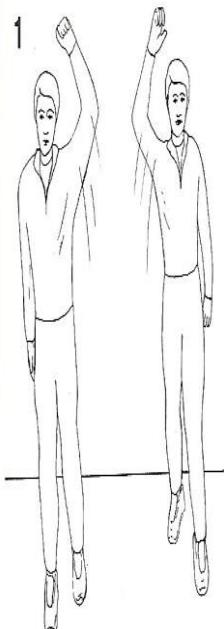
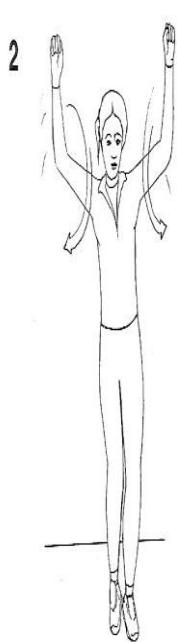


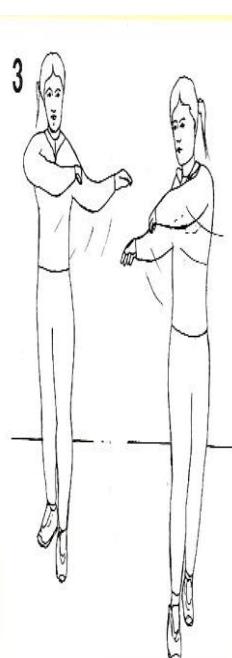
RUTINA DE CALENTAMIENTO GENERAL PARA FASE DE MOVILIZACIÓN Y CARDIO



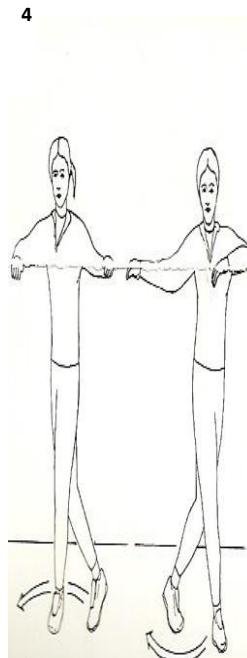
Trote elevando un brazo alternativamente



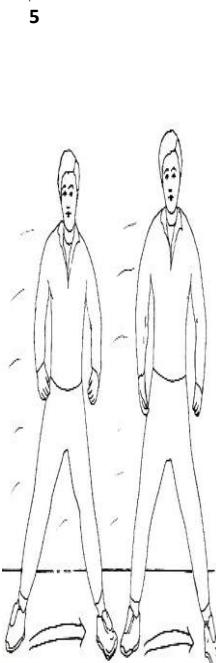
Círculos con los brazos mientras avanzas trotando



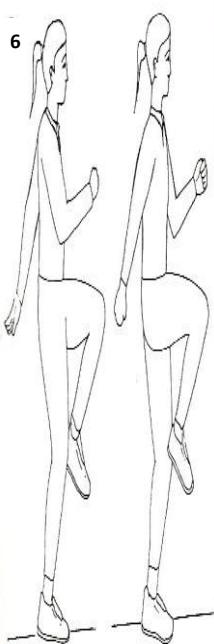
Giros de tronco trotando



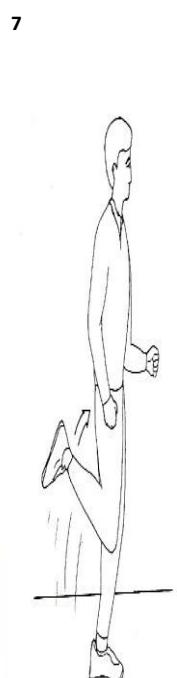
Carrera lateral cruzando pies



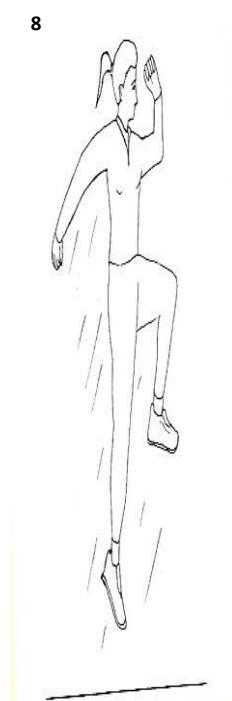
Carrera con pasos laterales



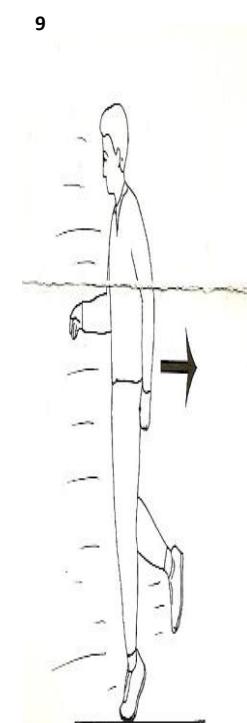
Eskiping: elevación de rodillas alternativamente. ¡OJO: movimiento de brazos correctamente!



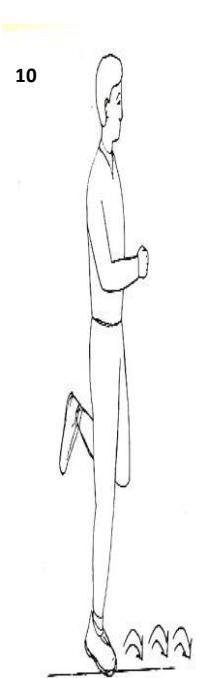
Contraeskiping: avanzar tocando glúteo con talón alternativamente



Yendo en carrera, cada 4 zancadas hacer una batida y marcar la posición en vuelo



Trotar yendo hacia atrás



Avanzar dando 3 ó 4 saltitos a pata coja con cada pierna