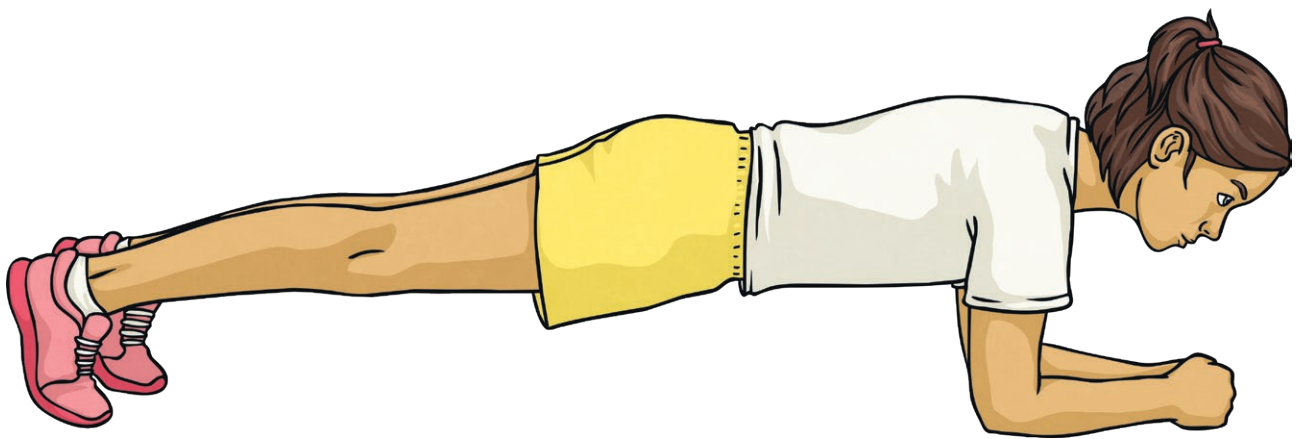
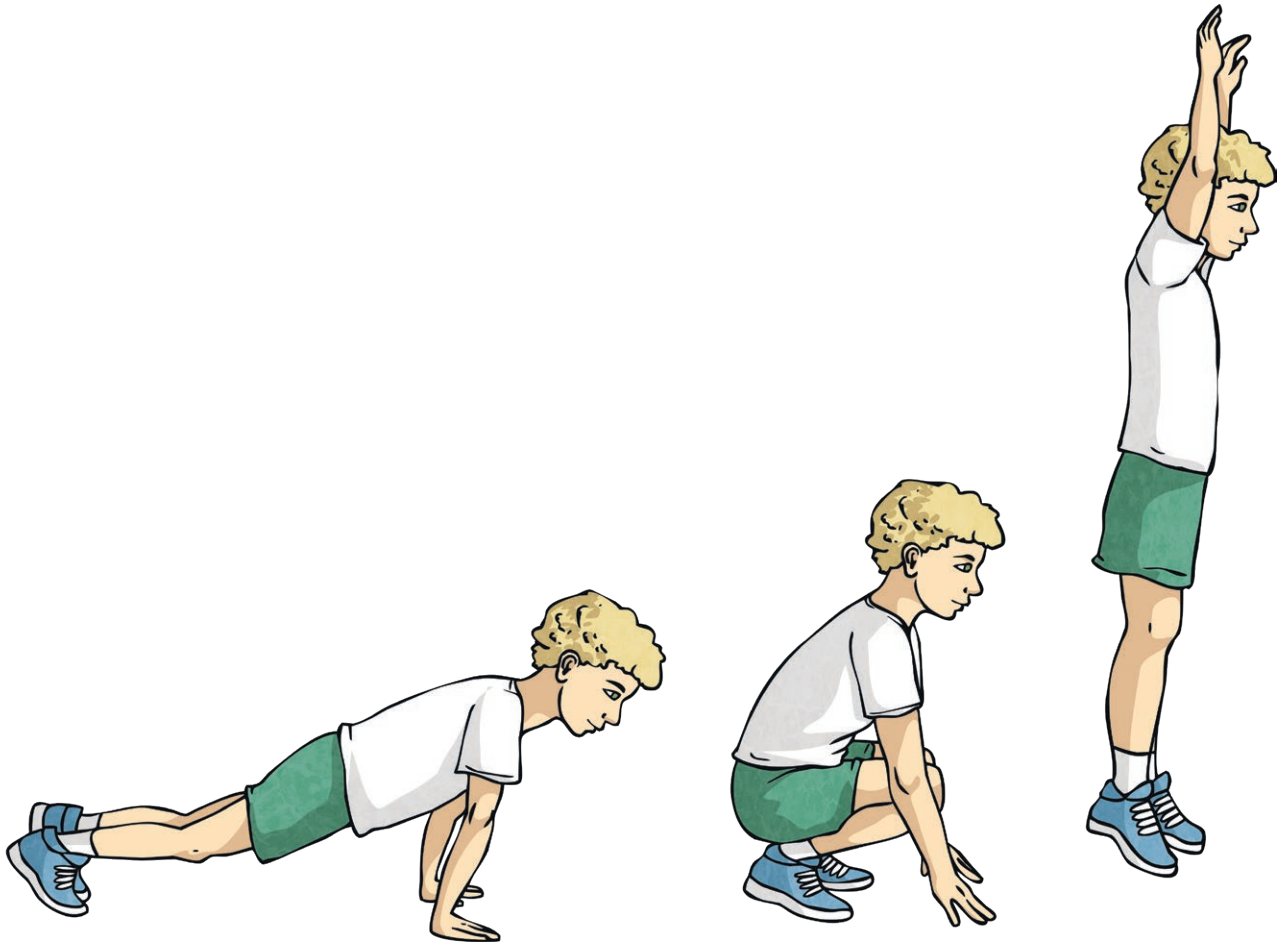


Equilibrio



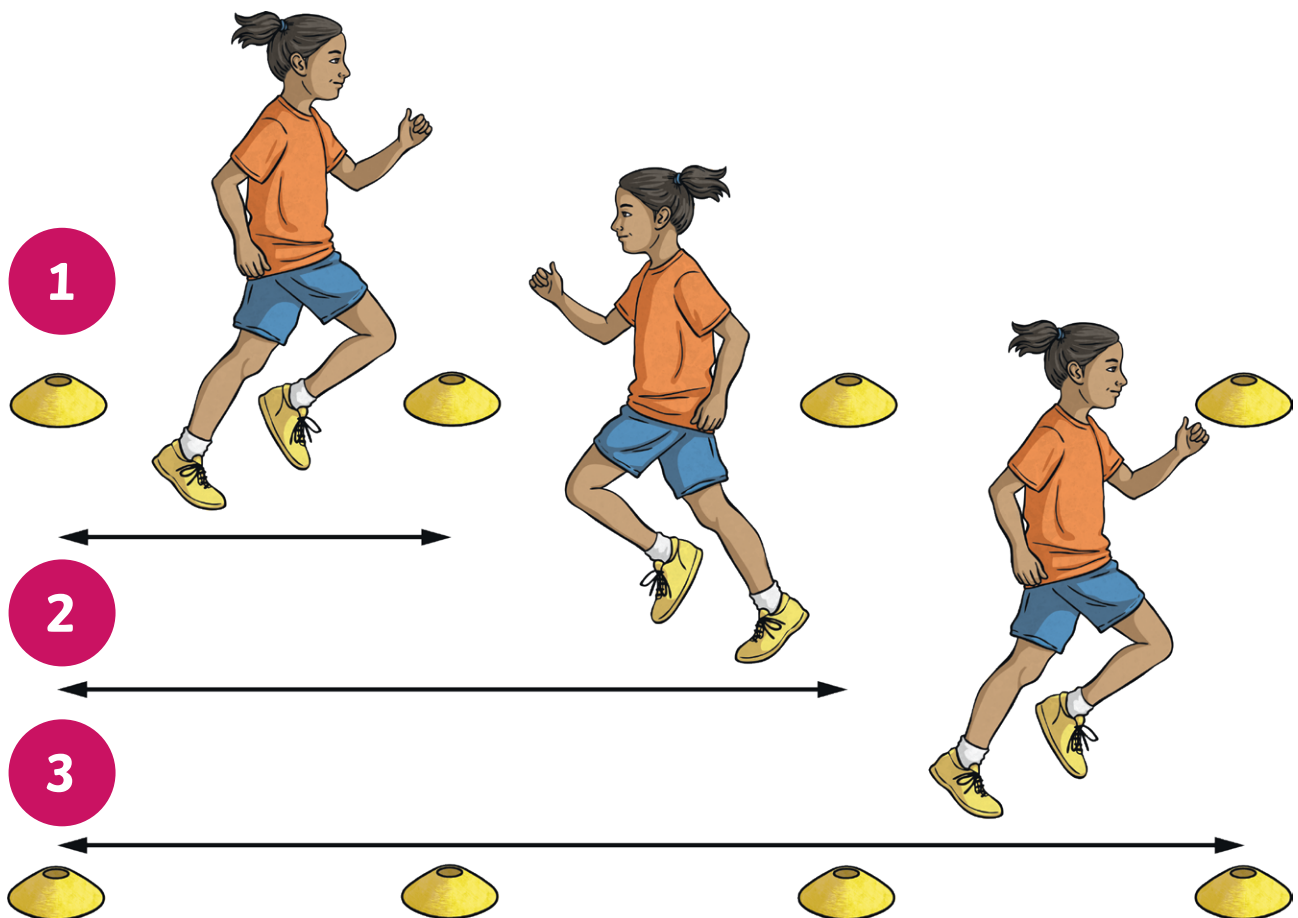
Burpees



Abdominales



20 metros



Sentadillas

1



2



Salto

1



2

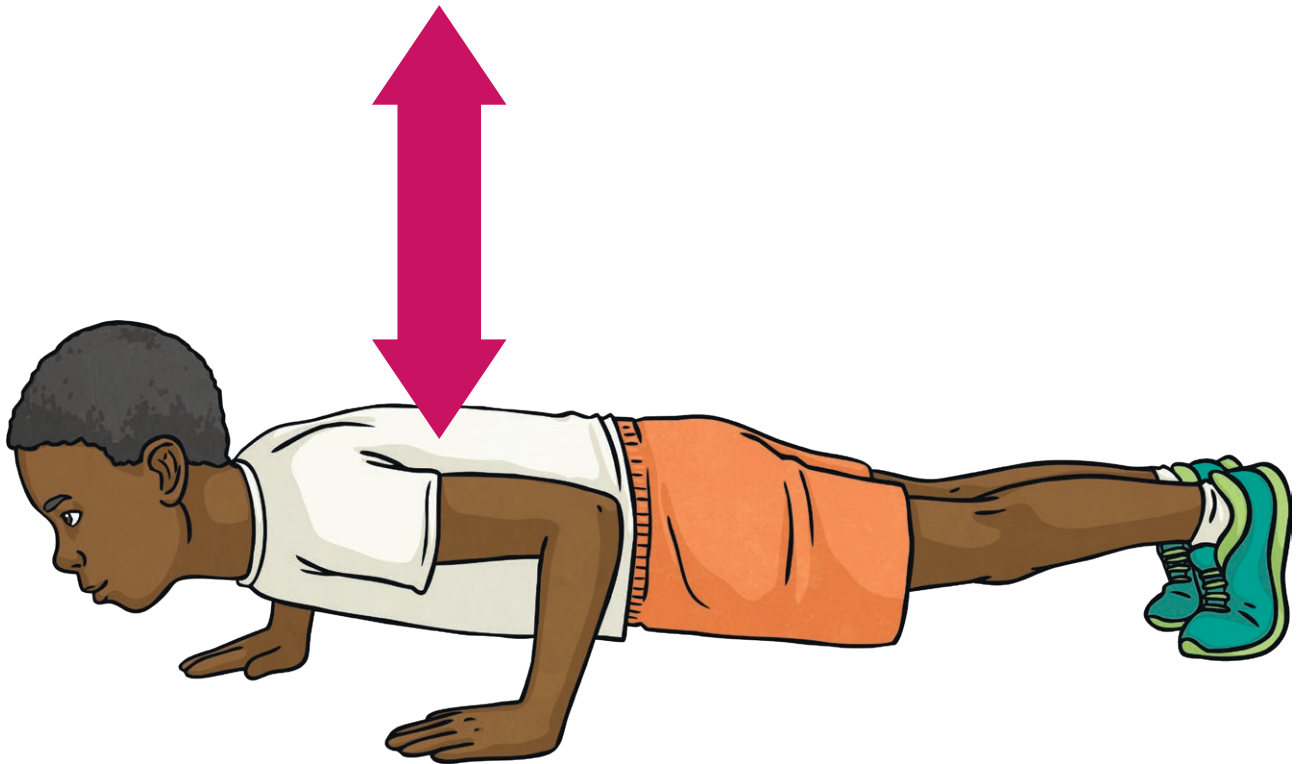


Circuito deportivo

Estocadas



Flexiones



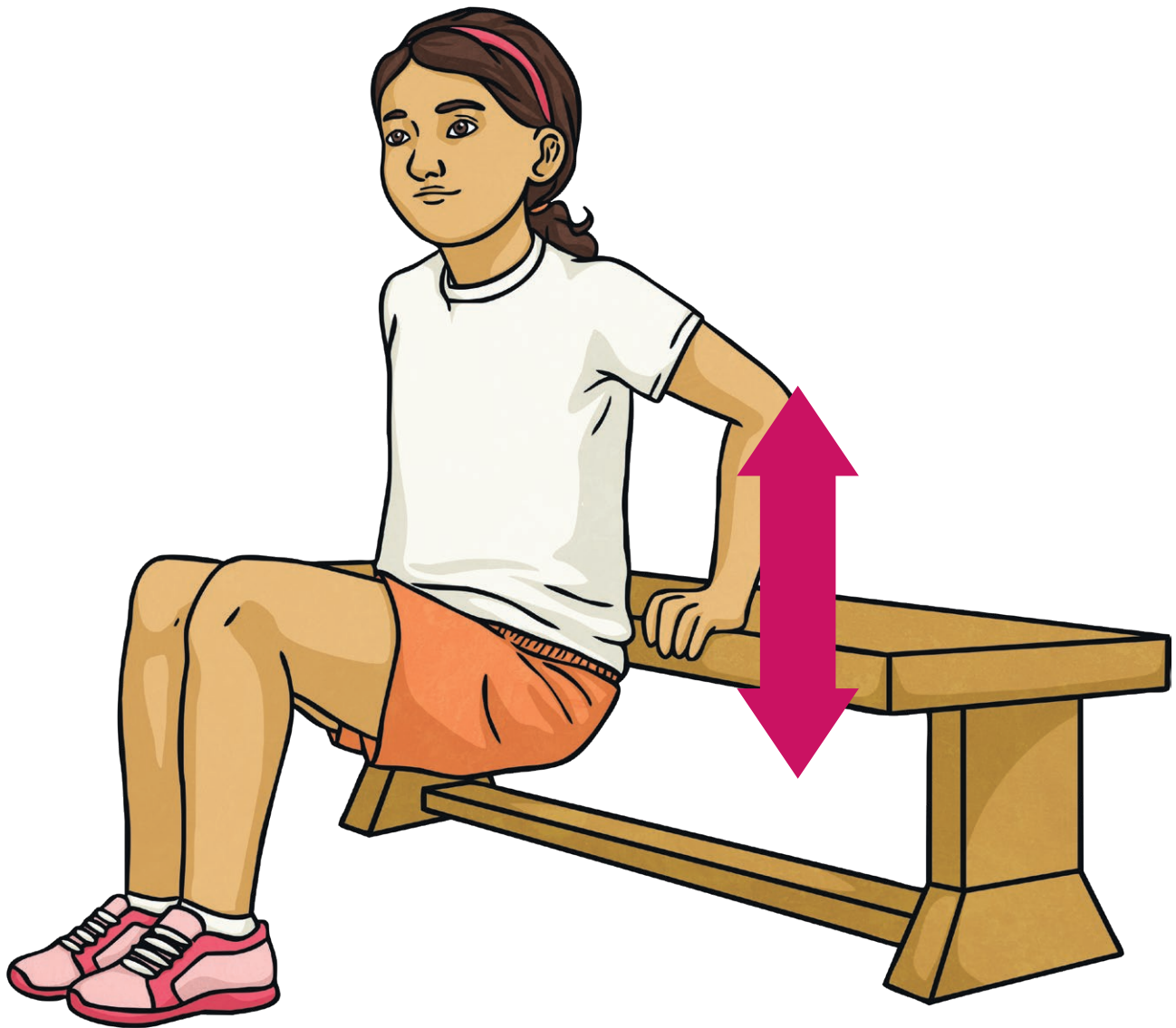
Circuito deportivo

Balón medicinal



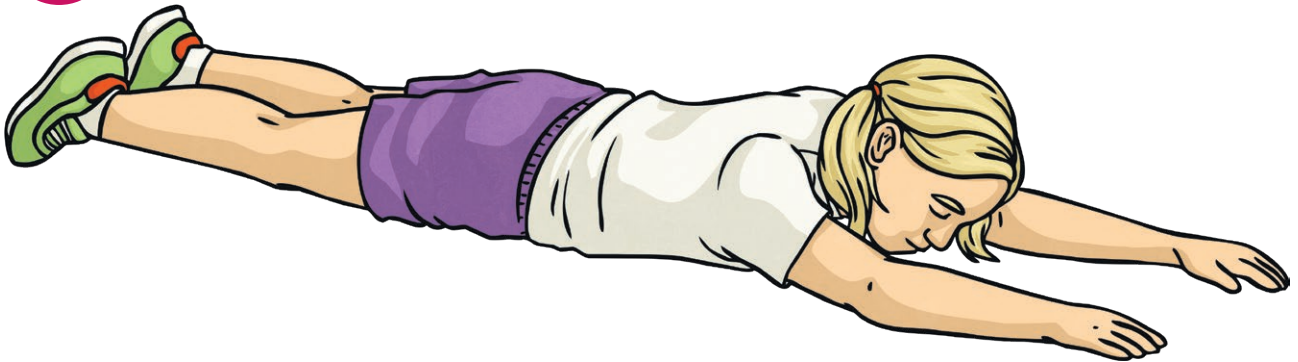
Circuito deportivo

Fondo de tríceps



Estiramiento

1



2

