


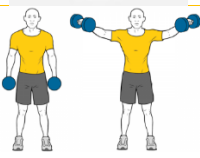



FULL BODY NIVEL 3

Calentamiento 10 minutos

EJERCICIO	REPETICIONES	SERIES	DESCANSO
	10		
	10		
	10	3	2'
	10		
	16		