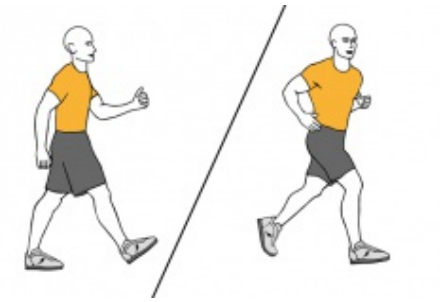
CUERPO COMPLETO 2: RUTINA FULL BODY

1 h

RUTINA CONDICION FISICA (EDUCACIÓN FISICA)) Realizar las 3 series de cada ejercicio antes de pasar al si guiente.

Correr y Andar



Calentamiento Activo: Caminar o Correr a ritmo suave: 8-10min

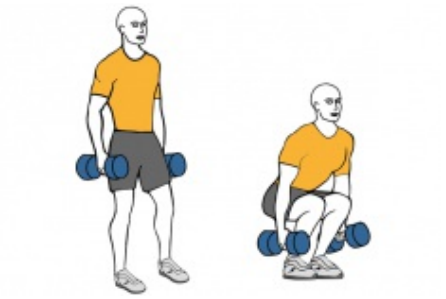
Sentadilla + Patada Lateral

3 Series **20** reps **60** seg desc

Puente de hombros y glúteos y apoyo prono

3 Series **20** reps **60** seg desc

Media sentadilla con mancuernas



3 Series **15** reps **60** seg desc

Curl Biceps Lateral

3 Series **15** reps **60** seg desc

Remo Mancuernas

3 Series **15** reps **60** seg desc

Fondos de Triceps con Banco o Silla

3 Series **15** reps **60** seg desc

Abdomen Piernas Arriba

3 Series **20** reps **60** seg desc

REALIZAR RUTINA DE ESTIRAMIENTOS Y.