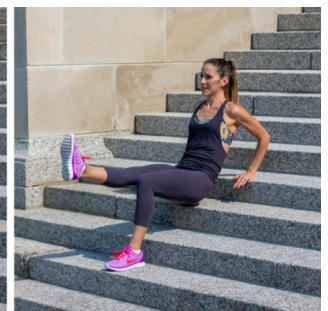
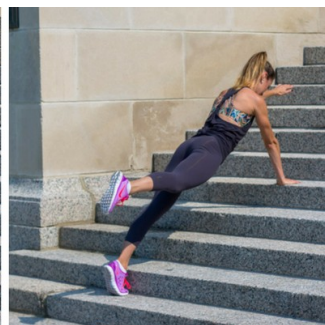
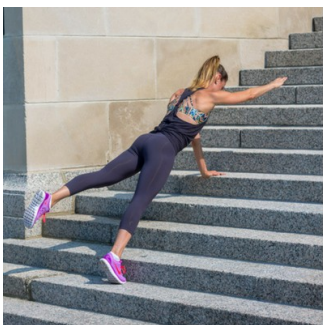
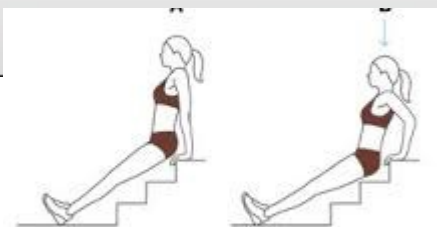
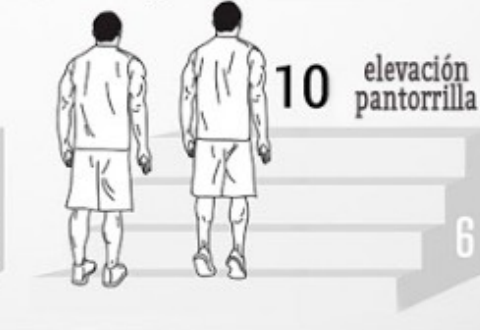


EXERCICIOS TONIFICACIÓN EN ESCALEIRAS

REPETIR 5 VECES | DESCANSA 2 MINUTOS ENTRE EJERCICIOS
SUBE ESCALERAS 3 VECES ANTES DE CADA ENTRENAMIENTO



PODEMOS REALIZAR OS SEGUINTES EXERCICIOS PINTANDO NO CHAN CUN XIZ, UTILIZANDO COMO REFERENCIA AS BALDOSAS. POÑEDE A IMAXINACIÓN A TRABALLAR E ...PERMANECEDE ACTIV@S

AGILITY LADDER DRILLS



One-foot shuffle



2



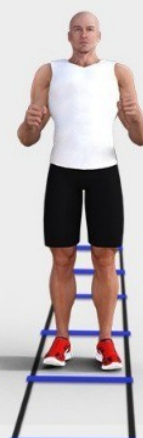
Push ups



Ickey shuffle



2



In-out



Straddle hop



Forward hop