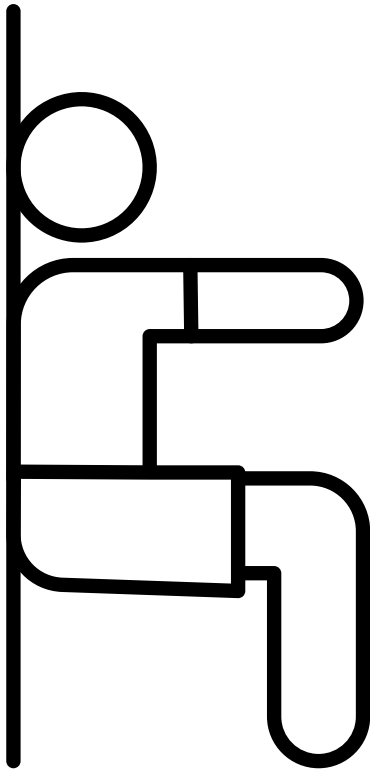


ESTACIÓ 1

Ronda 1



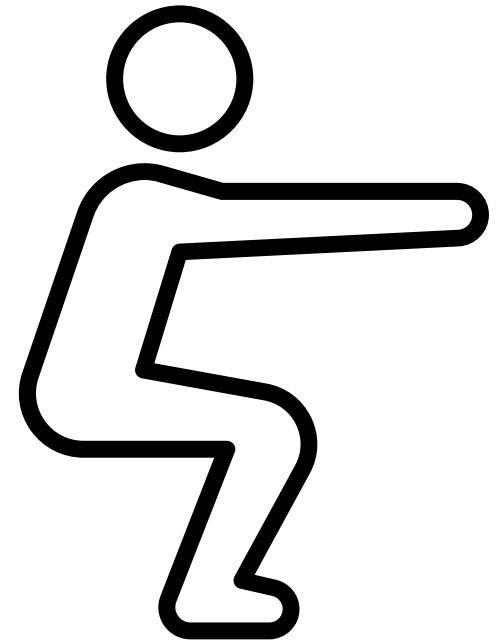
**Asseguda
isomètrica a paret**

Ronda 2



Lunge

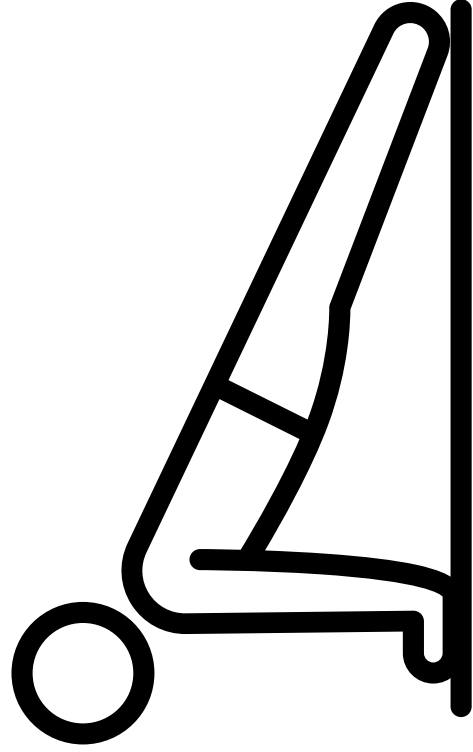
Ronda 3



**Assegudes
dinàmiques**

ESTACIÓ 2

Ronda 1



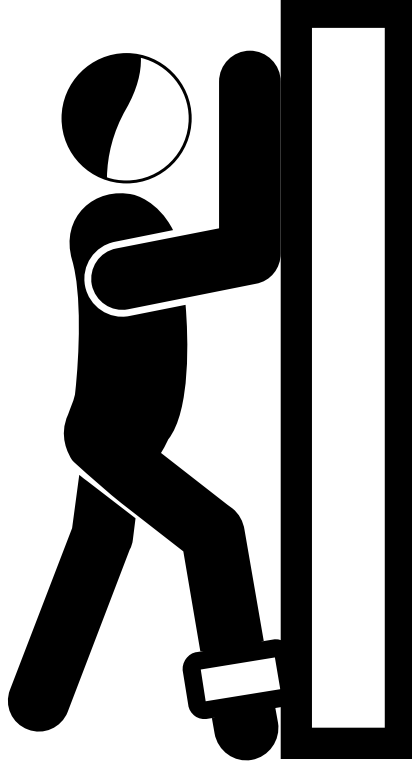
Planxa
isomètrica

Ronda 2



Abdominals

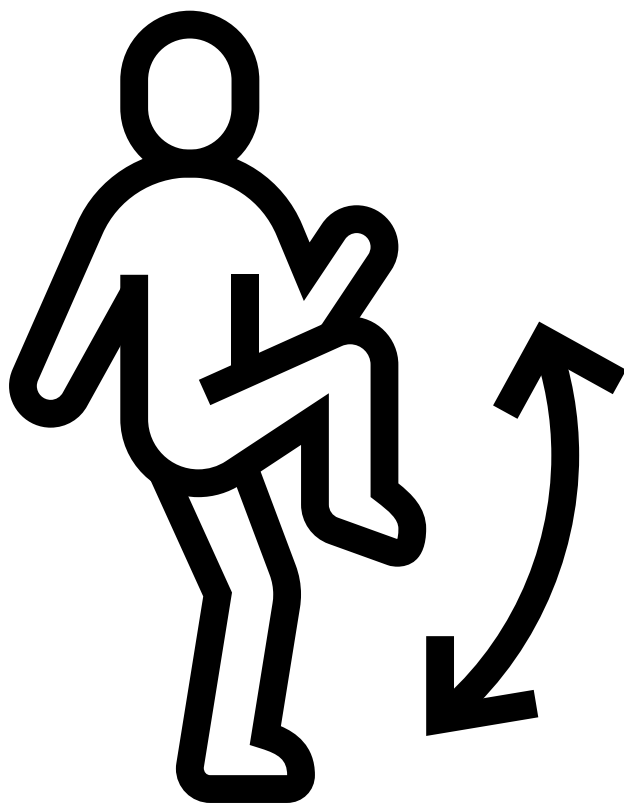
Ronda 3



Planxa pujar!
baixar cames

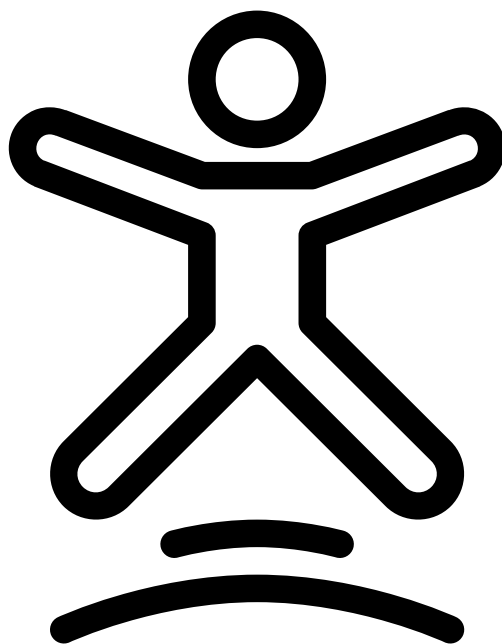
ESTACIÓ 3

Ronda 1



Skipping alt

Ronda 2



Jumping
jacks

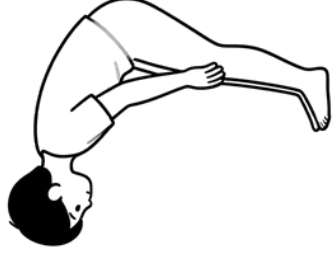
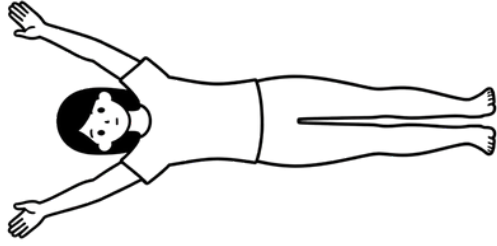
Ronda 3



Córrer / skipping
arrere

ESTACIÓ 4

Ronda 1



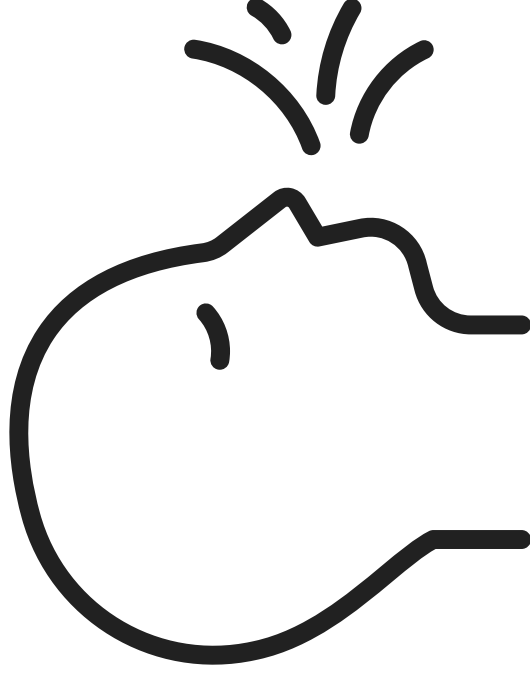
Inhalar quan es
puja i exhalar
quan es baixa

Ronda 2



Exhalar fent el
so “SSSSS”

Ronda 3

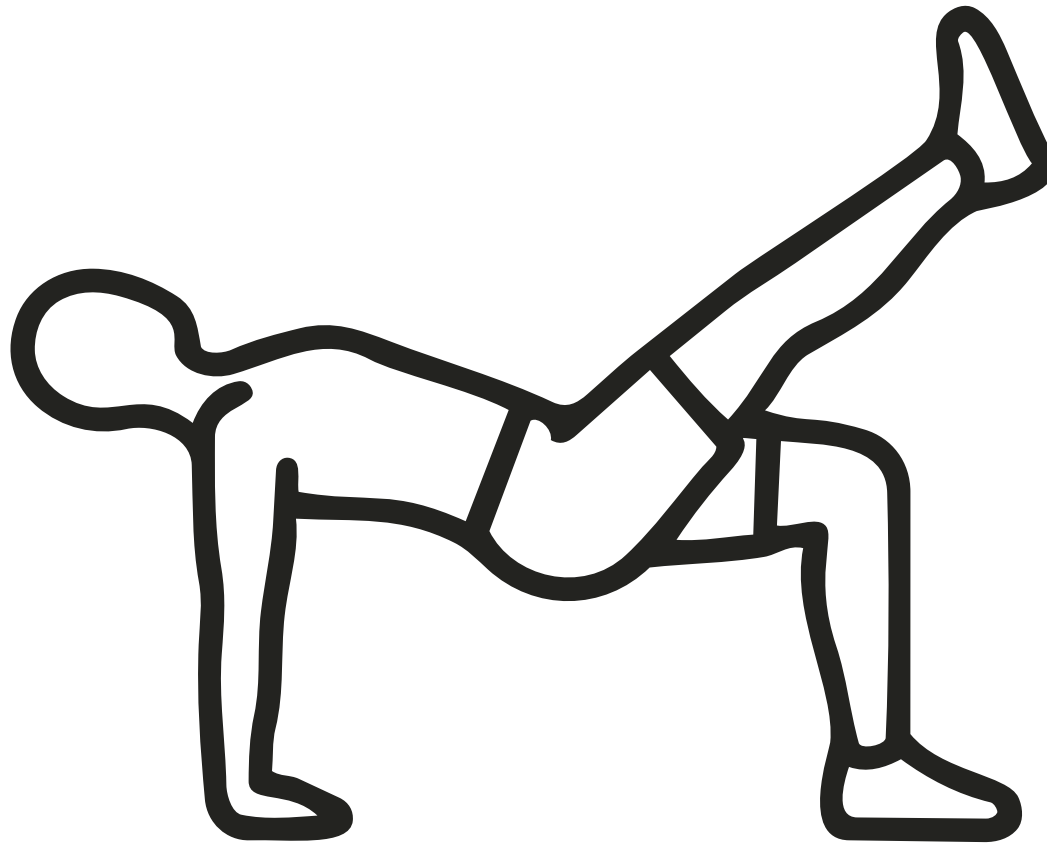


Inhala pel nas i
exhala per la
boca

ESTACIÓ 5

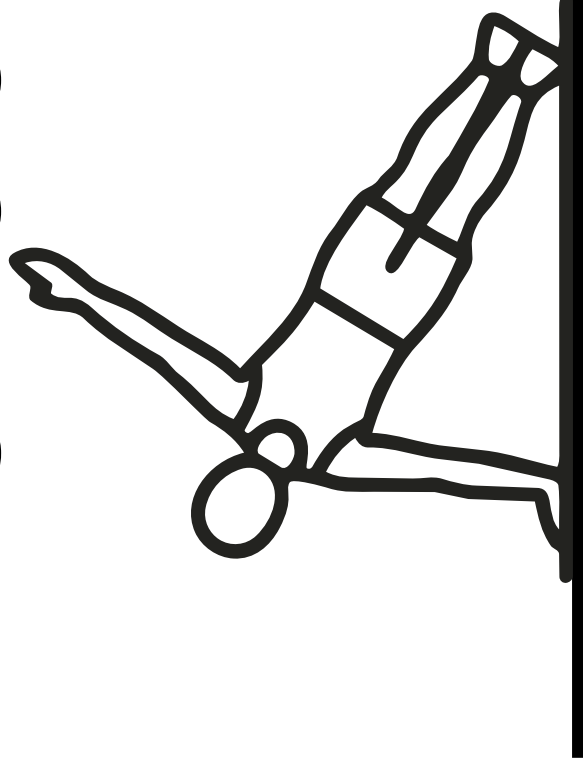
Ronda 1, 2 i 3

Carrera de crancs



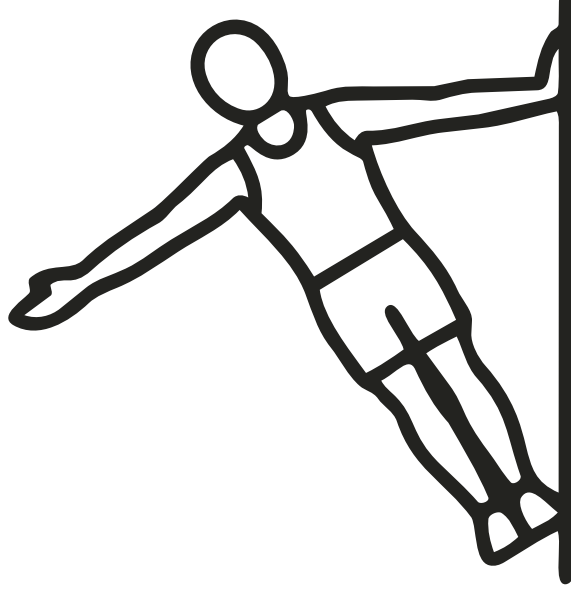
ESTACIÓ 6

Ronda 1



Planxa lateral
dret

Ronda 2



Planxa lateral
esquerre

Ronda 3



Planxa a tocar
espatlles