

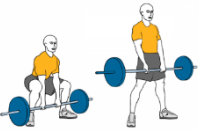

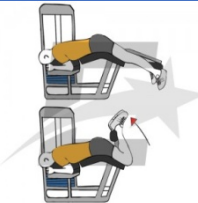





ENTRENAMIENTO: GLUTEOS, ABDOMINALES Y PIERNAS

NIVEL 6

EJERCICIO	REPETICIONES	SERIES	DESCANSO
	15	3	40'' aprox.
	10+10	3	40'' aprox.
	10	3	40'' aprox.
	8	3	40'' aprox.
	8	3	40'' aprox.
	12	3	30'' aprox.
	16	3	30'' aprox.
	12		30'' aprox.
