
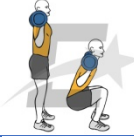


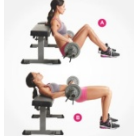



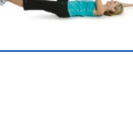


CIRCUITO: GLUTEOS, ABDOMINALES Y PIERNAS

NIVEL 3

	EJERCICIO	REPETICIONES	SERIES
		10 min	
1		15	X4
2		10+10	
3		15	X4
4		15	
5		10+10	
6		12	X3
7		30	
8		16	