
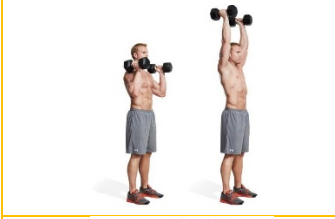

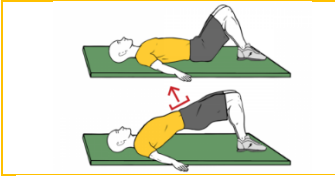



FULL BODY NIVEL 1

Calentamiento 10 minutos

EJERCICIO	REPETICIONES	SERIES	DESCANSO
	10		
	10		
	10	3	2'
	10		
	12+12		