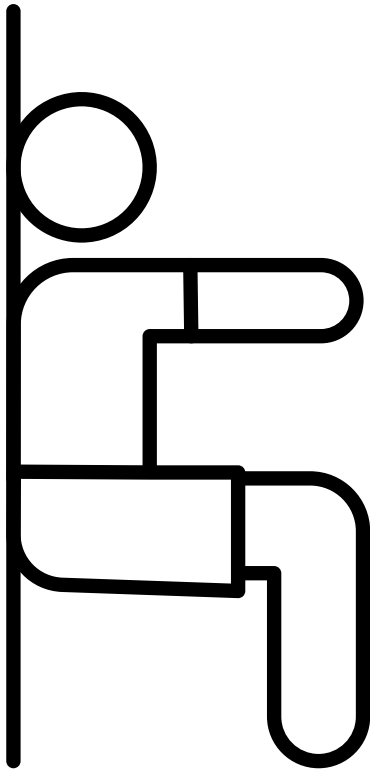


ESTACIÓN 1

Ronda 1



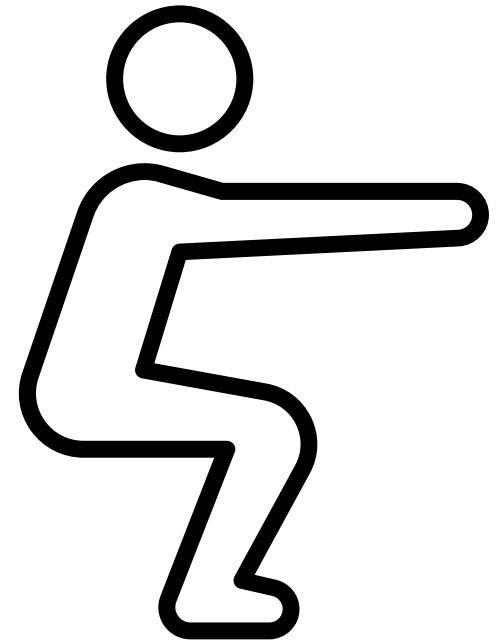
Sentadilla
isométrica en pared

Ronda 2



Zancada

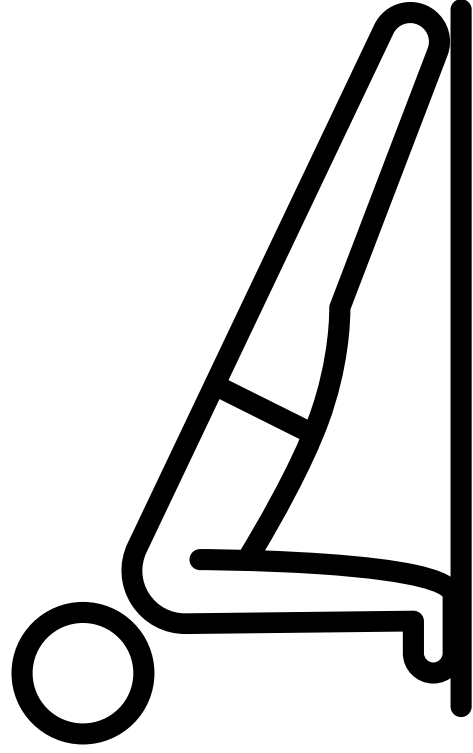
Ronda 3



Sentadillas
dinámicas

ESTACIÓN 2

Ronda 1



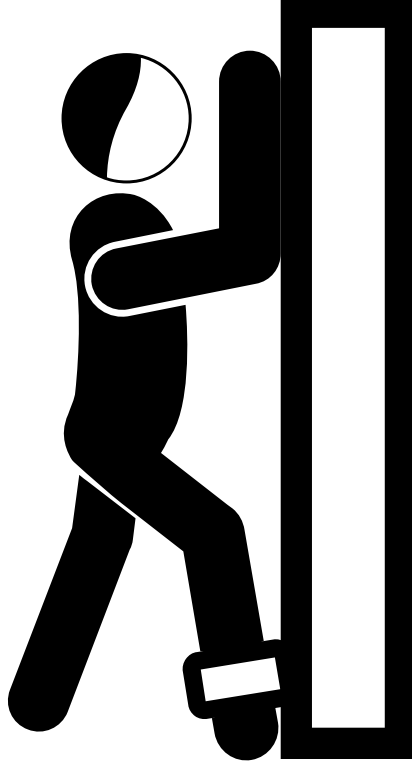
Plancha
isométrica

Ronda 2



Abdominales

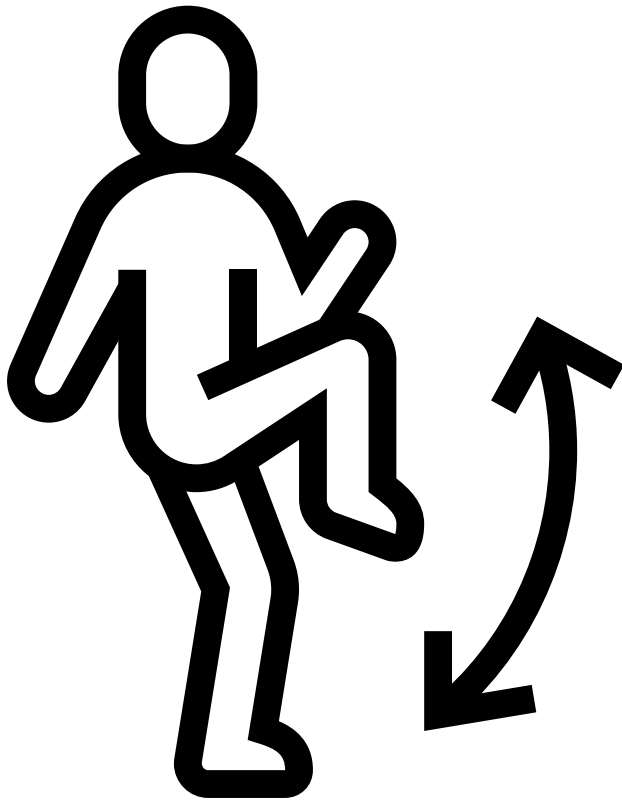
Ronda 3



Plancha: subir y
bajar las piernas

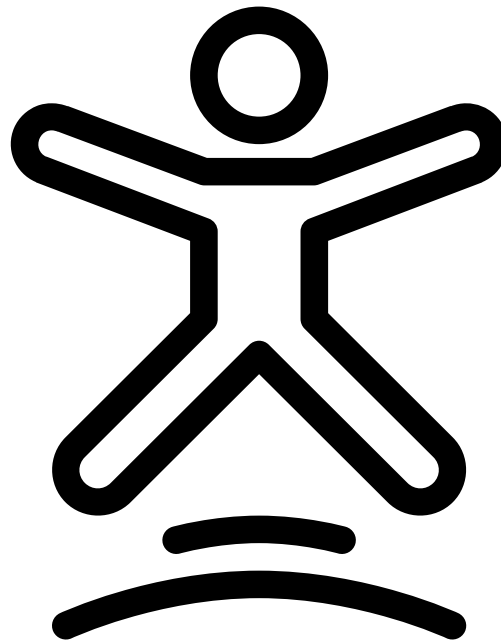
ESTACIÓN 3

Ronda 1



Skipping alto

Ronda 2



Saltos de
tijera

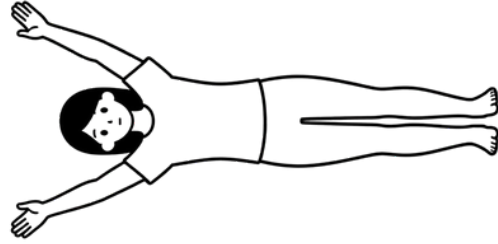
Ronda 3



Correr / skipping
hacia atrás

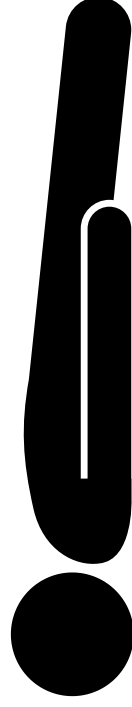
ESTACIÓN 4

Ronda 1



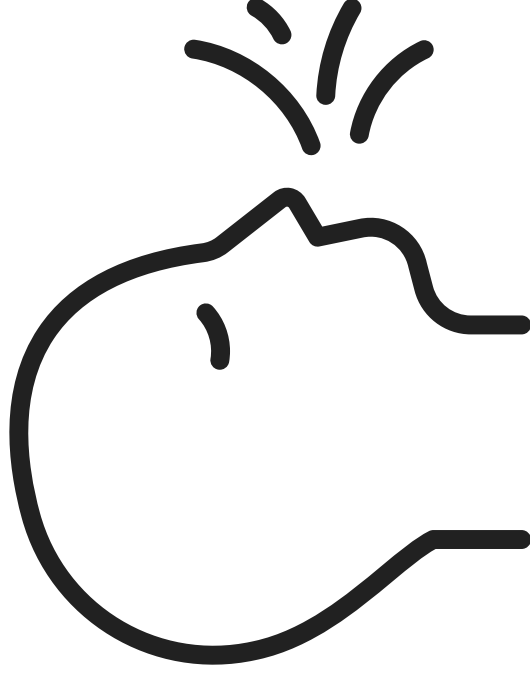
Inhalar al
subir y exhalar
al bajar

Ronda 2



Exhalar haciendo
el sonido “SSSSS”

Ronda 3

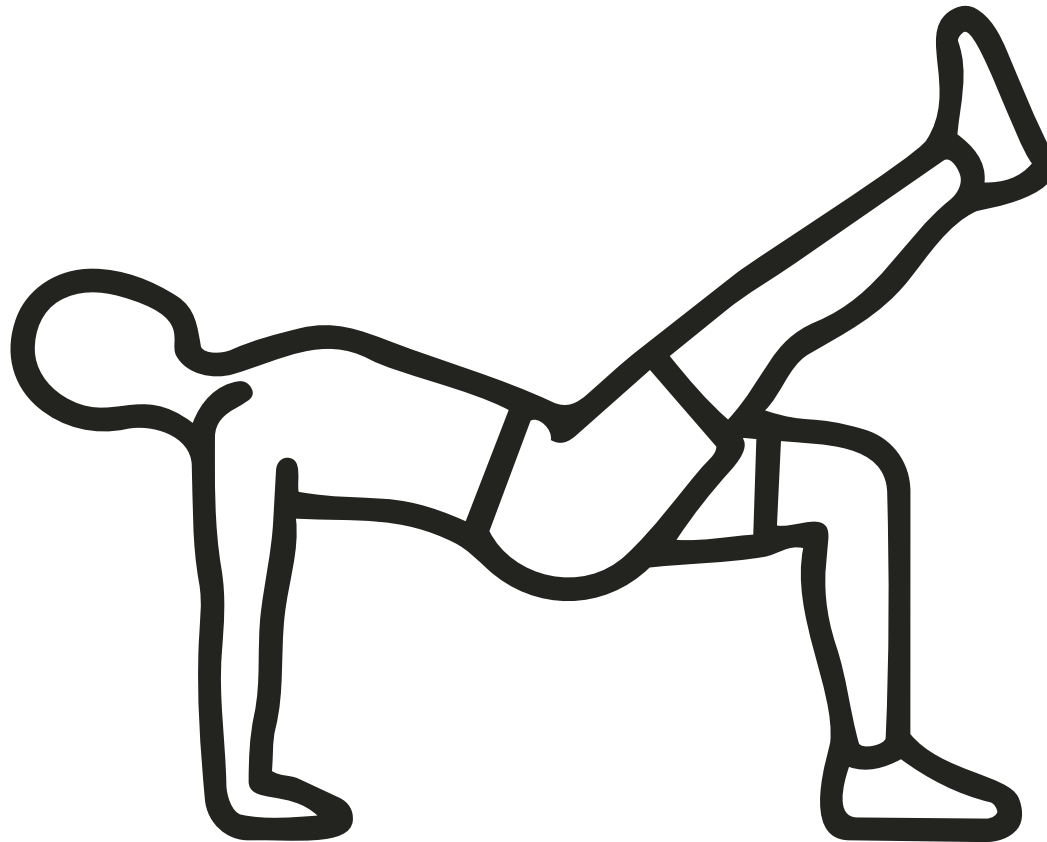


Inhala por la nariz y
exhala por la
boca

ESTACIÓN 5

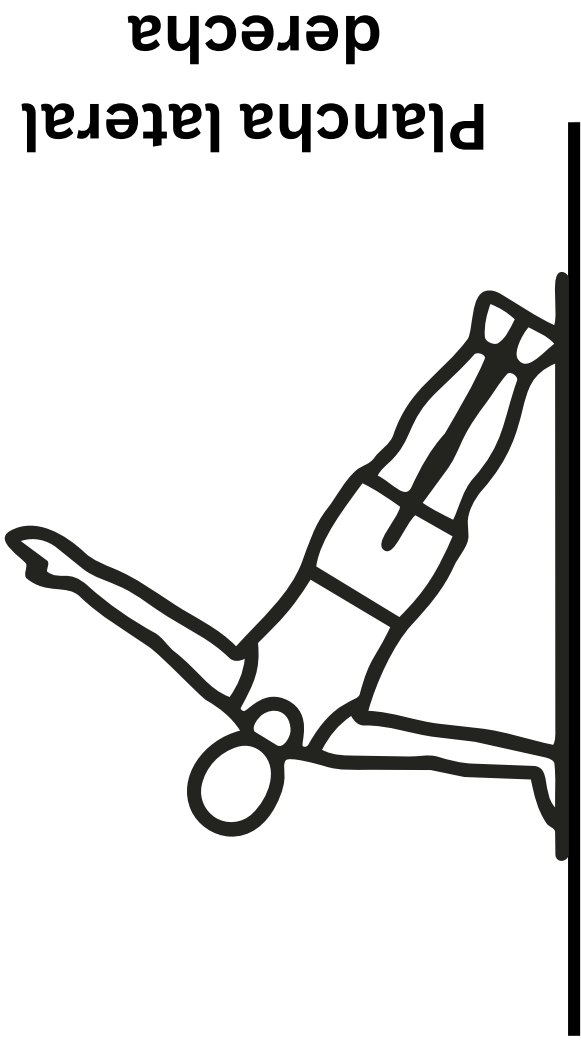
Rondas 1, 2 y 3

Carrera de cangrejos

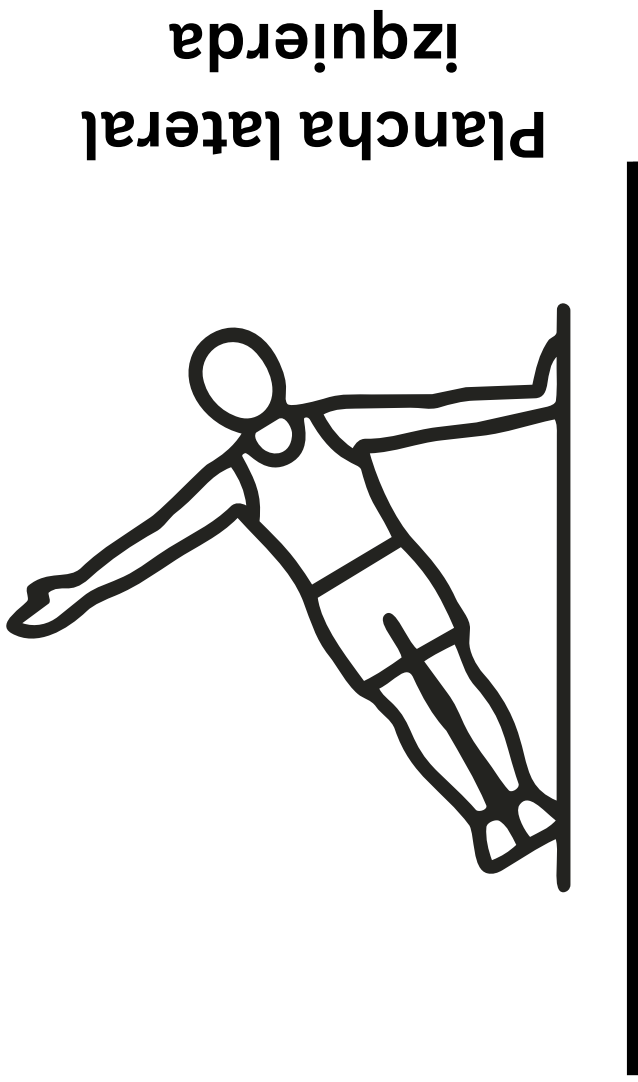


ESTACIÓN 6

Ronda 1



Ronda 2



Ronda 3

