

1



2 x 5 Rep.
Reg. 2'

2



2 x 5 Rep.
Reg. 2'

3



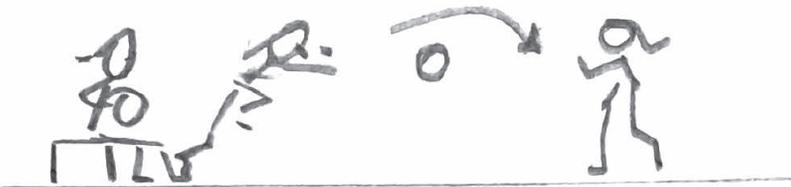
2 x 5 Rep.
Reg. 2'

1



2 x 5 lanzamientos
Reg. 1'

2



2 x 5 lanzamientos
Reg. 1'

3



2 x 5 lanzamientos
Reg. 1'

4



2 x 5 lanzamientos
Reg. 1'

1



3 x 10 Rep.

2



3 x 10 Rep.

3



3 x 10 Rep.

1



2



3



10 Rep. / Ejercicio 1 - 2 - 3 / Reg. 30"

1



2

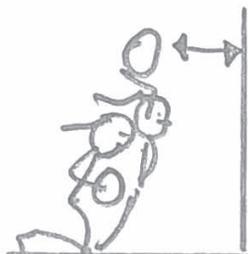


3



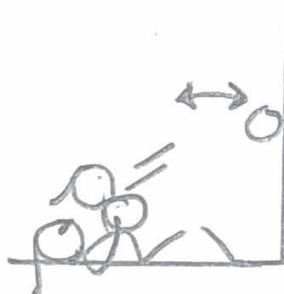
3 Rondas / Ejercicio 1 - 2 - 3
Cada jugador permanece 30" en el centro
y cambia de posición

E1



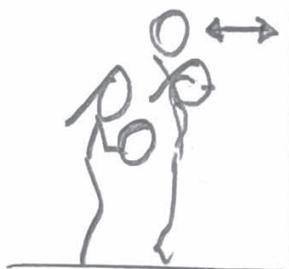
4 x 10 Rep.
Reg. 75"

E2



4 x 15 Rep.
Reg. 75"

E3



4 x 15 Rep.
Reg. 75"

E1



E2



E3



4 x 10 Rep. / Reg. 75"

E1



4 x 6 Rep.
Reg. 1'

E2



4 x 6 Rep.
Reg. 1'

E3



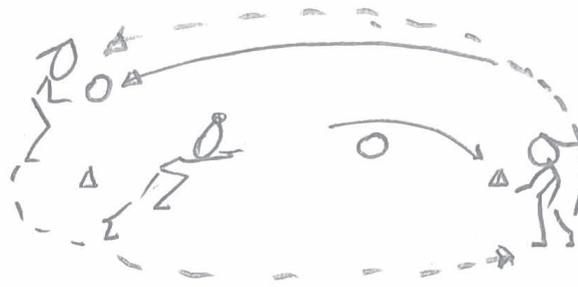
4 x 6 Rep.
Reg. 1'

E4



4 x 6 Rep.
Reg. 1'

E1



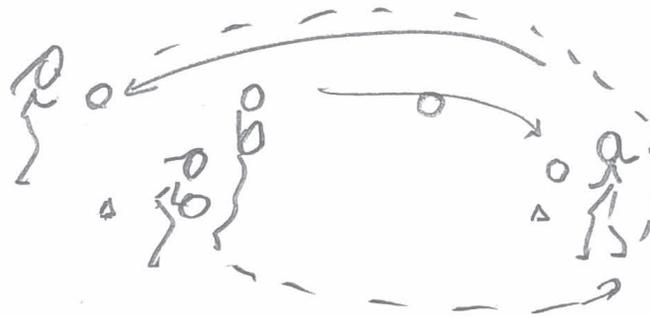
2' Continuos

E2



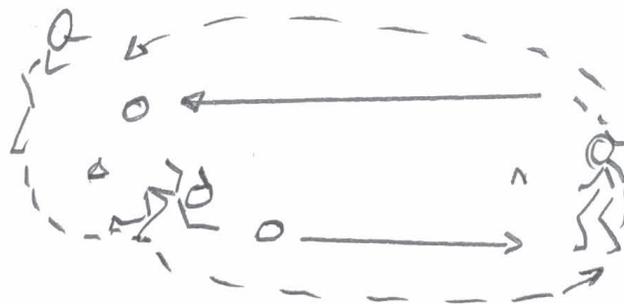
2' Continuos

E3



2' Continuos

E4



2' Continuos

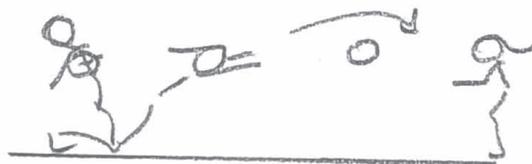
E1



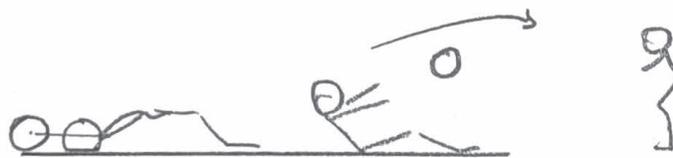
E2



E3



E4



E5



3 x 5 Rep. / x E1 - E2 - E3 - E4 - E5 / Reg. 1'