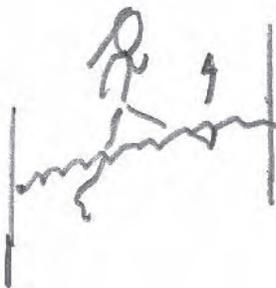
3 x 5 Rep. / Izq. - Der. / Reg. 1'



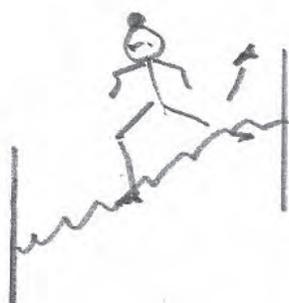
3 x 5 Rep. / Izq. - Der. / Reg. 1'



3 x 5 Rep. / Izq. - Der. / Reg. 1'



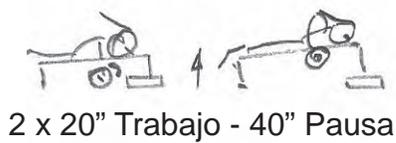
3 x 30" / Reg. 75"



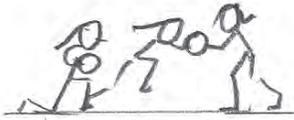
3 x 30" / Reg. 75"



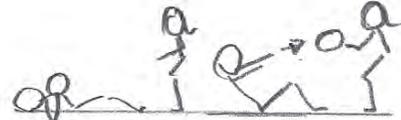
3 x 30" / Reg. 75"



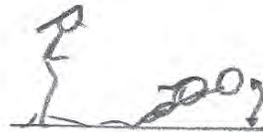
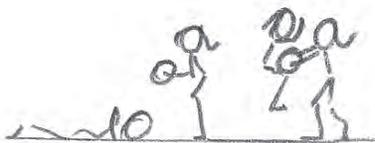
A



B



3 x A - B  
20" Trabajo - 40" Pausa

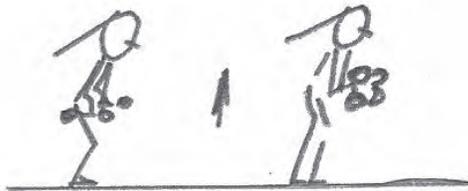


3 x A - B  
20" Trabajo - 40" Pausa

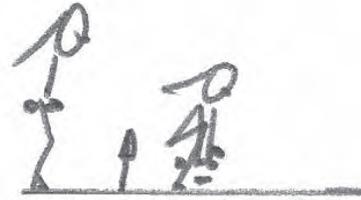


3 x A - B  
20" Trabajo - 40" Pausa

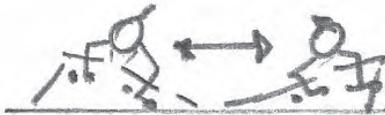
E1



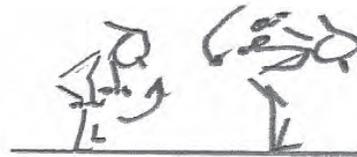
E4



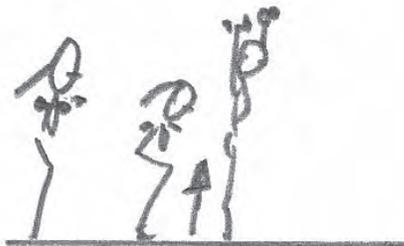
E2



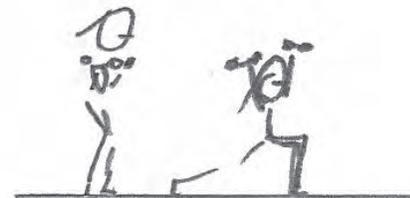
E5



E3

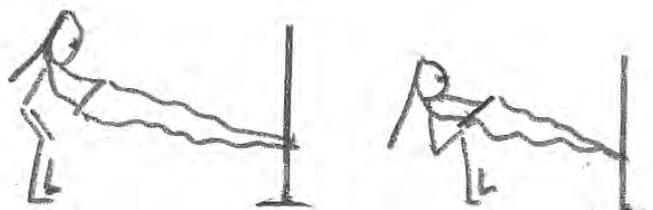


E6

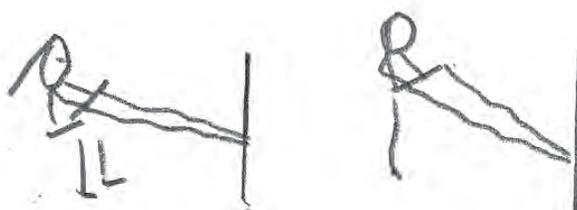


4 Rondas  
10 Rep. x E1 - E2 - E3 - E4 - E5 - E6  
Reg. 1'

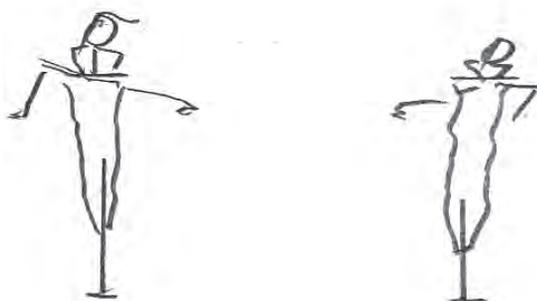
LIGAS



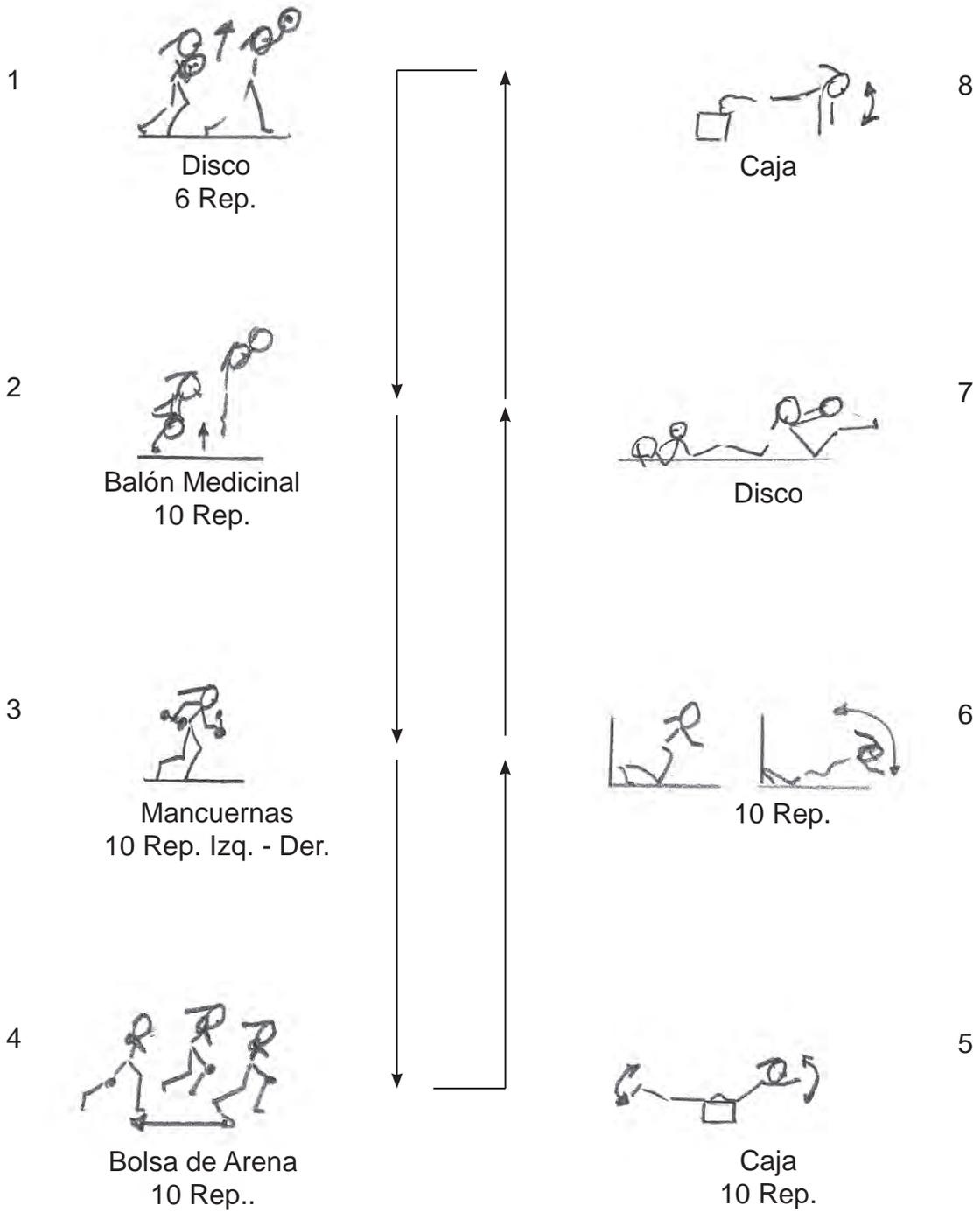
4 Series  
30" Trabajo - 60" Pausa

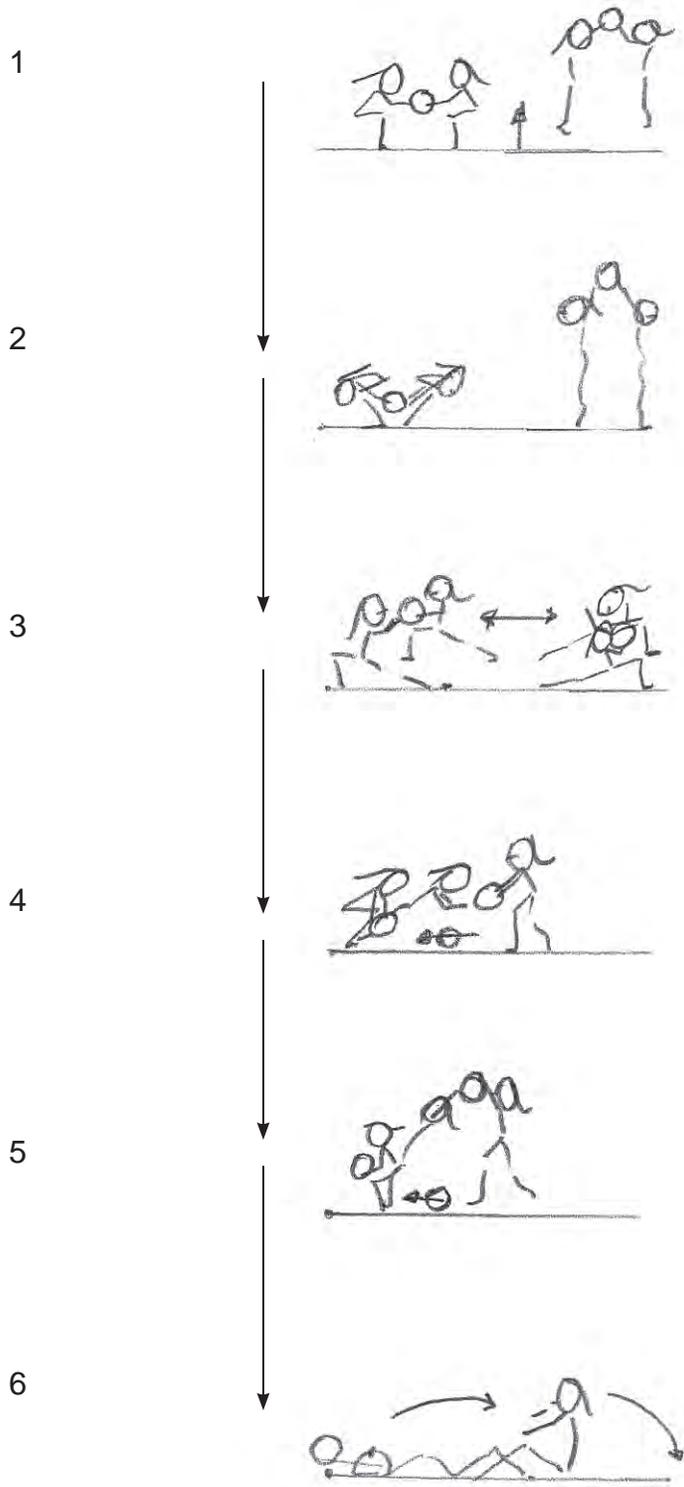


4 Series  
30" Trabajo - 60" Pausa

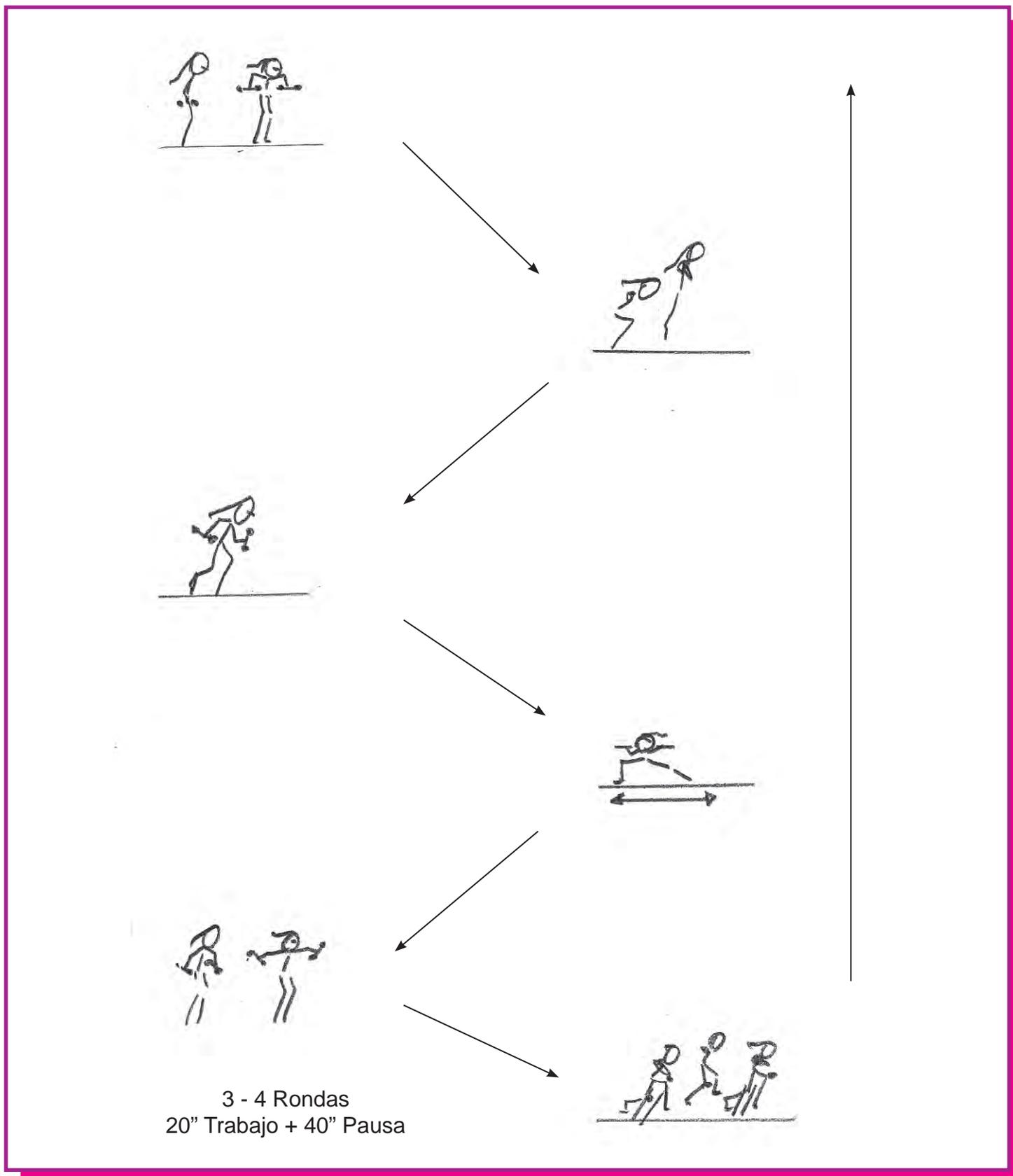


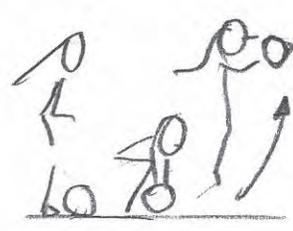
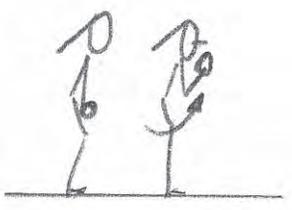
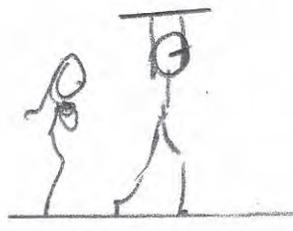
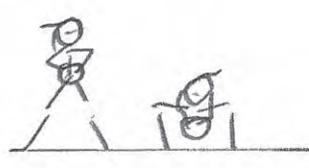
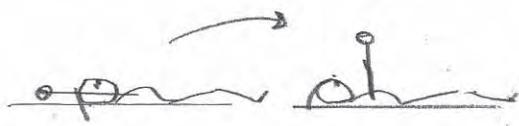
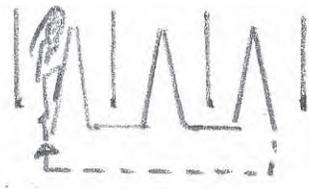
4 Series  
30" Trabajo - 60" Pausa





2 Rondas / Reg. Ronda 6'  
30" Trabajo + 30" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6



1 	8 
2 	7 
3 	6 
4 	5 

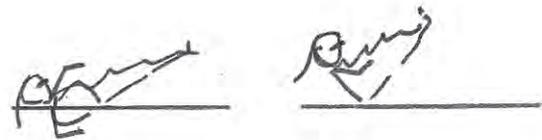
2 - 3 Rondas  
20" Trabajo + 40" Pausa

1



20 Rep. Izq. - Der.

6



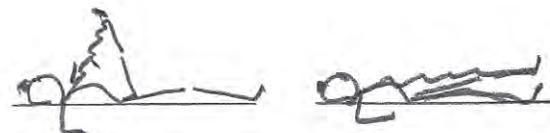
30 - 40 Rep.

2



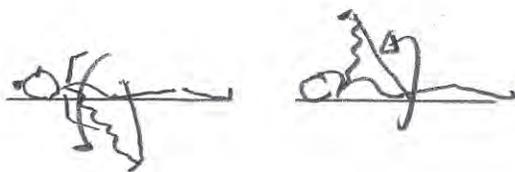
30 - 40 Rep.

5



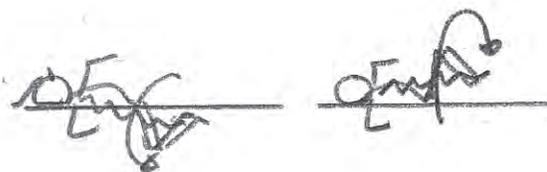
20 Rep. Izq. - Der.

3



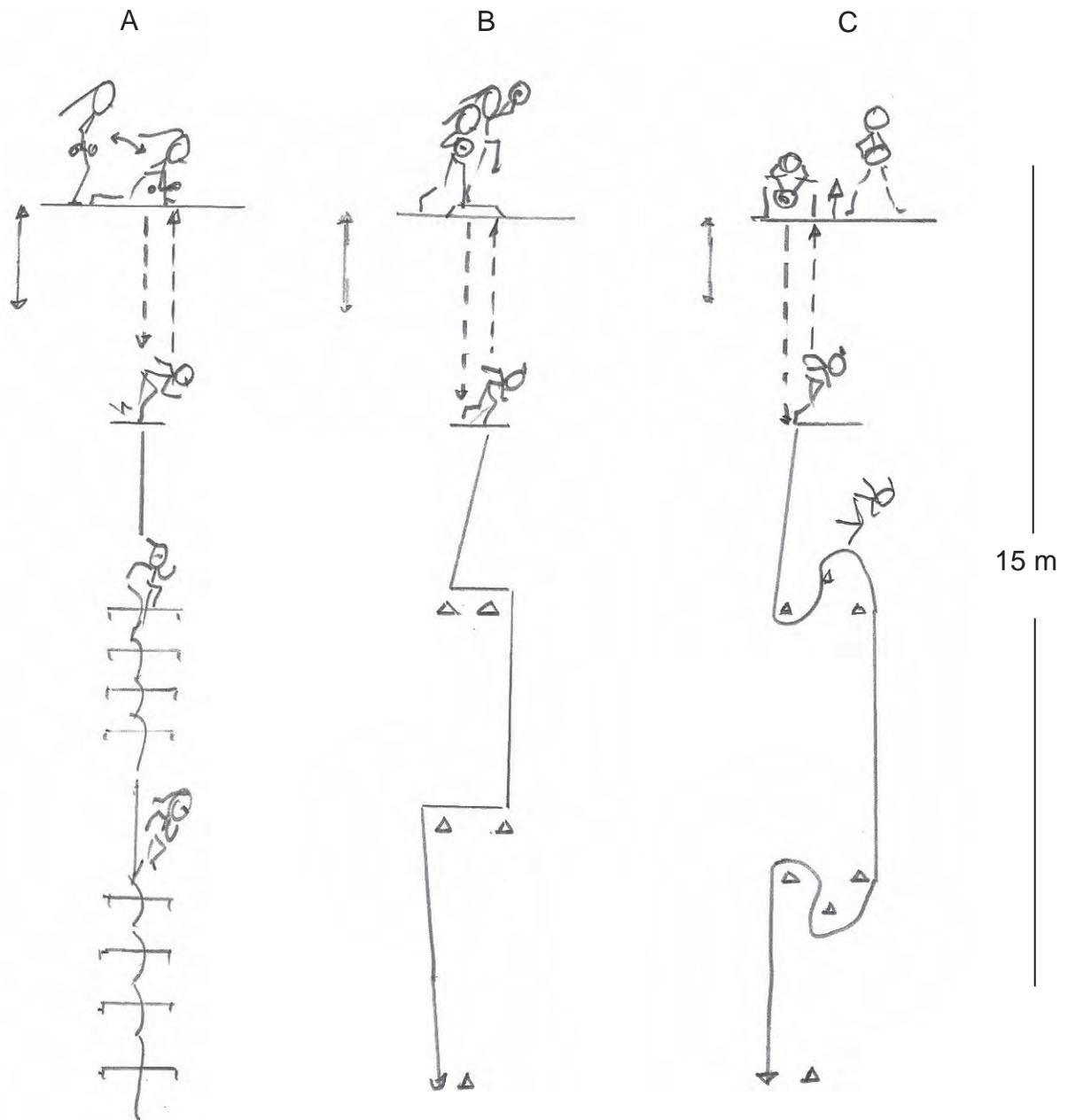
20 Rep. Izq. - Der.

4



30 - 40 Rep.

2 Rondas



3 x 10 Rep. / Reg. 2'  
x A - B - C

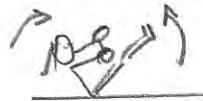
\_\_\_\_\_ 15 m \_\_\_\_\_

The diagrams illustrate four different football drills on a 15m track:

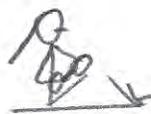
- Row 1:** A player starts with a ball, performs a jump, then runs the length of the track. On the right, a player is shown jumping with a ball. 6 Rep. 4 Rep. Reg. 60"
- Row 2:** Two players start with a ball, one passes to the other who then runs the track. On the right, a player is shown jumping with a ball. 6 Rep. 4 Rep. Reg. 60"
- Row 3:** A player starts with a ball, runs the track, and then performs a jump. On the right, a player is shown jumping with a ball. 6 Rep. 4 Rep. Reg. 60"
- Row 4:** Three players start with a ball, one passes to the next who then runs the track. On the right, a player is shown jumping with a ball. 6 Rep. 4 Rep. Reg. 60"



3 Rondas  
20" Trabajo - 40" Pausa



3 Rondas  
20" Trabajo - 40" Pausa



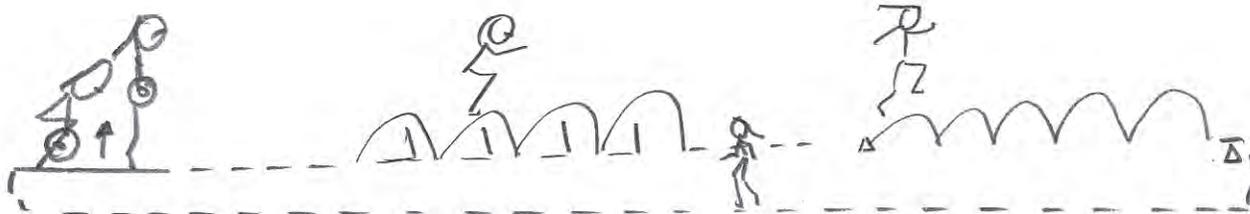
3 Rondas  
20" Trabajo - 40" Pausa

E1



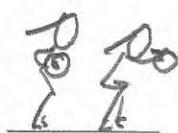
6 Rep.

E2



6 Rep.

5 Rep. x E1 - E2 / Reg. 90"



Disco  
2 x 10 Rep.  
Reg. 45"



2 x 10 Rep.  
Reg. 45"



Balón medicinal  
2 x 10 Rep.  
Reg. 45"



2 x 10 Rep.  
Reg. 45"



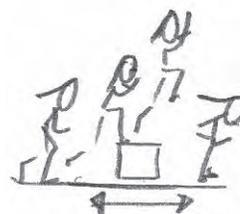
Disco  
2 x 10 Rep.  
Reg. 45"



2 x 10 Rep.  
Reg. 45"



Barra  
2 x 10 Rep.  
Reg. 45"



2 x 10 Rep.  
Reg. 45"

A



10 Rep.

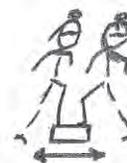
B



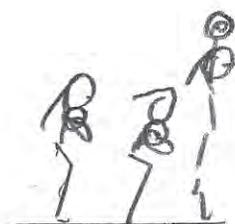
10 Rep.



10 Rep.



10 Rep.

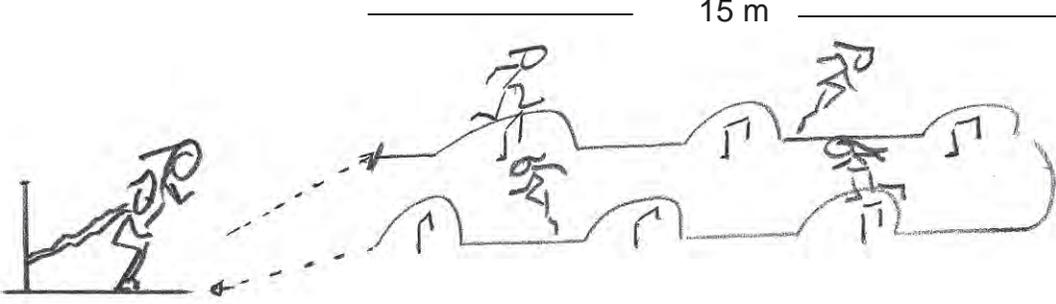


10 Rep.



10 Rep.

15 m



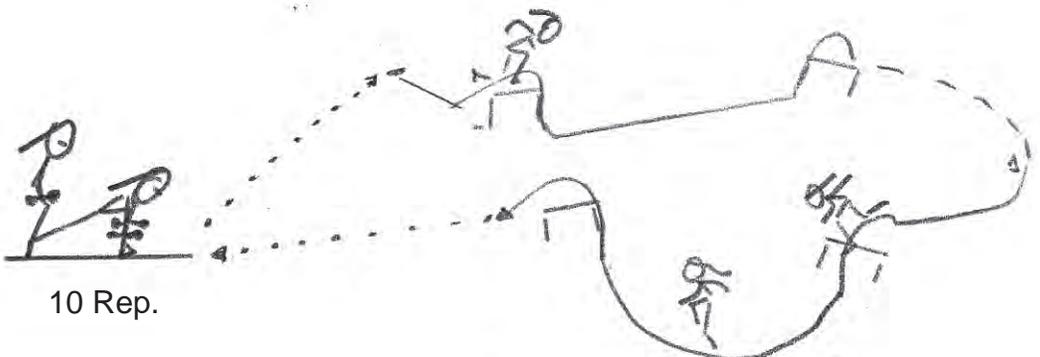
10 Rep.

3 Rondas Reg. 90"



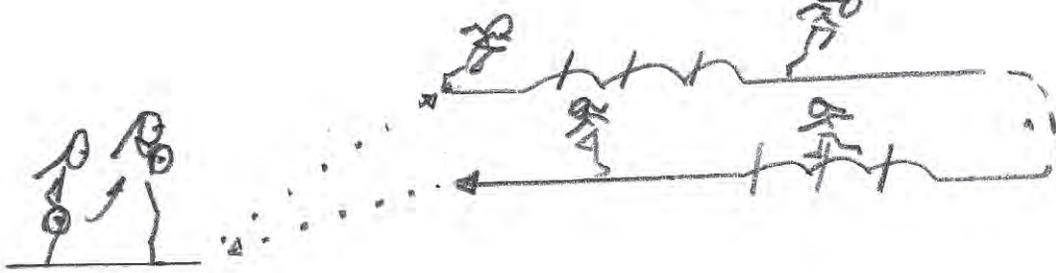
10 Rep.

3 Rondas Reg. 90"



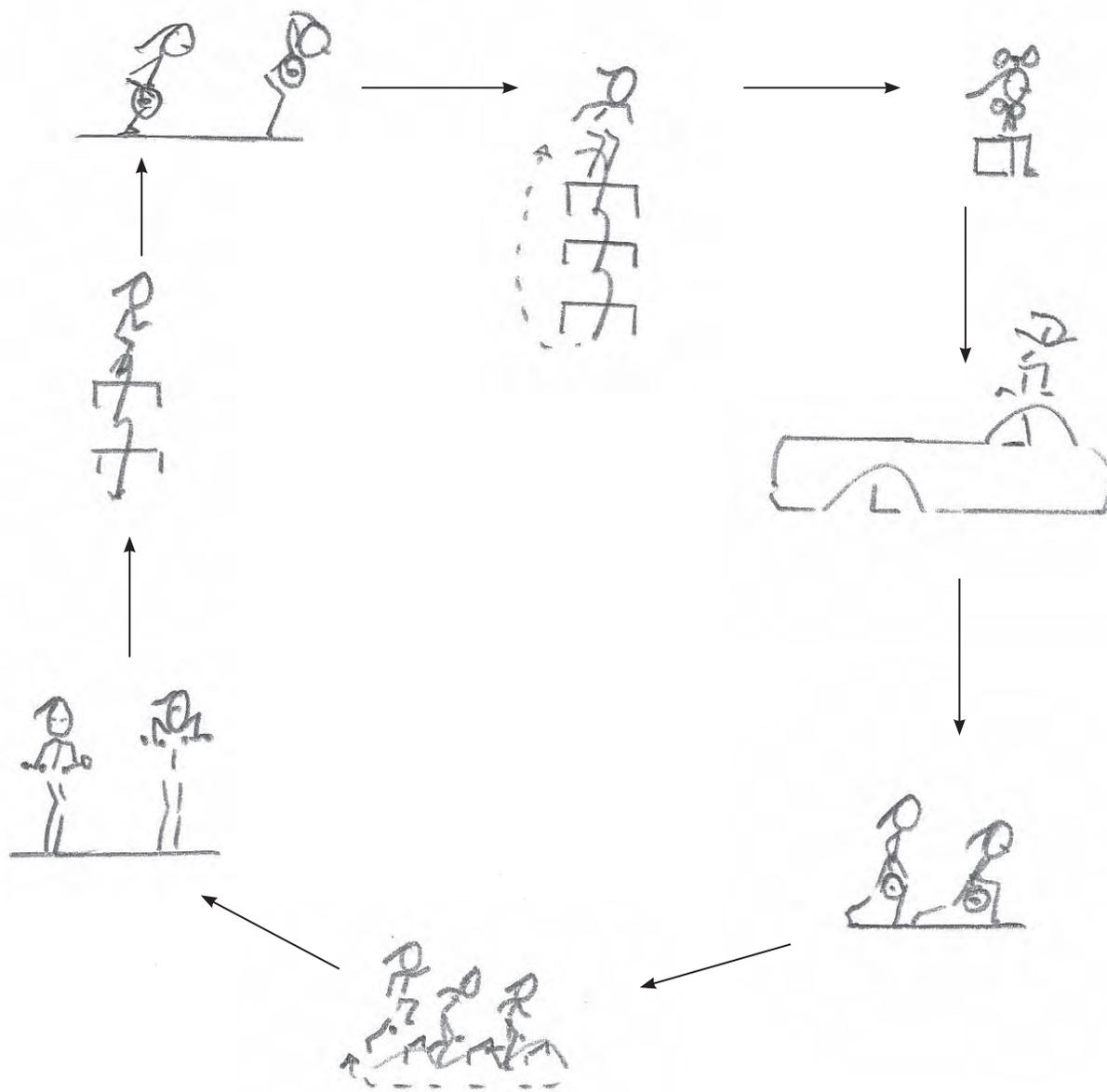
10 Rep.

3 Rondas Reg. 90"

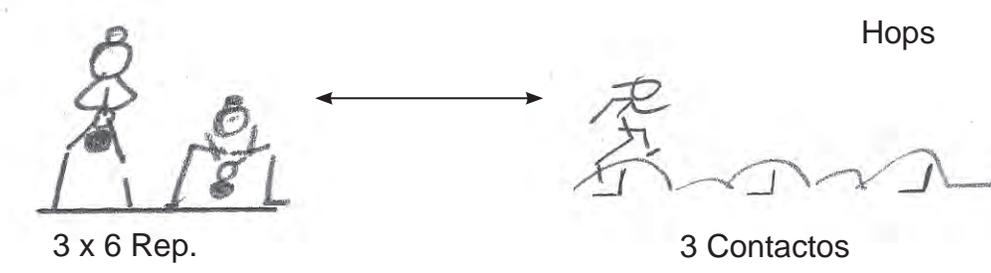
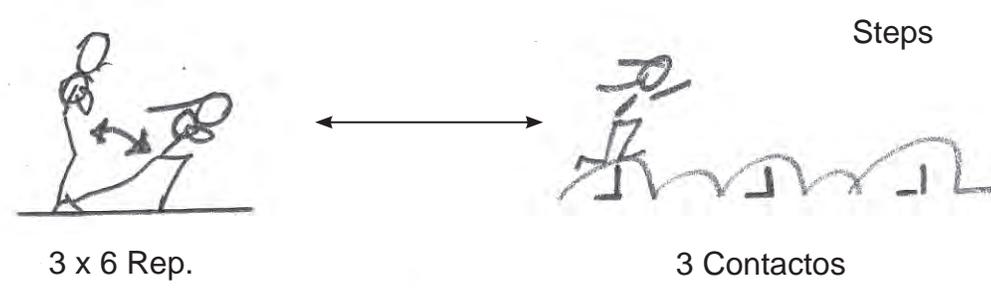
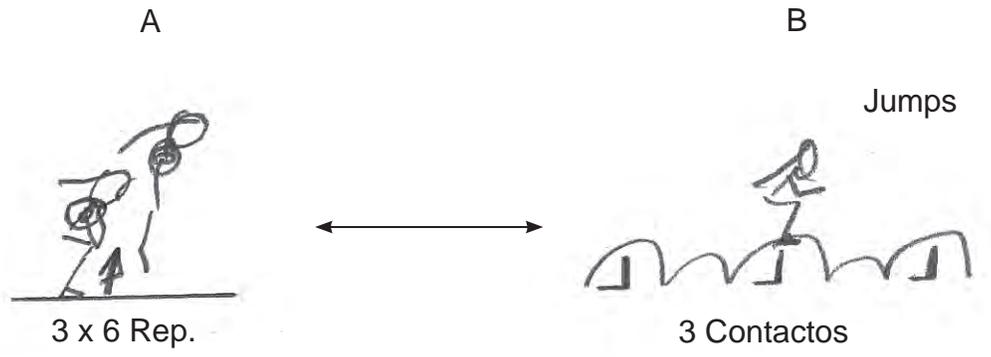


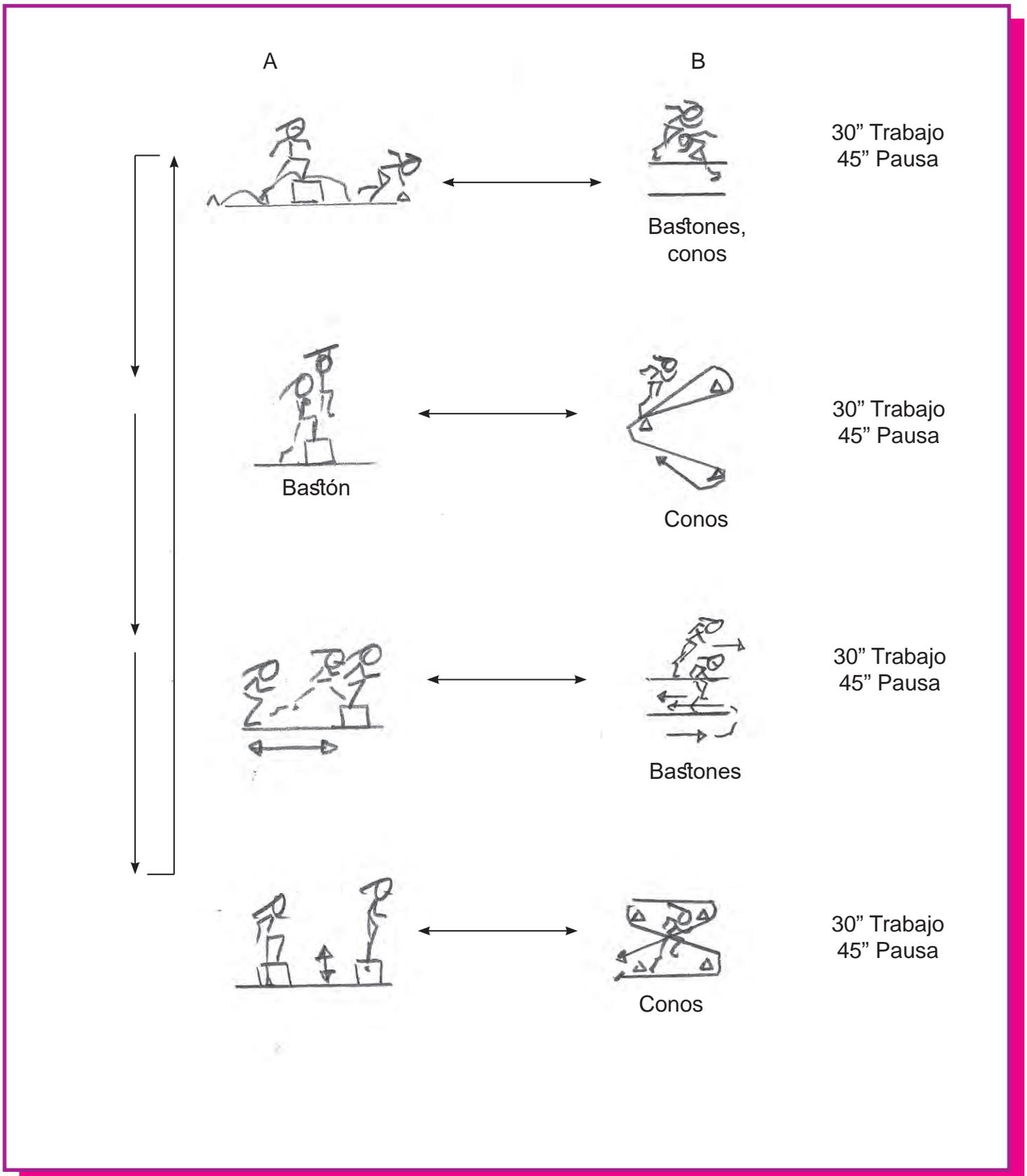
6 Rep.

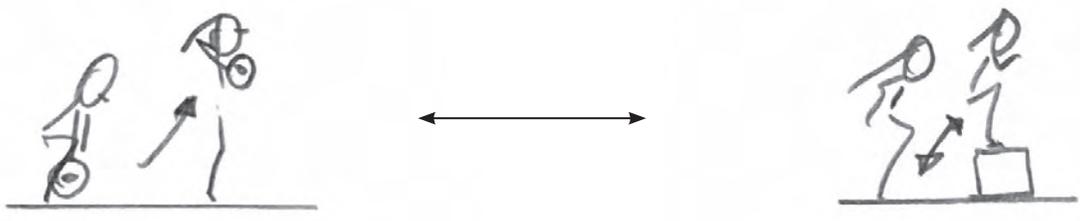
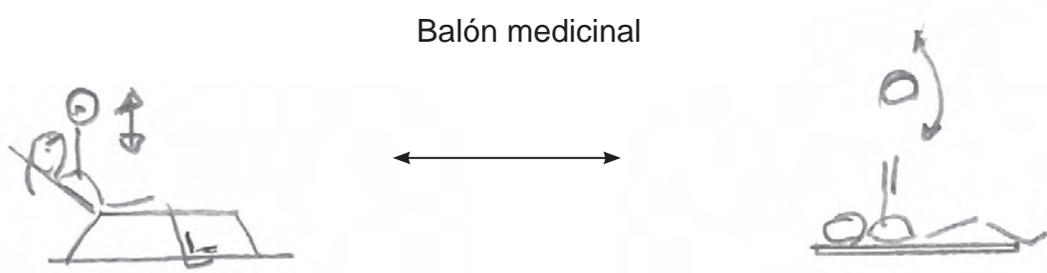
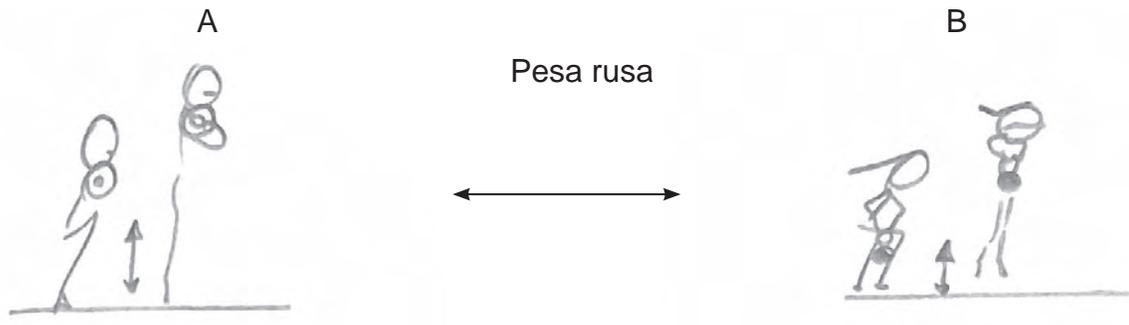
3 Rondas Reg. 90"



2 Rondas  
30" Trabajo + 60" Pausa







A - 4 x 10 Rep.  
Intensidad 70%

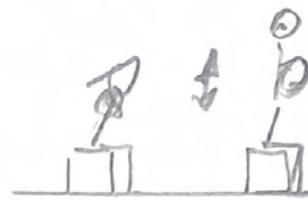
B - 6 Rep.

Pausa de ronda 90"

E1



E8



E2



E7



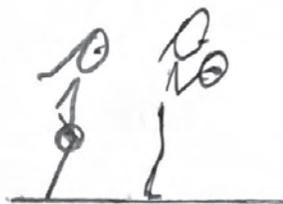
E3



E6



E4

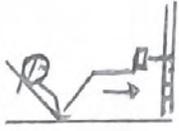
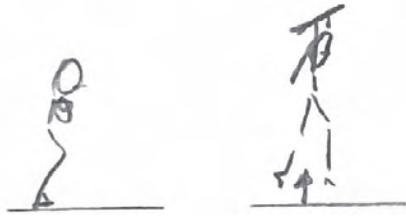
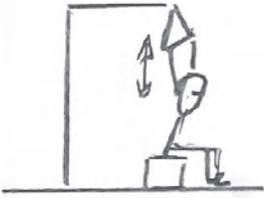
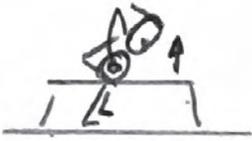


E5



3 - 4 Series x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

10 Rep. / Intensidad 70% / Pausa 60"

<p>E1</p> 	<p>E2</p> 
<p>E3</p> 	<p>E4</p> 
<p>E5</p> 	<p>E6</p> 
<p>E7</p> 	<p>E8</p> 

3 x 20" Trabajo / 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

E1



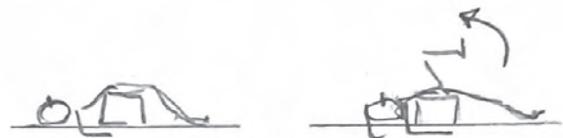
E4



E2



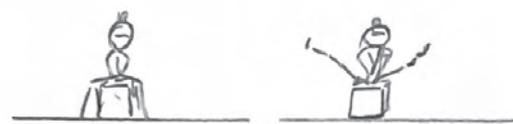
E5



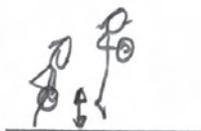
E3



E6



3 x 20" Trabajo / 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6



3 x 10 Rep.

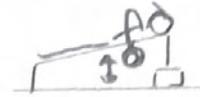
20" Trabajo

Regimen de ronda 90"

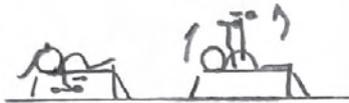
E1



E8



E2



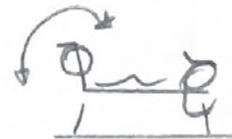
E7



E3



E6



E4



E5

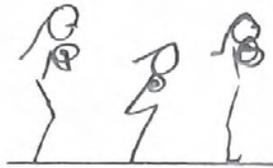


3 x 10 Rep. / x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8  
Pausa 60"

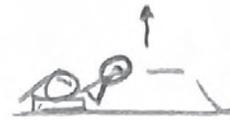
<p>E1</p> 	 <p>E8</p>
<p>E2</p> 	 <p>E7</p>
<p>E3</p> 	 <p>E6</p>
<p>E4</p> 	 <p>E5</p>

3 x 10 Rep. / x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8  
Intensidad 70% / Pausa 60"

E1



E6



E2



E5



E3



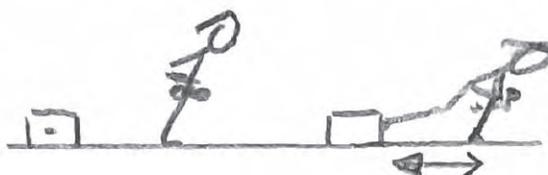
E4



3 - 4 Series x 10 Rep.  
Reg. 1' x E1 - E2 - E3 - E4 - E5 - E6



4 x 12 Rep.  
Reg. 1'



4 x 12 Rep.  
Reg. 1'



4 x 12 Rep.  
Reg. 1'

E1



E6



E2



E5



E3



E4



3 x 15 Rep./ Izq. - Der.  
x E1 - E2 - E3 - E4 - E5 - E6  
Pausa 45"

1



3 Rondas  
Reg. 90"

2



3 Rondas  
Reg. 90"

3

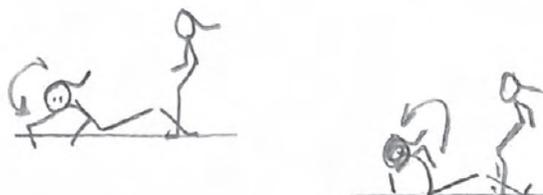


3 Rondas  
Reg. 90"

E1



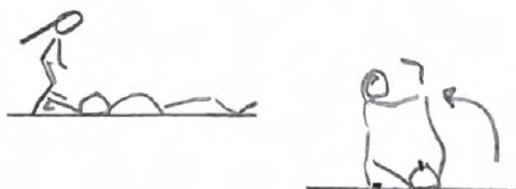
E2



E3



E4



E5



E6



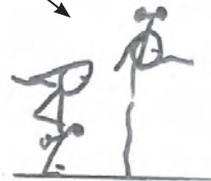
4 x 15 Rep./ Reg. 1'  
x E1 - E2 - E3 - E4 - E5 - E6

1



20 Rep.  
45" P E

2



10 Rep.  
45" P E

3



10 Rep.  
45" P E

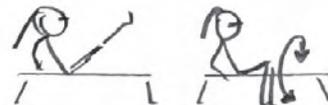
4



4 x

10 Rep.  
45" P E

5



10 Rep.  
45" P E

6



10 Rep.  
45" P E

1		3 x { 10 Rep. P. 45" 10 Rep. 45" P E 4 Rep. 45" P E
2		3 x { 10 Rep. 6 continuos 4 Rep.
3		3 x { 10 Rep. 10 Rep. 6 continuos

E1



E2



E3



E4



E5



E6



E7



E8



3 x 10 Rep./ Reg. 1'  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8



4 x 6 Rep.  
Reg. 75"



4 x 15"  
Reg. 75"



4 x 6 Rep.  
Reg. 75"



4 x 15"  
Reg. 75"



4 x 6 Rep.  
Reg. 75"



4 x 15"  
Reg. 75"

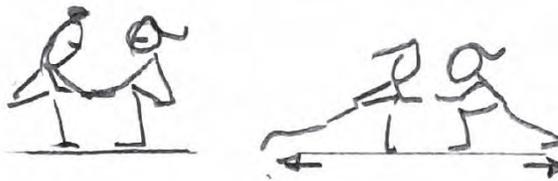
E1



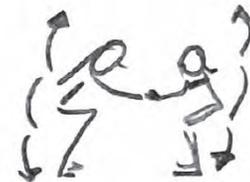
E6



E2



E5



E3



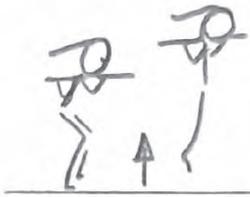
E4



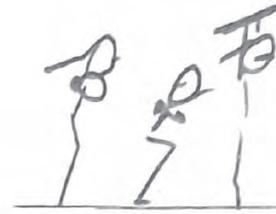
3 x 30" Trabajo + 45" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6

Barra ligera

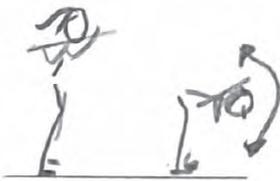
E1



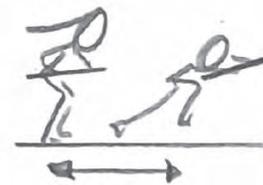
E6



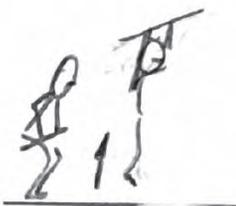
E2



E5



E3



E4

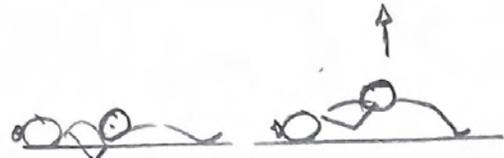


3 x 15 Rep. Pausa 15"  
x E1 - E2 - E3 - E4 - E5 - E6

E1



E6



E2



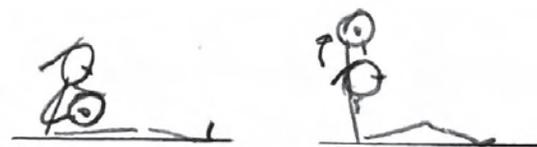
E5



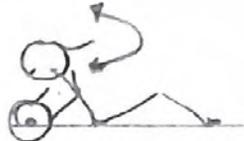
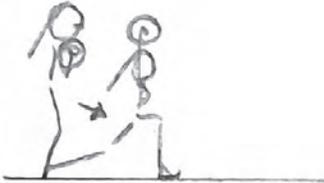
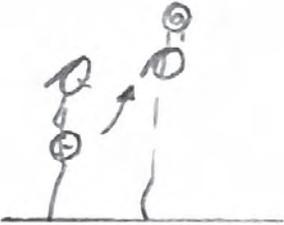
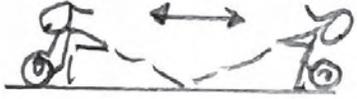
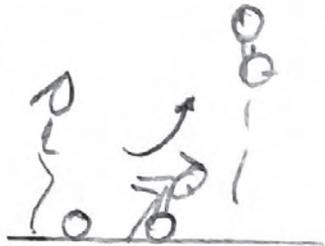
E3



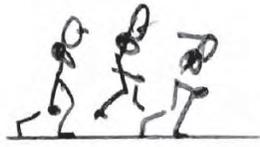
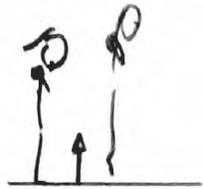
E4



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

<p>E1</p> <p>Balón medicinal</p>  <p>A stick figure is shown in a crouched position, holding a medicine ball with both hands. An arrow points from the ball towards the left, indicating a throwing motion.</p>	<p>E6</p> <p>Disco</p>  <p>A stick figure is shown in a crouched position, holding a discus with both hands. An arrow points from the discus towards the right, indicating a throwing motion.</p>
<p>E2</p> <p>Disco</p>  <p>Two stick figures are shown. The figure on the left is holding a discus and has an arrow pointing towards the figure on the right, indicating a passing motion.</p>	<p>E5</p> <p>Disco</p>  <p>Two stick figures are shown. The figure on the right is holding a discus high above their head, and an arrow points from the discus towards the figure on the left, indicating a passing motion.</p>
<p>E3</p> <p>Disco</p>  <p>Two stick figures are shown. The figure on the left is holding a discus, and an arrow points from the discus towards the figure on the right, indicating a passing motion.</p>	<p>E4</p> <p>Balón medicinal</p>  <p>Two stick figures are shown. The figure on the right is holding a medicine ball high above their head, and an arrow points from the ball towards the figure on the left, indicating a passing motion.</p>

3 x 30" Trabajo + 45" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6

<p>E1</p>  <p>Mancuerna</p>	<p>E5</p>  <p>Mancuerna</p>
<p>E2</p>  <p>Mancuerna</p>	<p>E6</p>  <p>Bolsa de arena</p>
<p>E3</p>  <p>Mancuerna</p>	<p>E7</p>  <p>Mancuerna</p>
<p>E4</p>  <p>Mancuerna</p>	<p>E8</p>  <p>Bolsa de arena</p>

3 x 20" Trabajo + 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

E1



Mancuerna

E5



Barra ligera

E2



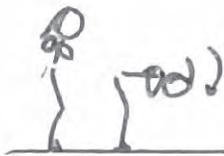
Barra ligera

E6



Mancuerna

E3



Barra ligera

E7



Mancuerna

E4



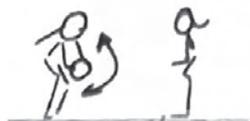
Barra ligera

E8

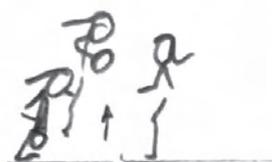


Barra ligera

3 x 20" Trabajo + 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8



Disco



Balón medicinal



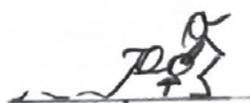
Balón medicinal



Disco

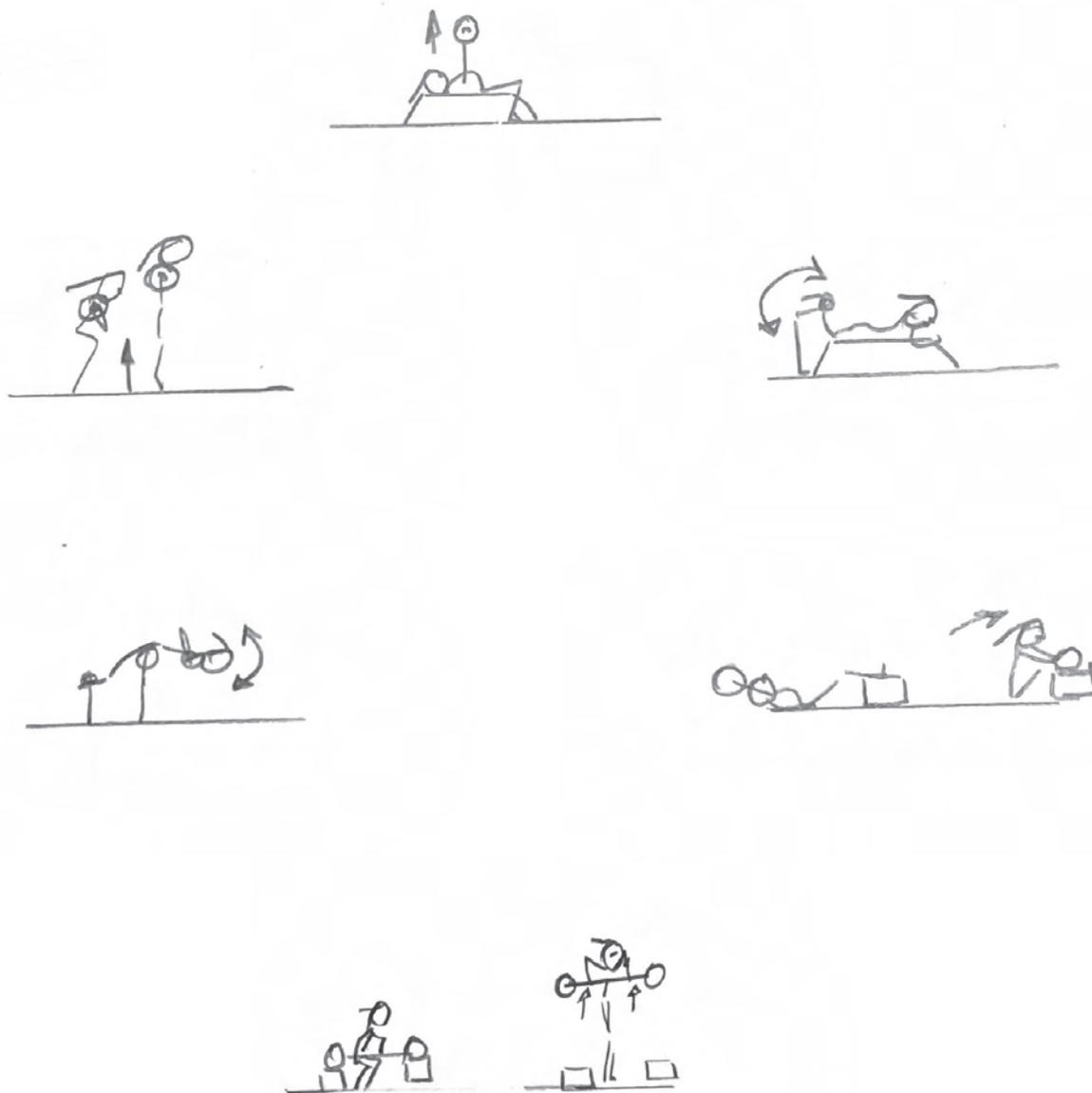


Disco

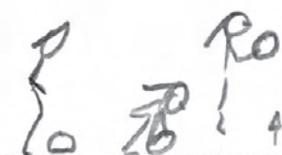
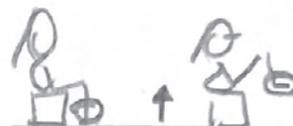


Balón medicinal

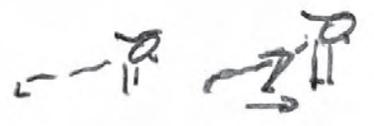
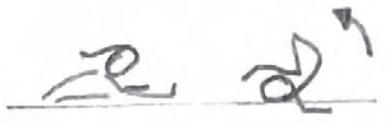
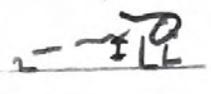
4 Rondas / 20" Trabajo + 40" Pausa



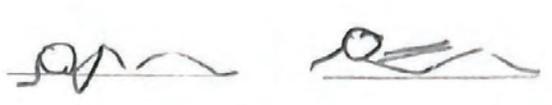
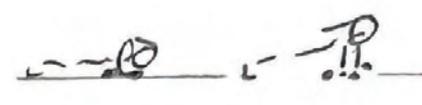
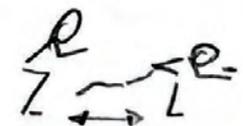
4 Rondas / 20" Trabajo + 40" Pausa



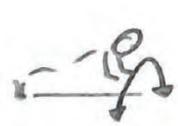
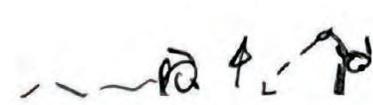
4 Rondas / 20" Trabajo + 40" Pausa

<p>E1</p> 	<p>E5</p> 
<p>E2</p> 	<p>E6</p> 
<p>E3</p> 	<p>E7</p> 
<p>E4</p> 	<p>E8</p> 

3 x 30" Trabajo + 30" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

<p>E1</p> 	<p>E5</p> 
<p>E2</p> 	<p>E6</p> 
<p>E3</p> 	<p>E7</p> 
<p>E4</p> 	<p>E8</p> 

3 x 20" Trabajo + 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

E1 	E5 
E2 	E6 
E3 	E7 
E4 	E8 

3 x 20" Trabajo + 40" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8

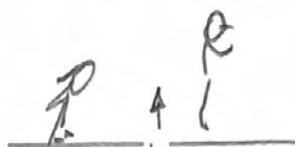
E1



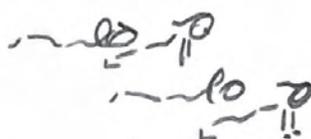
E2



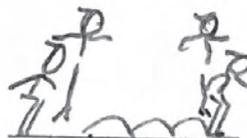
E3



E4



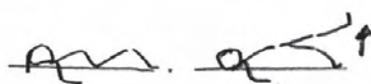
E5



E6



E7



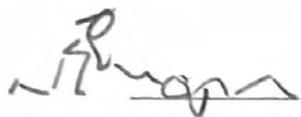
3 x 30" Trabajo + 30" Pausa  
x E1 - E2 - E3 - E4 - E5 - E6 - E7



3 x 20"  
40" Pausa



3 x 20"  
40" Pausa



3 x 20"  
40" Pausa



3 x 20"  
40" Pausa

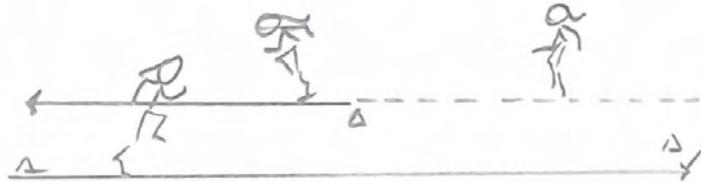


3 x 20"  
40" Pausa

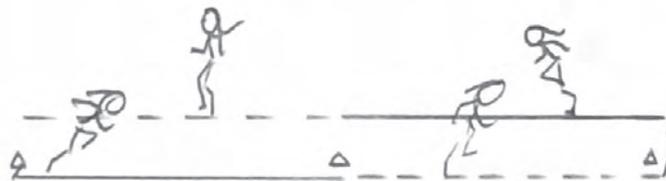


3 x 20"  
40" Pausa

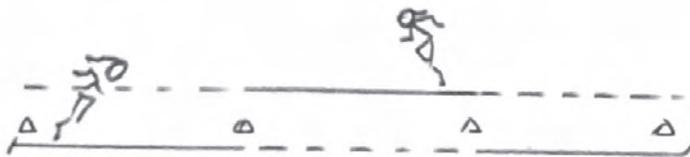
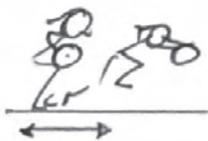
E1



E2



E3



3 x 10 Rep.  
x E1 - E2 - E3

————— 30 m —————

Bolsa de arena, barra con disco, barra ligera, balón medicinal

A



6 Rep.  
40 - 50 % Int.

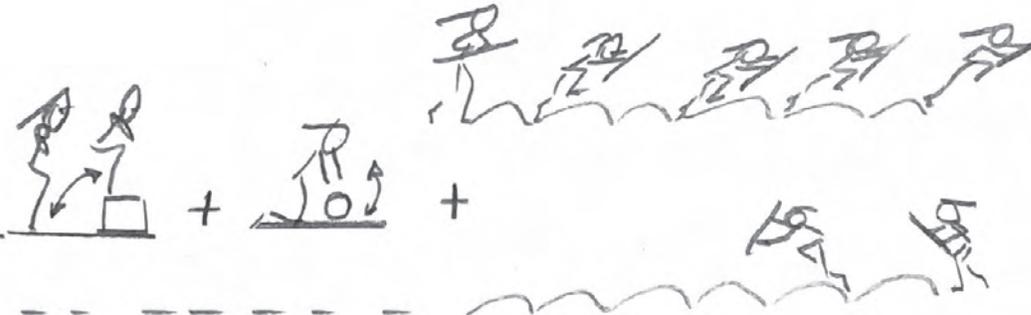
B



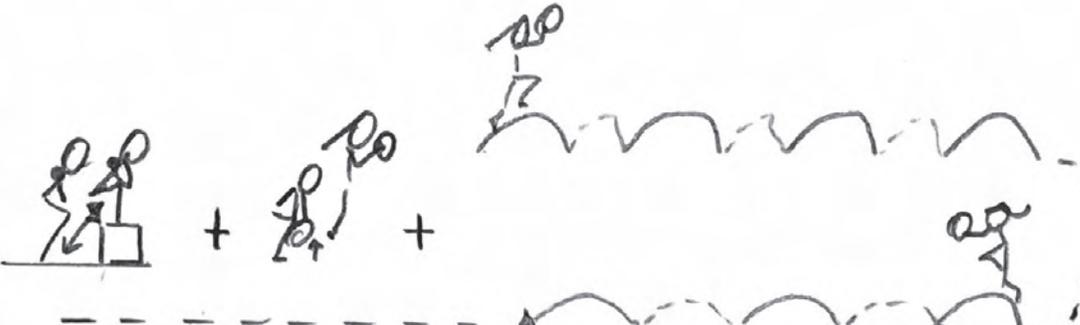
6 Rep.  
Mancuerna  
3.3 kg



4 Rondas  
6 Rep.  
40 - 50 Int.  
Reg. 2'



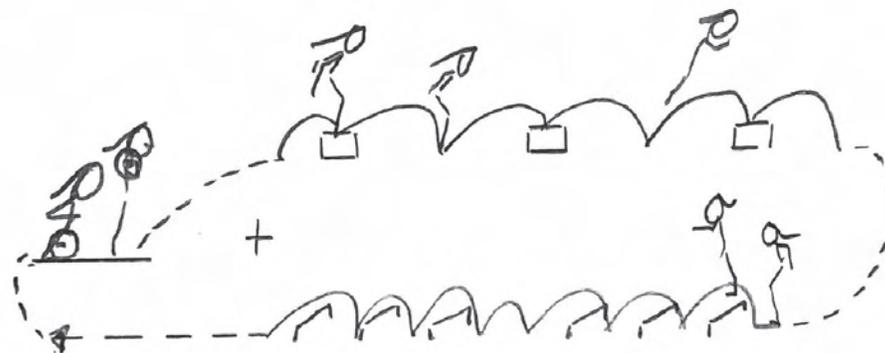
4 Rondas  
6 Rep.  
Reg. 2'



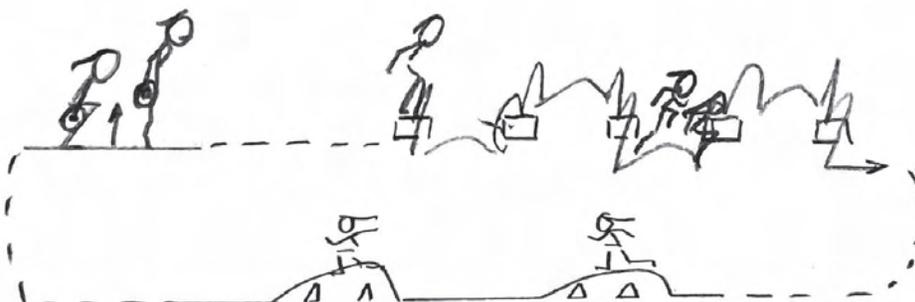
4 Rondas  
6 Rep.  
Reg. 2'



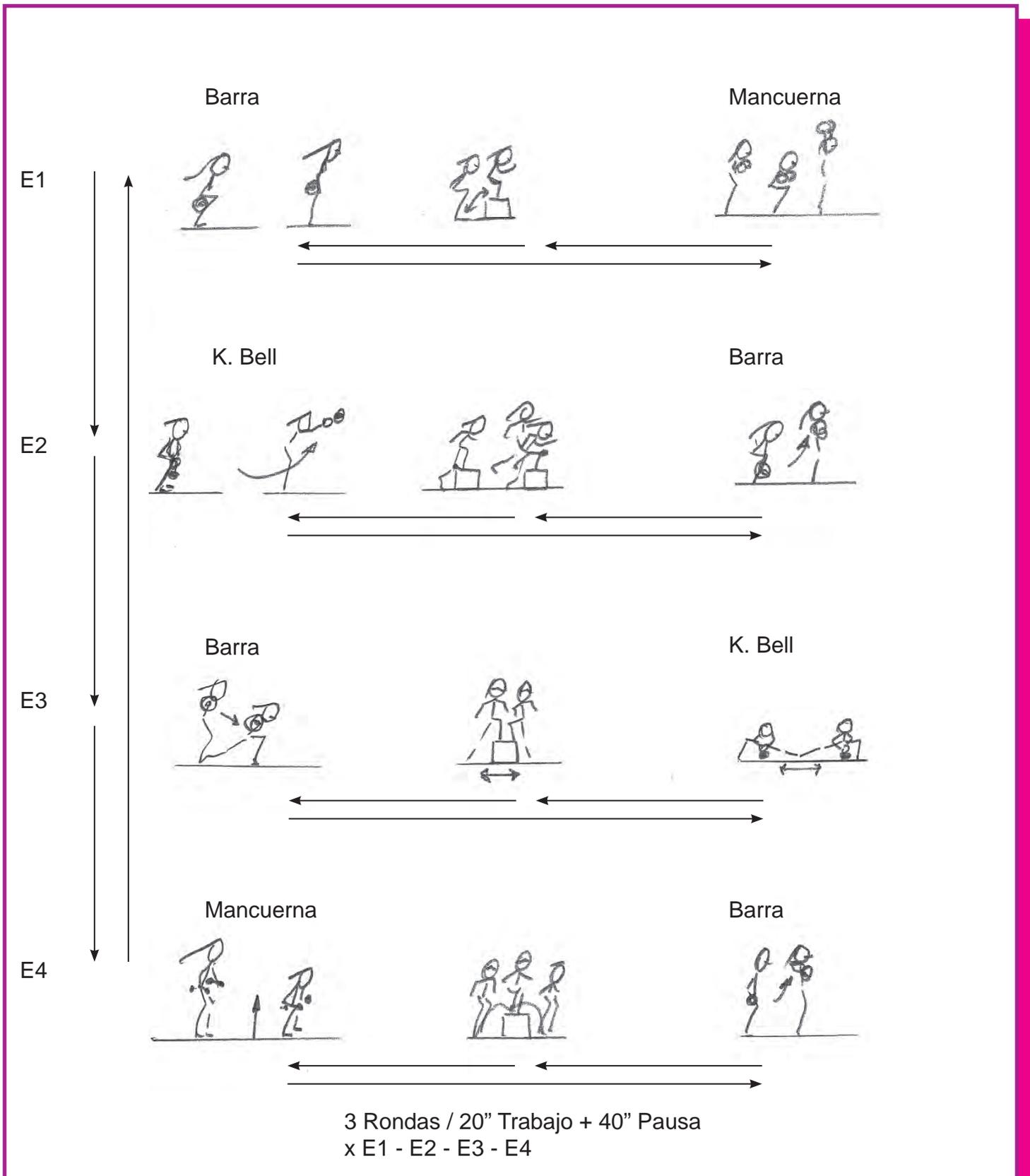
4 Rondas  
6 Rep.  
40 - 50 Int.  
Reg. 2'



10 Rondas  
6 Rep.  
40 - 50 Int.  
Reg. 2'



10 Rondas  
6 Rep.  
40 - 50 Int.  
Reg. 2'



Bolsa de arena



E1



E2



E4



E3



E5

3 Series  
20" de trabajo - 40" de pausa  
x E1 - E2 - E3 - E4 - E5



E1



E2



E4



E3



E5

3 Series  
20" de trabajo - 40" de pausa  
x E1 - E2 - E3 - E4 - E5

Mancuerna de 7 - 10 kg



E1



E2



E4



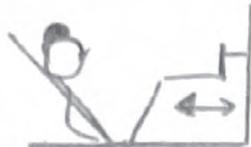
E3



E5

3 Series  
20" de trabajo - 40" de pausa  
x E1 - E2 - E3 - E4 - E5

10 Rep. 70% intensidad



6 Contactos  
Reg.2'



4 Rep.

10 Rep. 70% intensidad



6 Contactos  
Reg.2'



4 Rep.

10 Rep. 70% intensidad

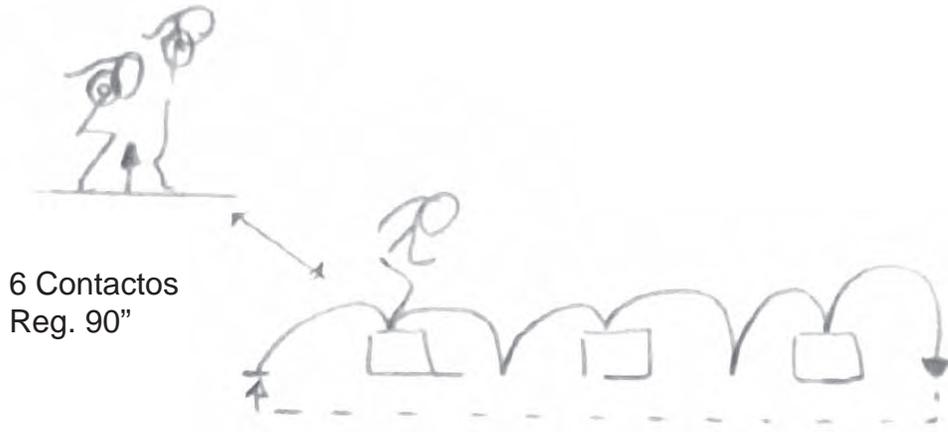


6 Contactos  
Reg.2'



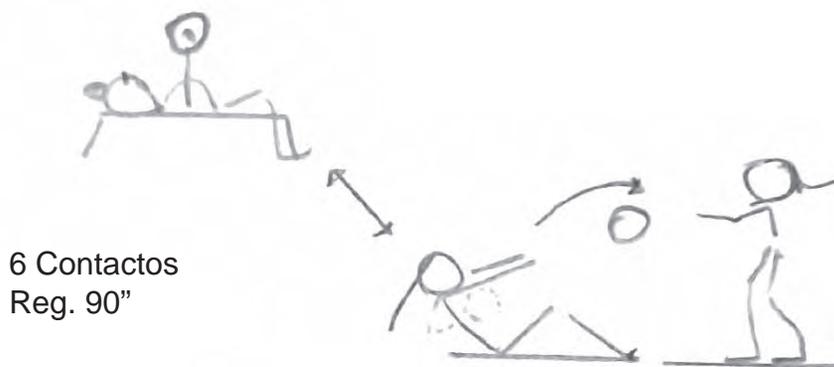
4 Rep.

10 Rep. 70% intensidad



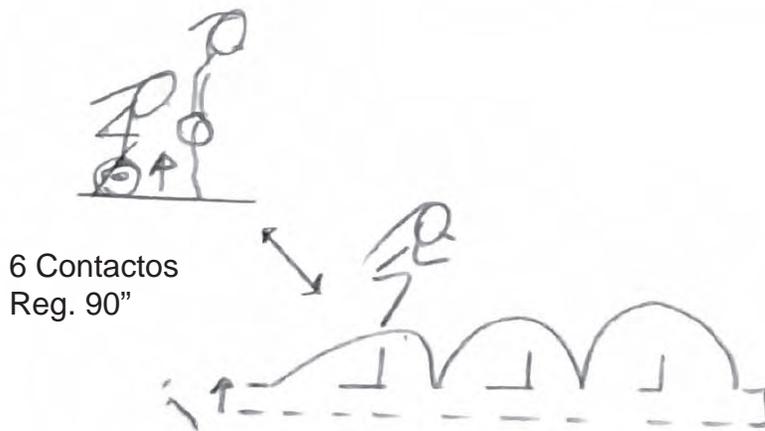
4 Rep.

10 Rep. 70% intensidad



4 Rep.

10 Rep. 70% intensidad



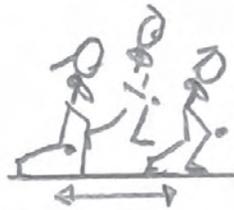
4 Rep.



4 Rep.  
30" Pausa



4 Rep.  
30" Pausa



4 Rep.  
30" Pausa

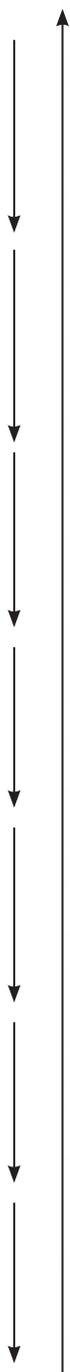
x 4



4 Rep.  
20% Intensidad  
45" Pausa



4 Rep.  
40% Intensidad  
60" Pausa



10 Rep.  
40% Intensidad  
30" Pausa



10 Rep.  
40% Intensidad  
30" Pausa



10 Rep.  
30" Pausa



10 Rep.  
40% Intensidad  
30" Pausa



10 Rep.  
40% Intensidad  
45" Pausa



10 Rep.  
40% Intensidad  
45" Pausa



10 Rep.  
40% Intensidad  
45" Pausa



10 Rep.  
Disco  
60" Pausa

x 3