

3 Rondas / 30" Trabajo + 30" Pausa

The diagram illustrates a four-stage active mobility exercise performed on a wavy mat. A vertical axis on the left indicates the sequence from E1 at the top to E4 at the bottom, with arrows pointing downwards. Each stage shows two stick figures:

- E1:** The figures are in a standing position, one slightly behind the other, with their feet on the wavy mat.
- E2:** The figures are in a low, crouching position, leaning forward, with their feet on the wavy mat.
- E3:** The figures are in a standing position, one slightly behind the other, with their feet on the wavy mat.
- E4:** The figures are in a low, crouching position, leaning forward, with their feet on the wavy mat.

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



E1



E6



E2



E5

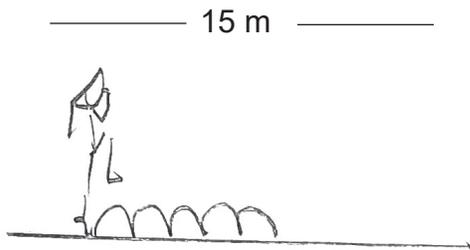


E3

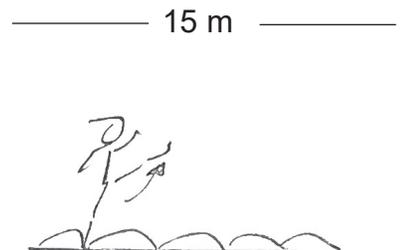


E4

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



E1



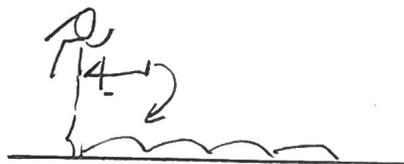
E8



E2



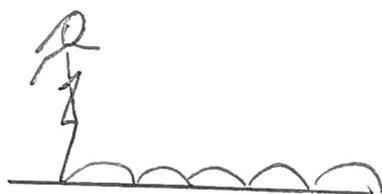
E7



E3



E6



E4



E5

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



E1



E6



E2



E5



E3



E4

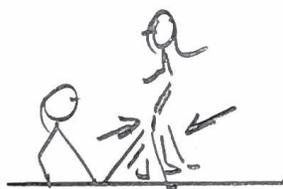
2 x 15 - 30" /
x E1 - E2 - E3 - E4 - E5 - E6



4 x 10 Rep.



10 Rep.



4 x 10 Rep.



15" Izq. - Der.



4 x 10 Rep.



15"



Derecha Tenis



Revés Tenis



1



4



2



5



3



6



2 x 30" /
x Ejercicio 1 - 2 - 3 - 4 - 5 - 6

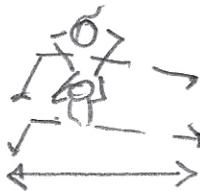
1



5



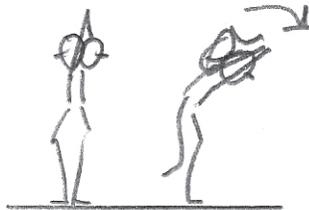
2



6



3



7



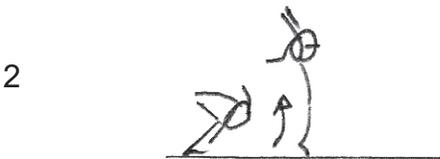
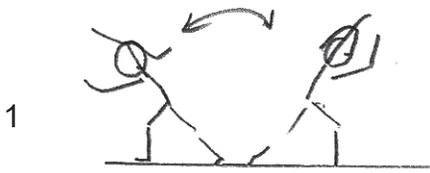
4



8



2 x 30" /
x Ejercicio 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8



2 x 30" /
x Ejercicio 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8