
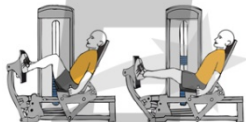



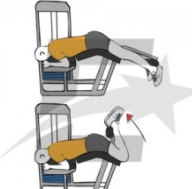




CIRCUITO: GLUTEOS, ABDOMINALES Y PIERNAS

NIVEL 5

EJERCICIO	REPETICIONES	SERIES
	10 min	
	12 10 8 8	
	16	
	12 10 8 8	
	12	4
	12	
	12	
	12	