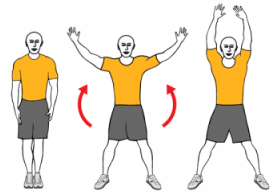
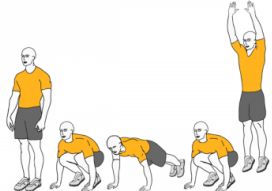
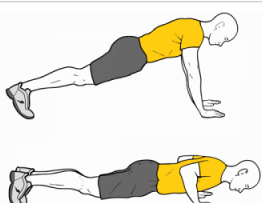
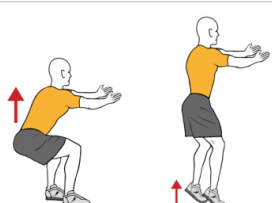
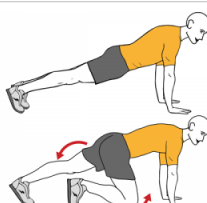
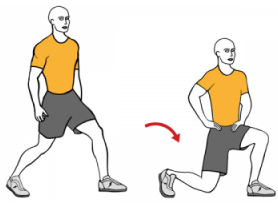
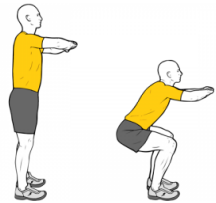
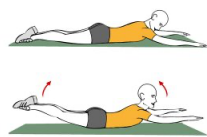
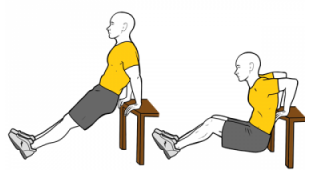
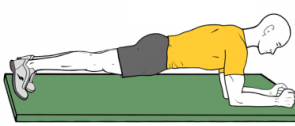
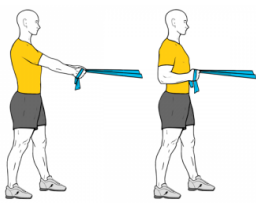
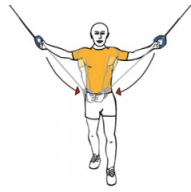
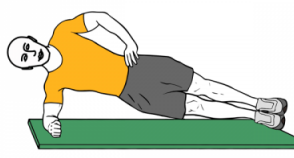
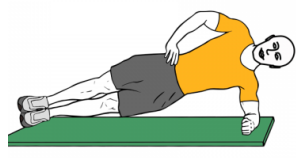
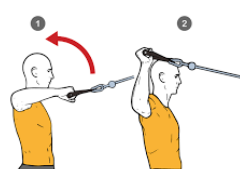
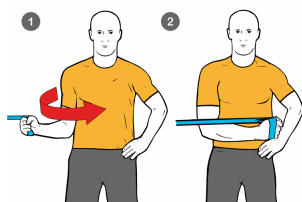


CIRCUITO FUERZA 1		CIRCUITO FUERZA 2	
 Jumping jacks	 Sentadilla isométrica	 Burpee con flexión	 Extensiones cadera
 Flexiones	 Abdominales V	 Sentadilla con salto	 Mountain climber
 Zancada	 Sentadilla	 Plancha elevación alt.	 Superman
 Fondos tríceps	 Plancha lateral	 Remo con goma	 Press pectoral con goma
 Plancha lateral izq	 Plancha lateral der	 Rotaciones hombro	 Rotaciones hombro