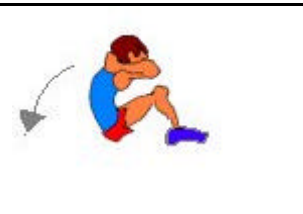
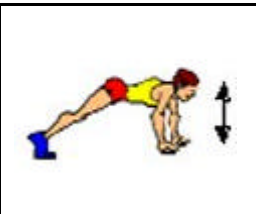
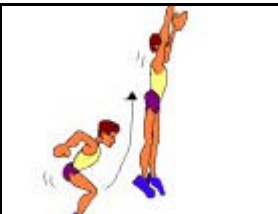
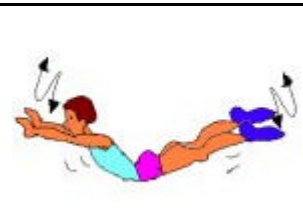
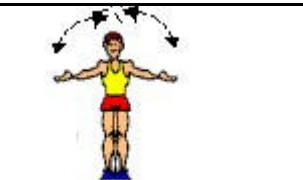
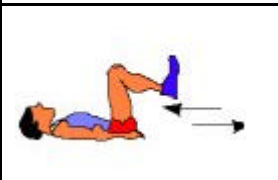
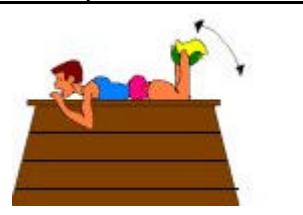


FICHA CIRCUITO			
			
Abdominales	Fondos	Salto	Lumbares
			
Hombros lateral	Fondos piernas	Patadas braza	Tríceps
			
Desplazamientos laterales	Oblicuos (mejor con un palo de escoba)	Pull-over (lo puedes hacer de pié)	Bíceps femorar (lo puedes hacer tumbado boca arriba, deslizando tu espalda)