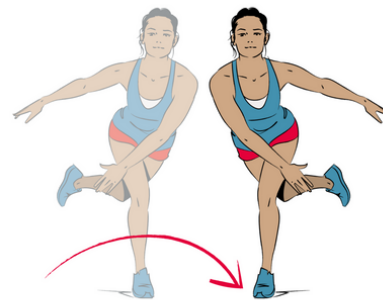




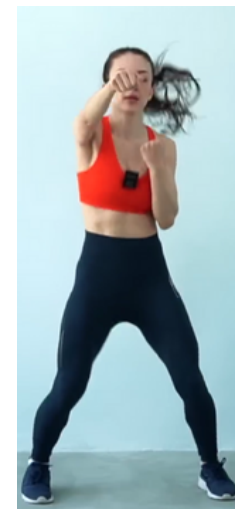
JUMPING JACKS



SALTO A LA COMBA



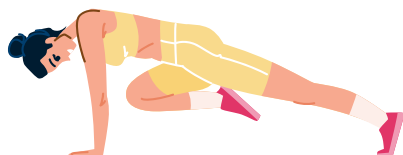
ESQUIADOR



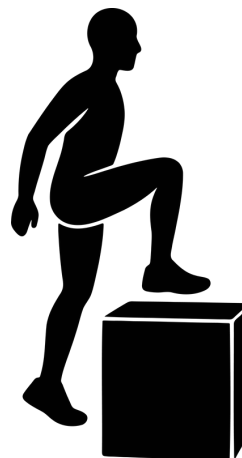
BOXER JACKS



RODILLAS ARRIBA



ESCALADOR



SUBIR AL CAJÓN



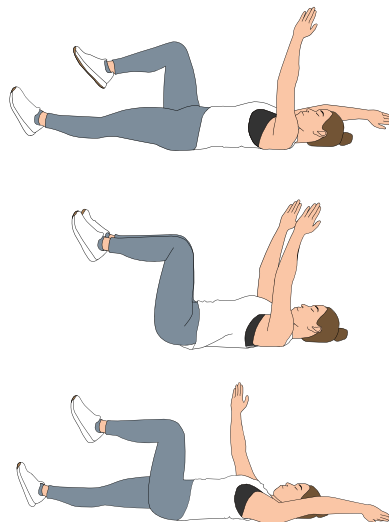
CARRERA



PLANCHA FRONTAL



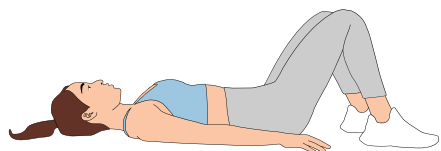
PLANCHA LATERAL



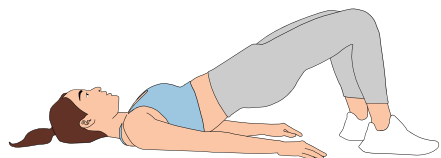
DEAD BUG



BIRD DOG



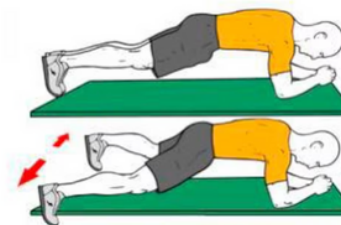
PUENTE DE GLÚTEO



CRUNCH



PLANCHA PELOTA
SUIZA



PLANCHA MOV. PIES



SENTADILLA



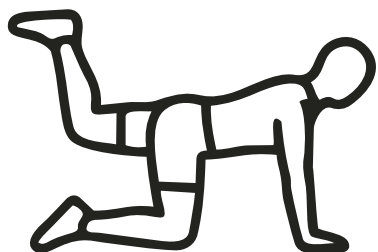
ZANCADAS



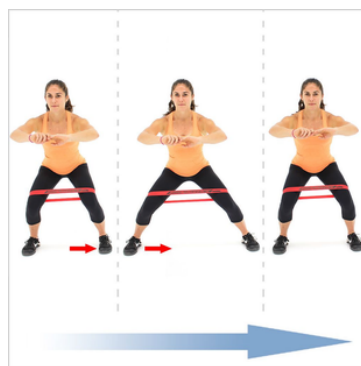
SALTO AL CAJÓN



PUENTE DE GLÚTEO



PATADA DE GLÚTEO



MONSTER WALK



PESO MUERTO I
PIERNA



SENTADILLA CON
SALTO



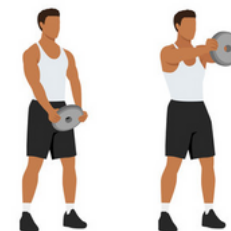
FLEXIONES



TRÍCEPS



REMO



ELEVACIONES
HOMBRO



BATTLE ROPE



PLANCHA COMANDO



BÍCEPS CON GOMA



REMO SUPINO/TRX



SENTADILLA Y
PRESS DE HOMBRO



PLANCHA
SENTADILLA



INCHWORM



BURPEES