

3 Rondas / 30" Trabajo + 30" Pausa

The diagram illustrates a physical education exercise divided into four horizontal stages, labeled E1 through E4. On the left side, a vertical axis with arrows indicates the sequence: E1 is at the top, followed by E2, E3, and E4 at the bottom. Each stage shows a sequence of stick figures on a wavy line representing a path. In E1, two figures are at the start, and a triangle marker is at the end. In E2, two figures are in the middle of the path, and a triangle marker is at the end. In E3, two figures are at the start, and a triangle marker is at the end. In E4, two figures are in the middle of the path, and a triangle marker is at the end. Below the stages, the text reads: "3 x E1 - E2 - E3 - E4" and "Reg. 2'".

3 x E1 - E2 - E3 - E4
Reg. 2'



E1



E6



E2



E5

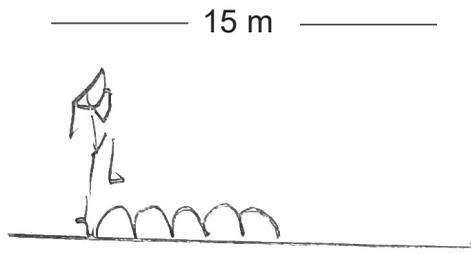


E3

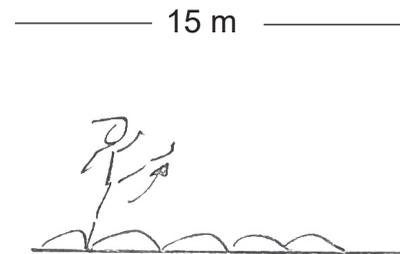


E4

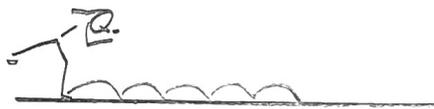
2 x 15 - 30" /
x E1 - E2 - E3 - E4 - E5 - E6



E1



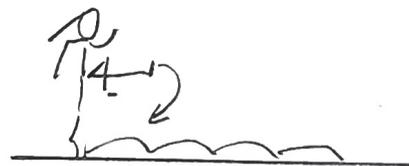
E8



E2



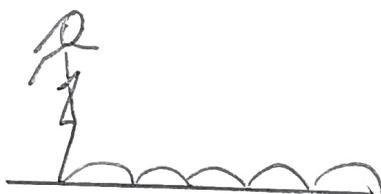
E7



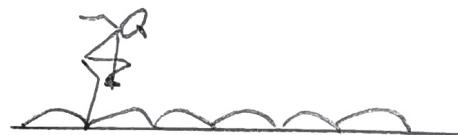
E3



E6



E4



E5

2 x 15m /
x E1 - E2 - E3 - E4 - E5 - E6 - E7 - E8



E1



E6



E2



E5



E3



E4

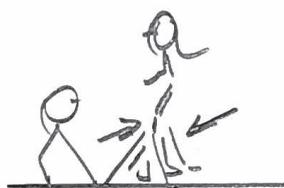
2 x 15 - 30" /
x E1 - E2 - E3 - E4 - E5 - E6



4 x 10 Rep.



10 Rep.



4 x 10 Rep.



15" Izq. - Der.



4 x 10 Rep.



15"



Derecha Tenis



Revés Tenis

