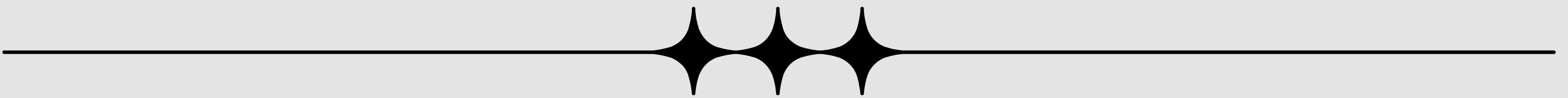


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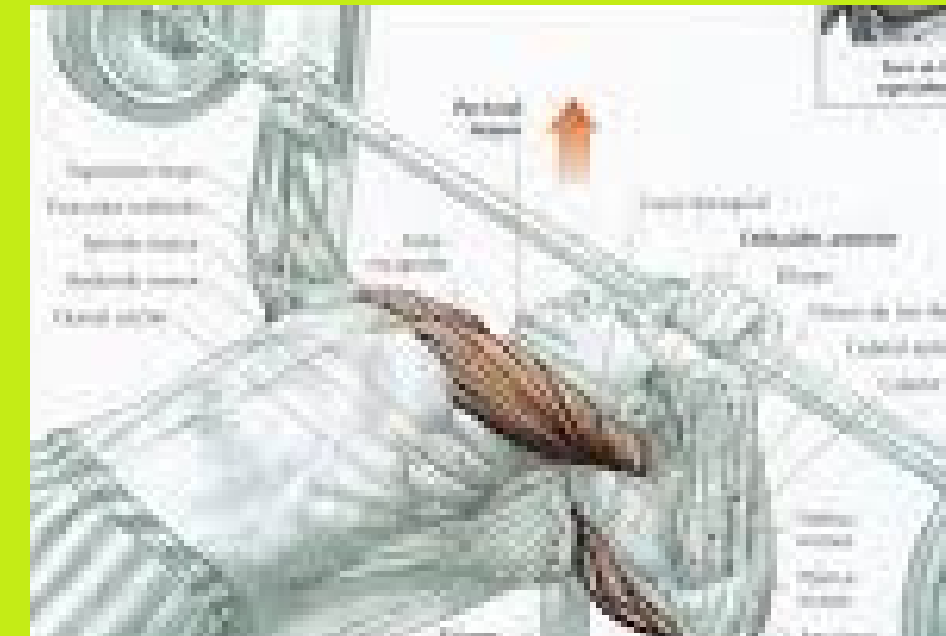
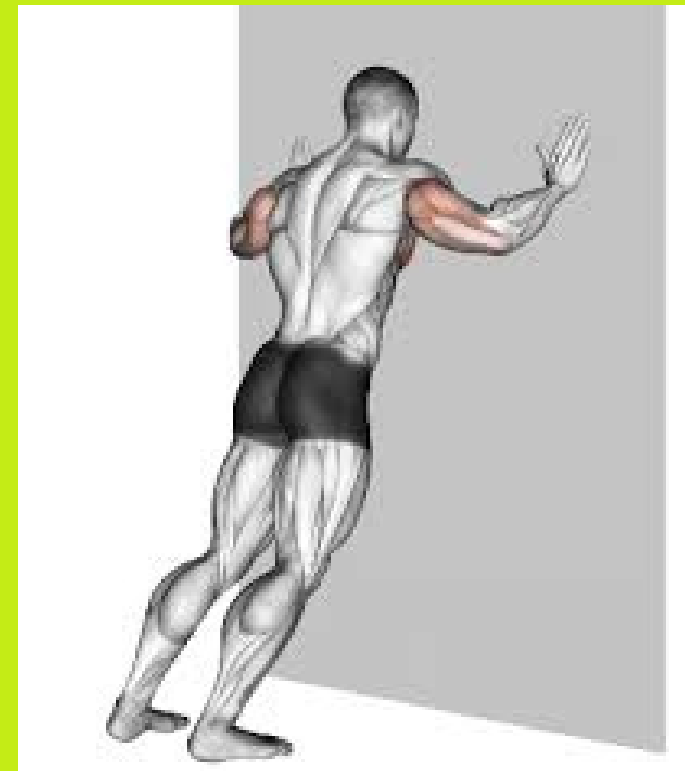
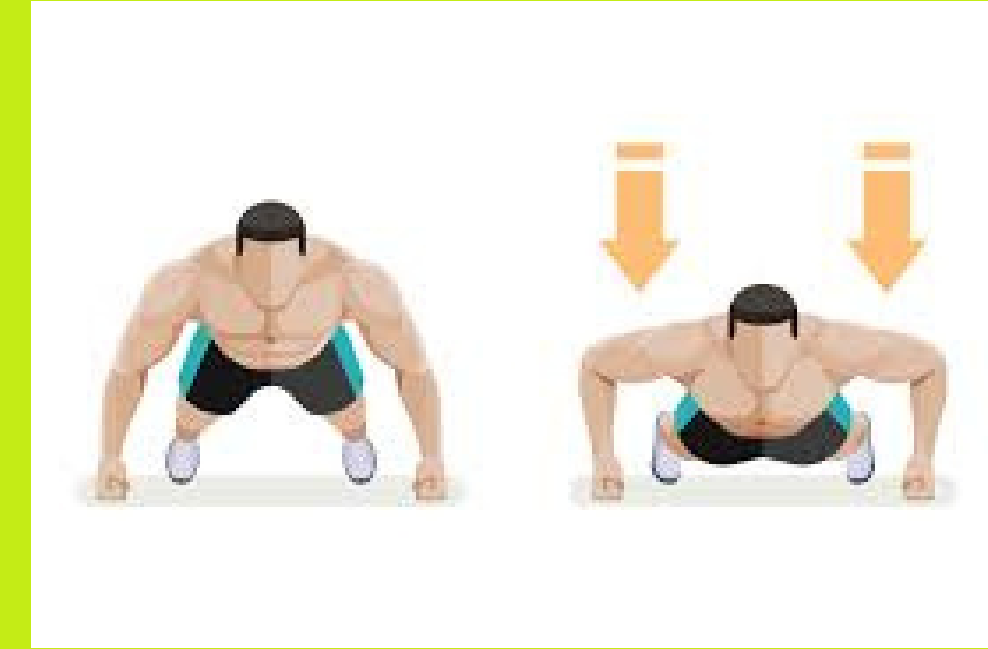
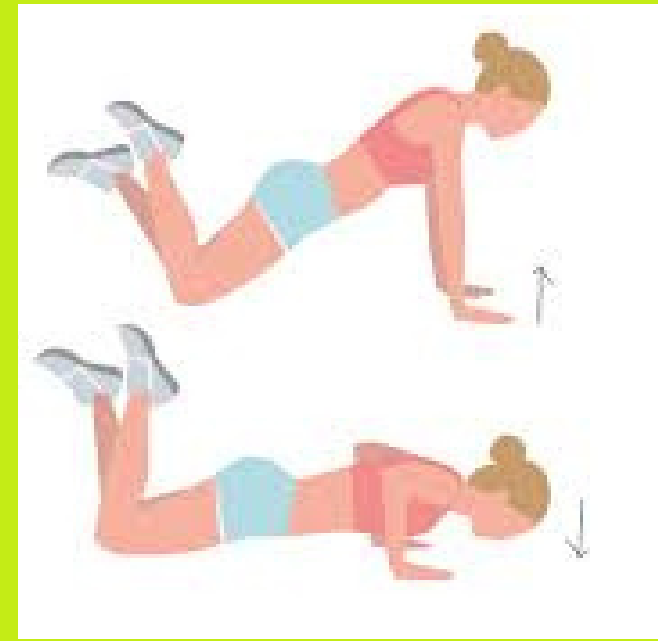


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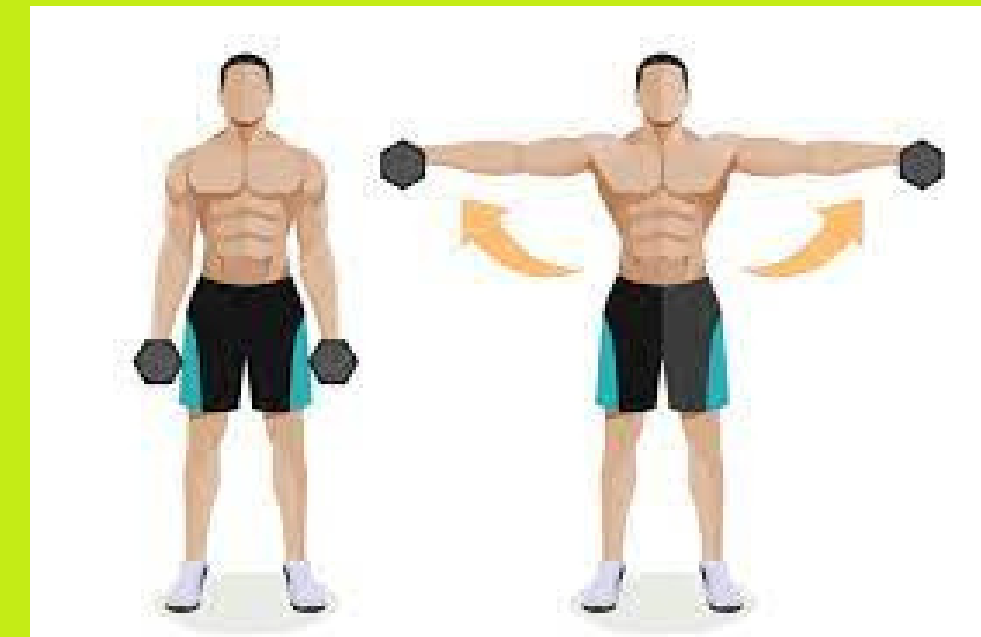
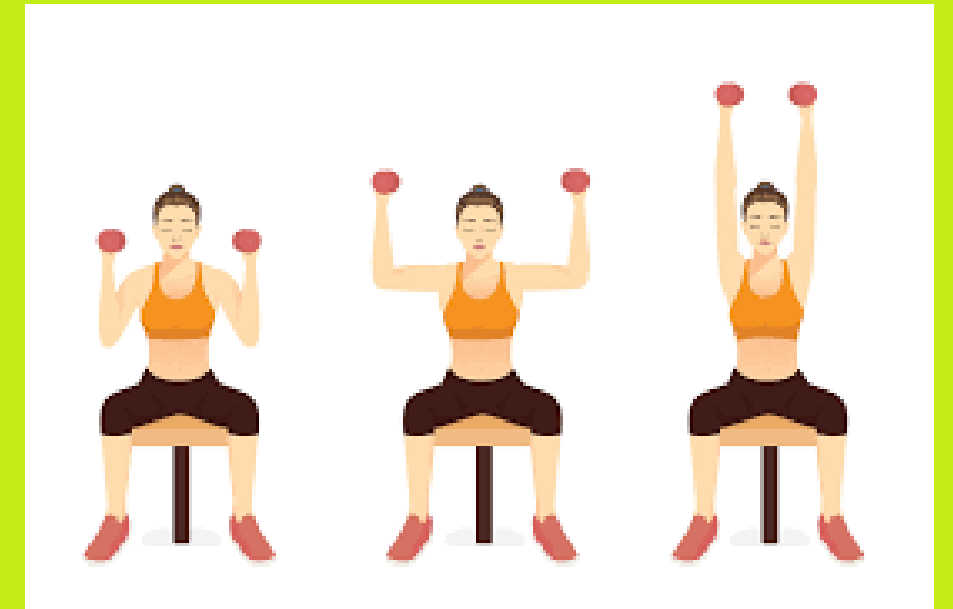
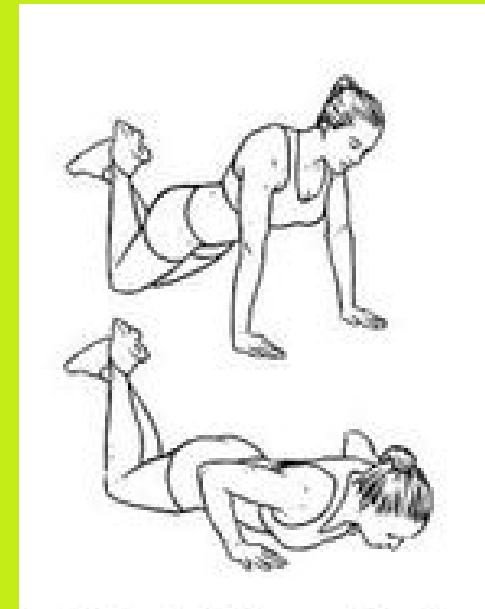


PECTORALES
DELTOIDES
BICEPS
TRICEPS
ANTEBRAZO

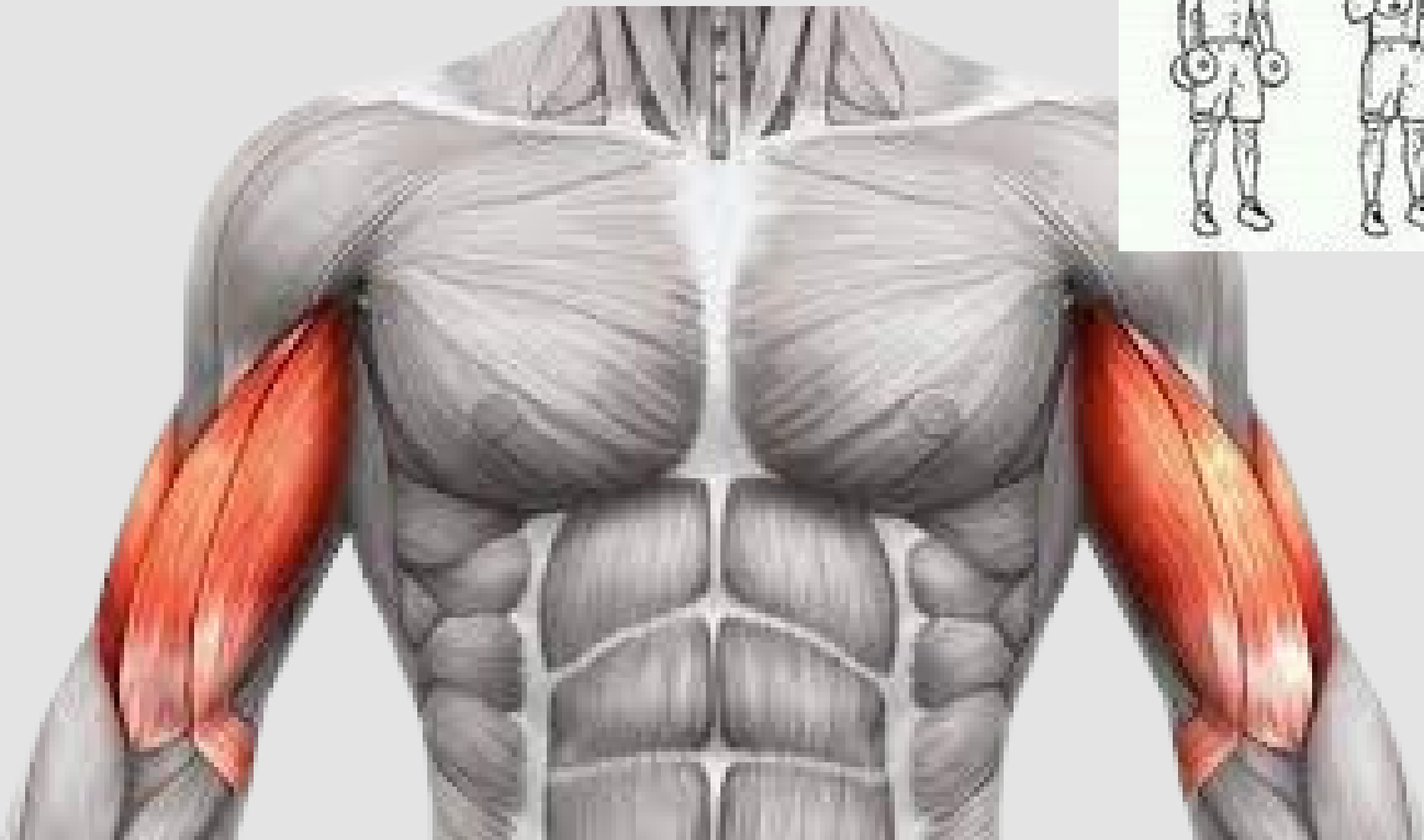
PECTORALES



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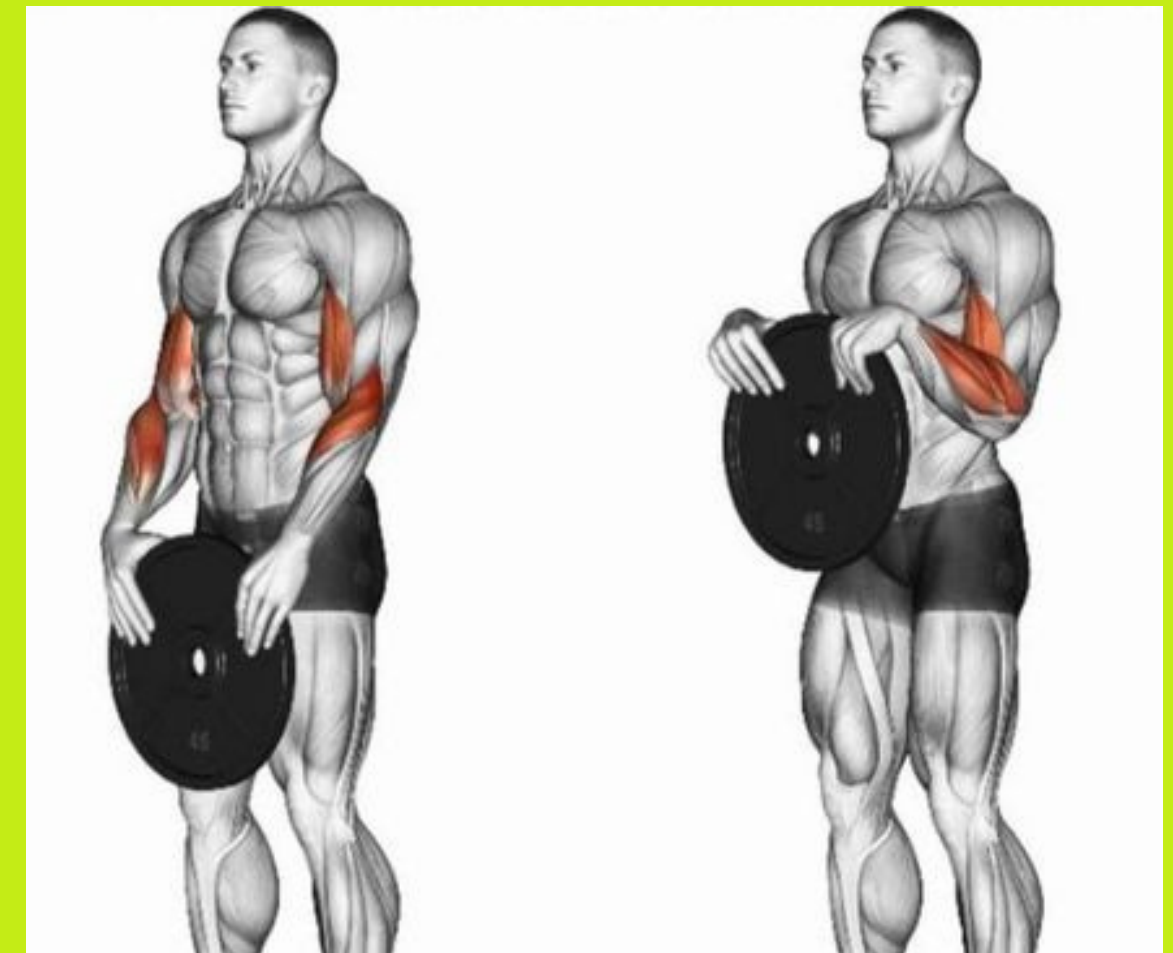
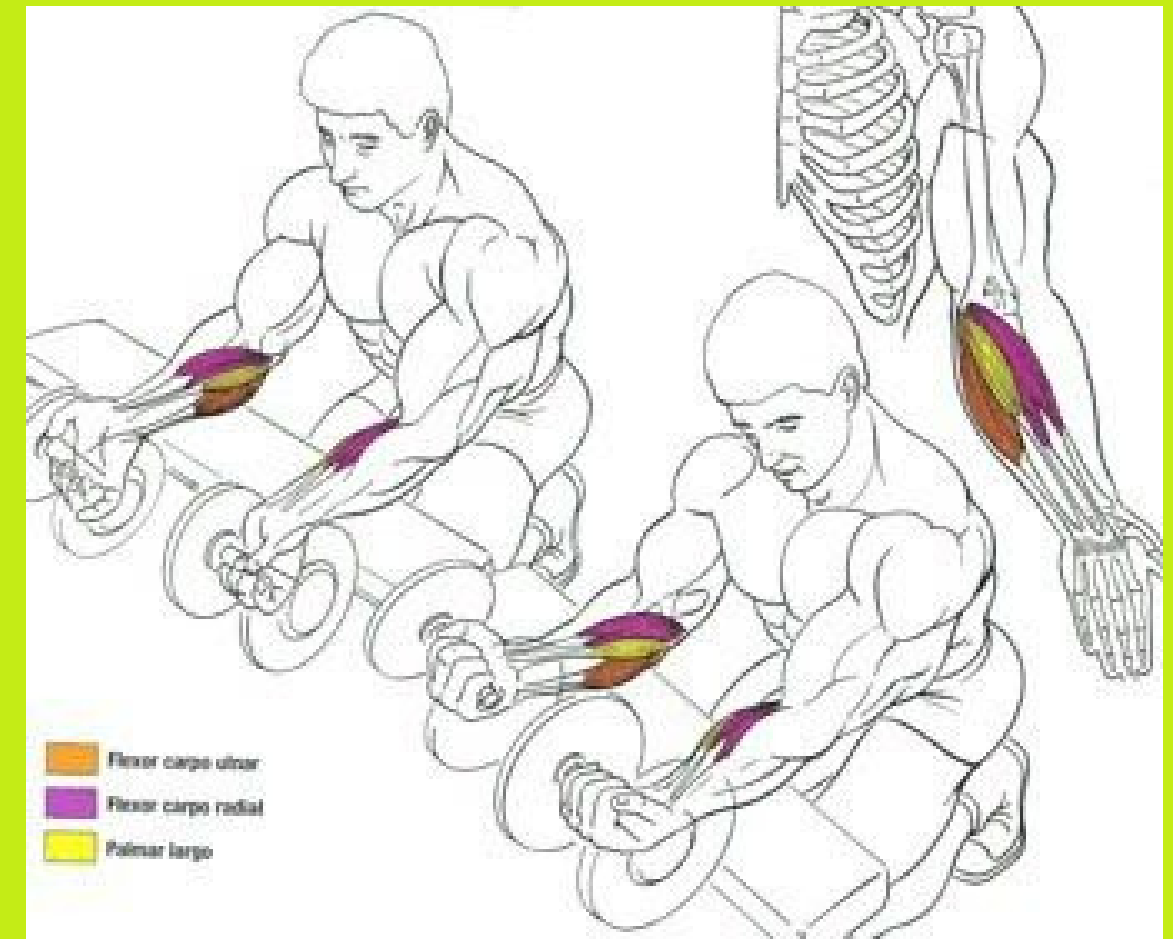
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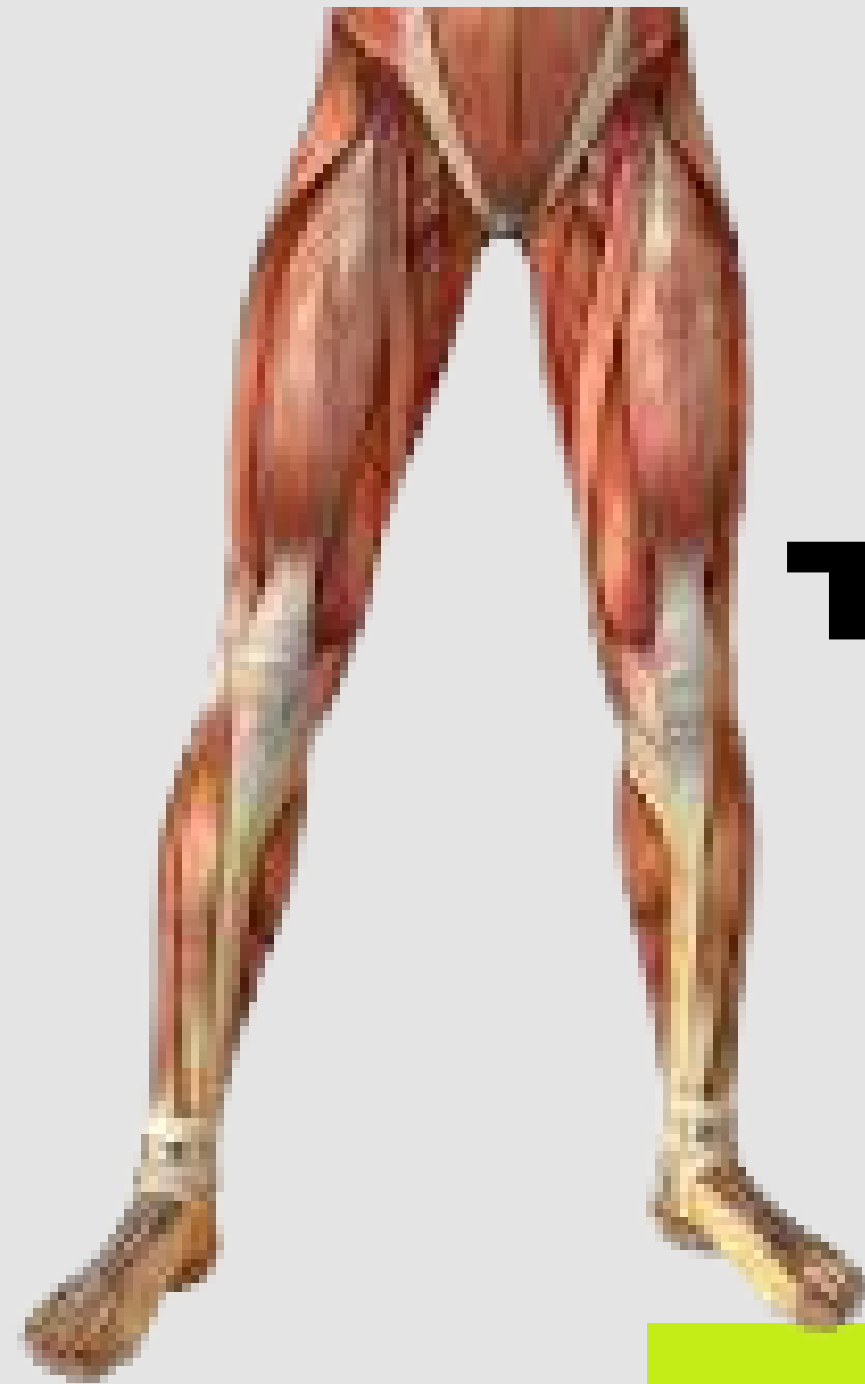
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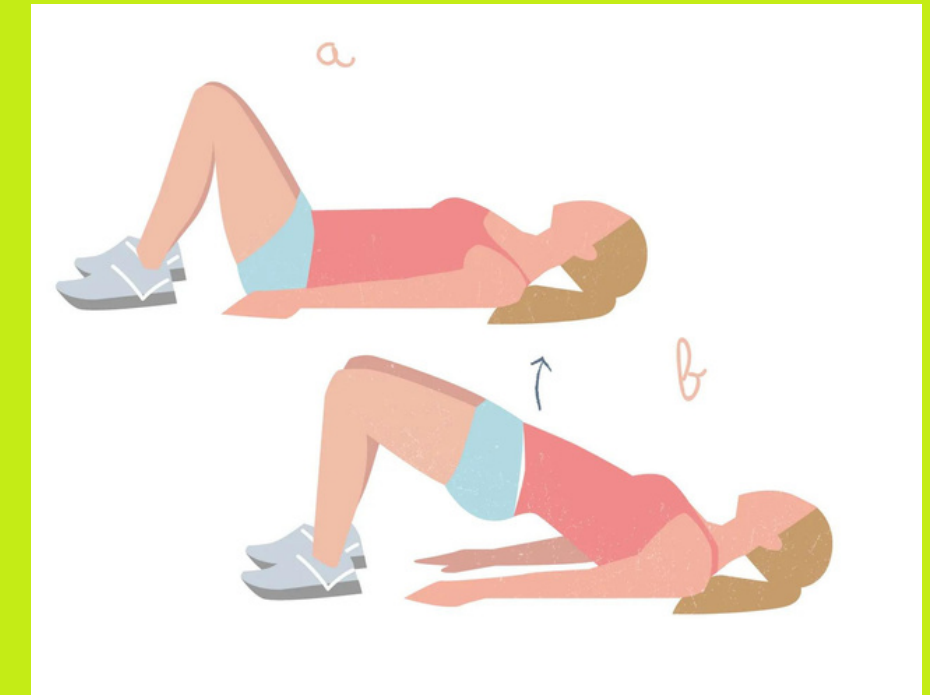
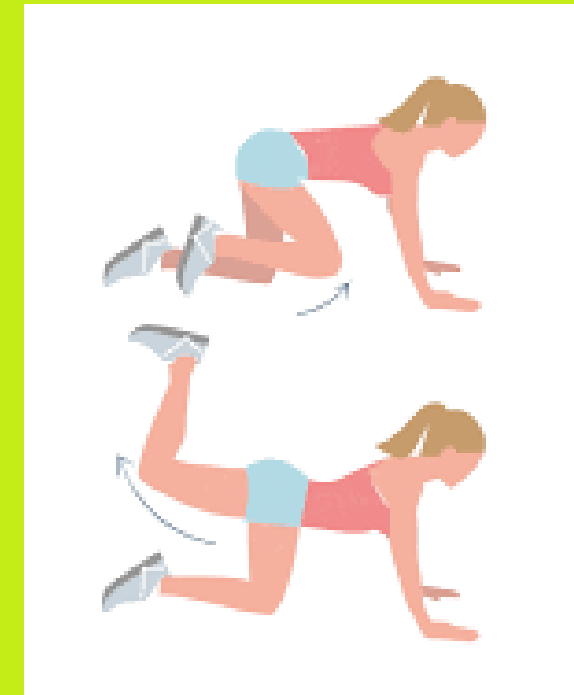


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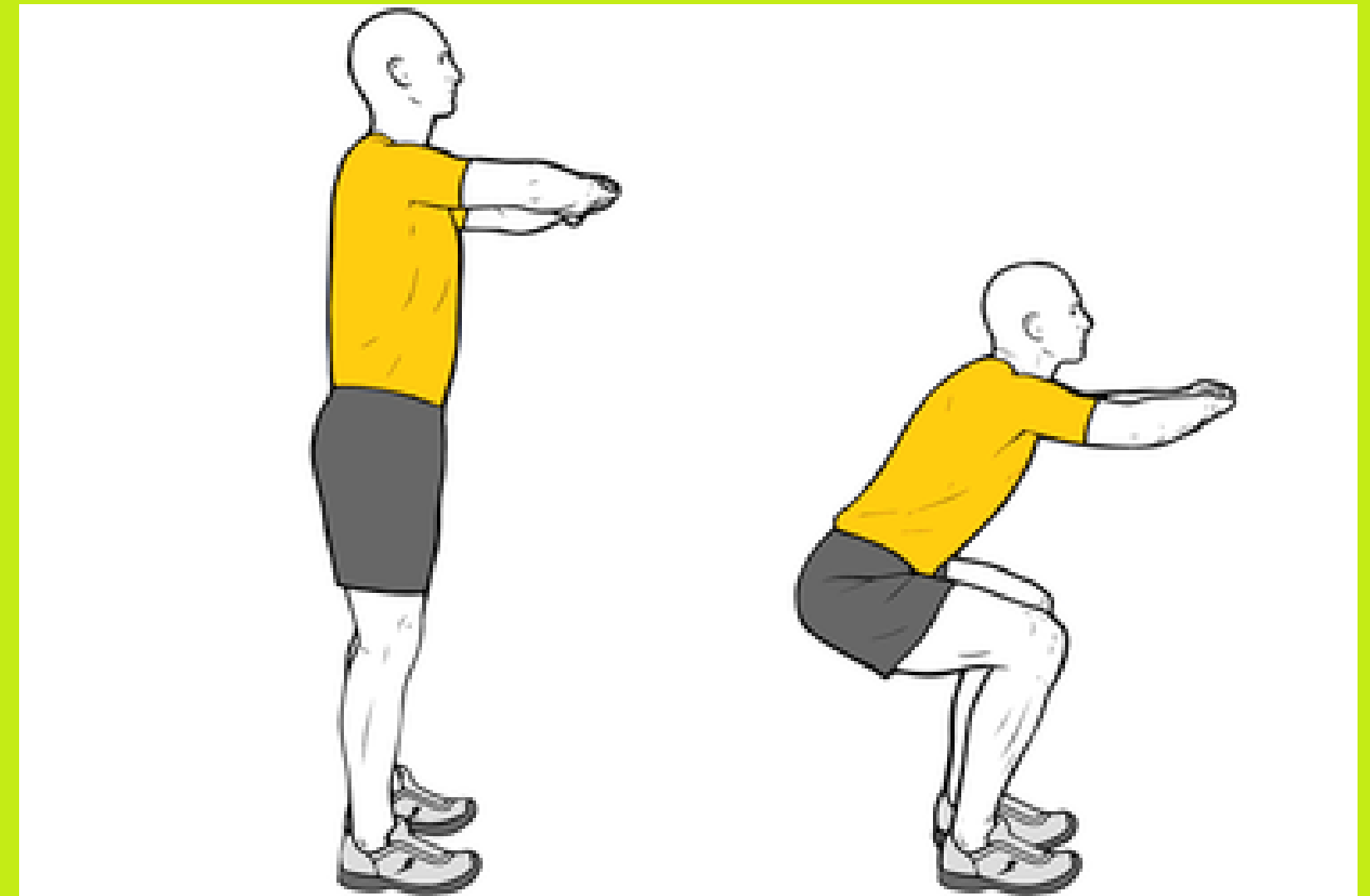


GLÚTEOS
CUADRICEPS
POSTERIORES
TIBIAL ANTERIOR
GEMELOS
SÓLEO

GLÚTEO



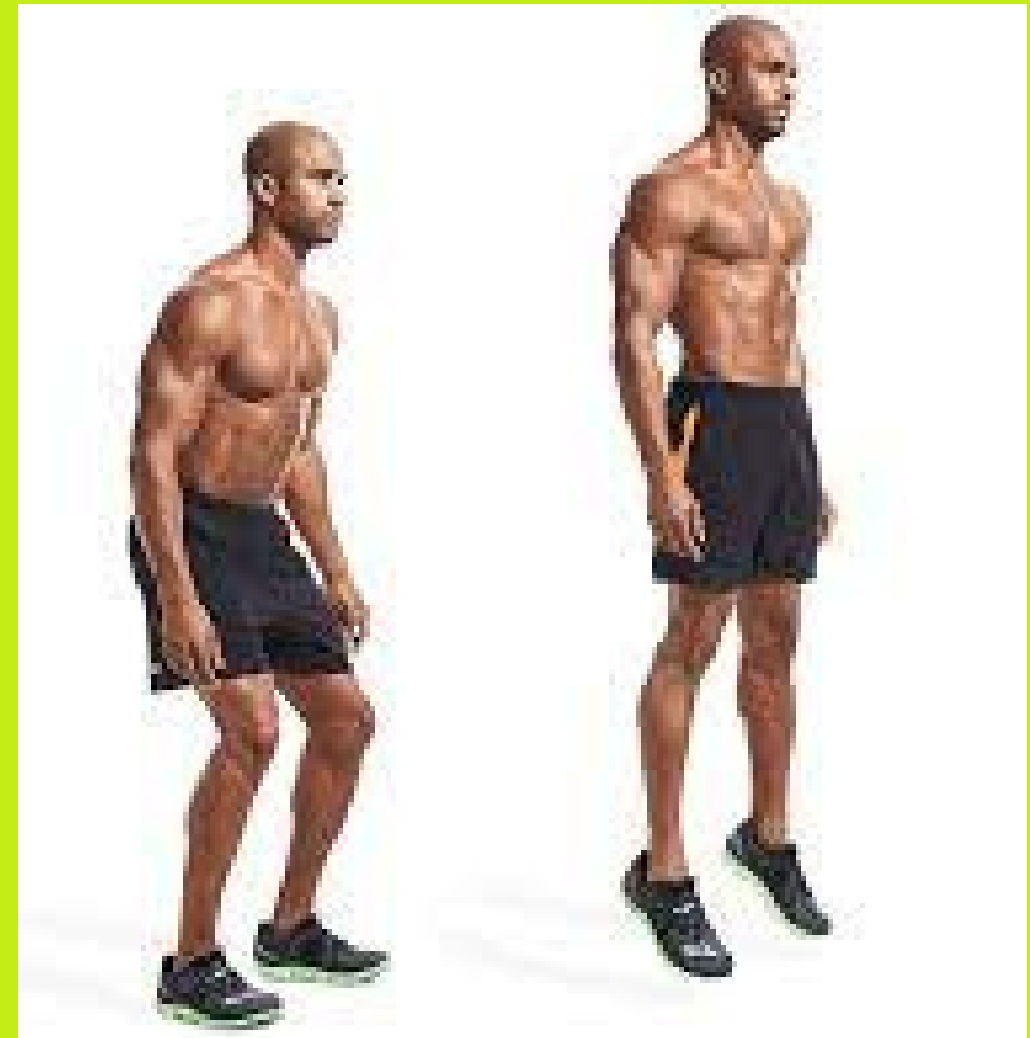
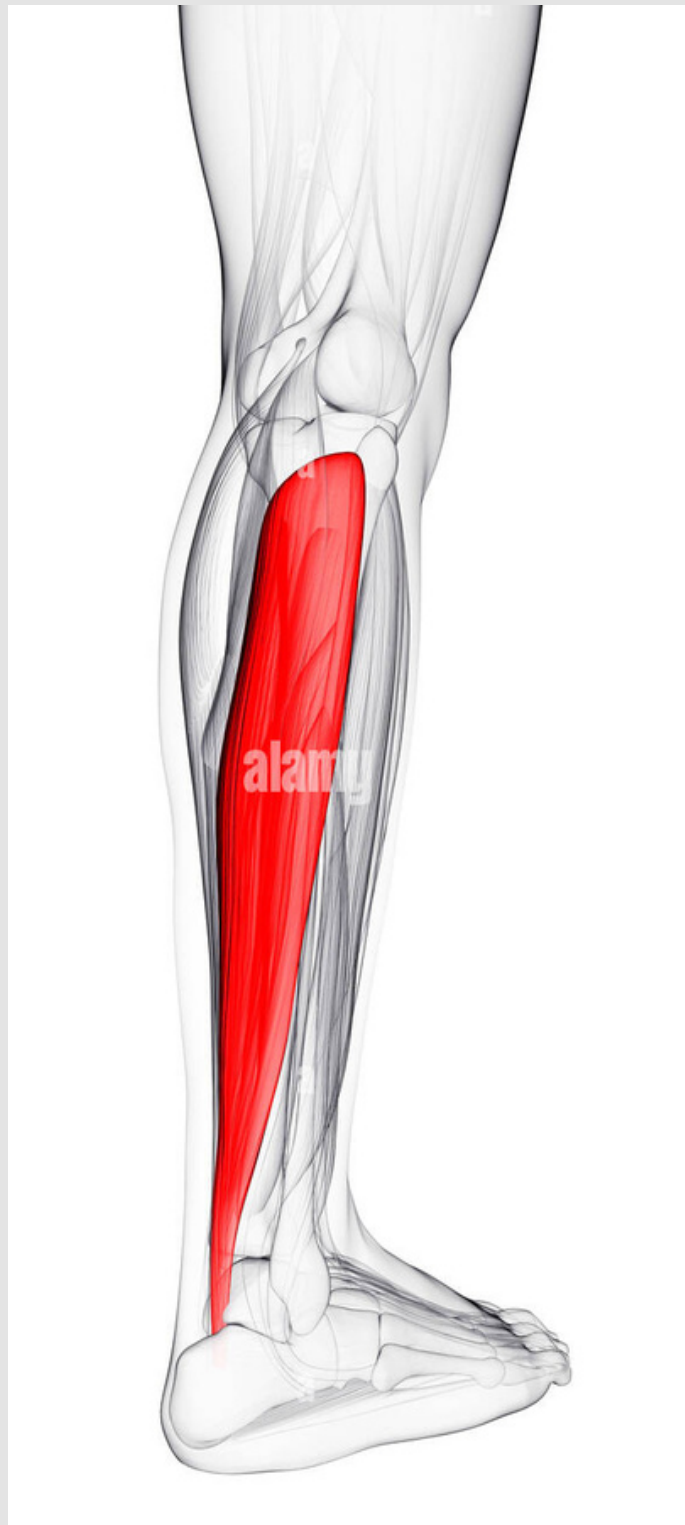
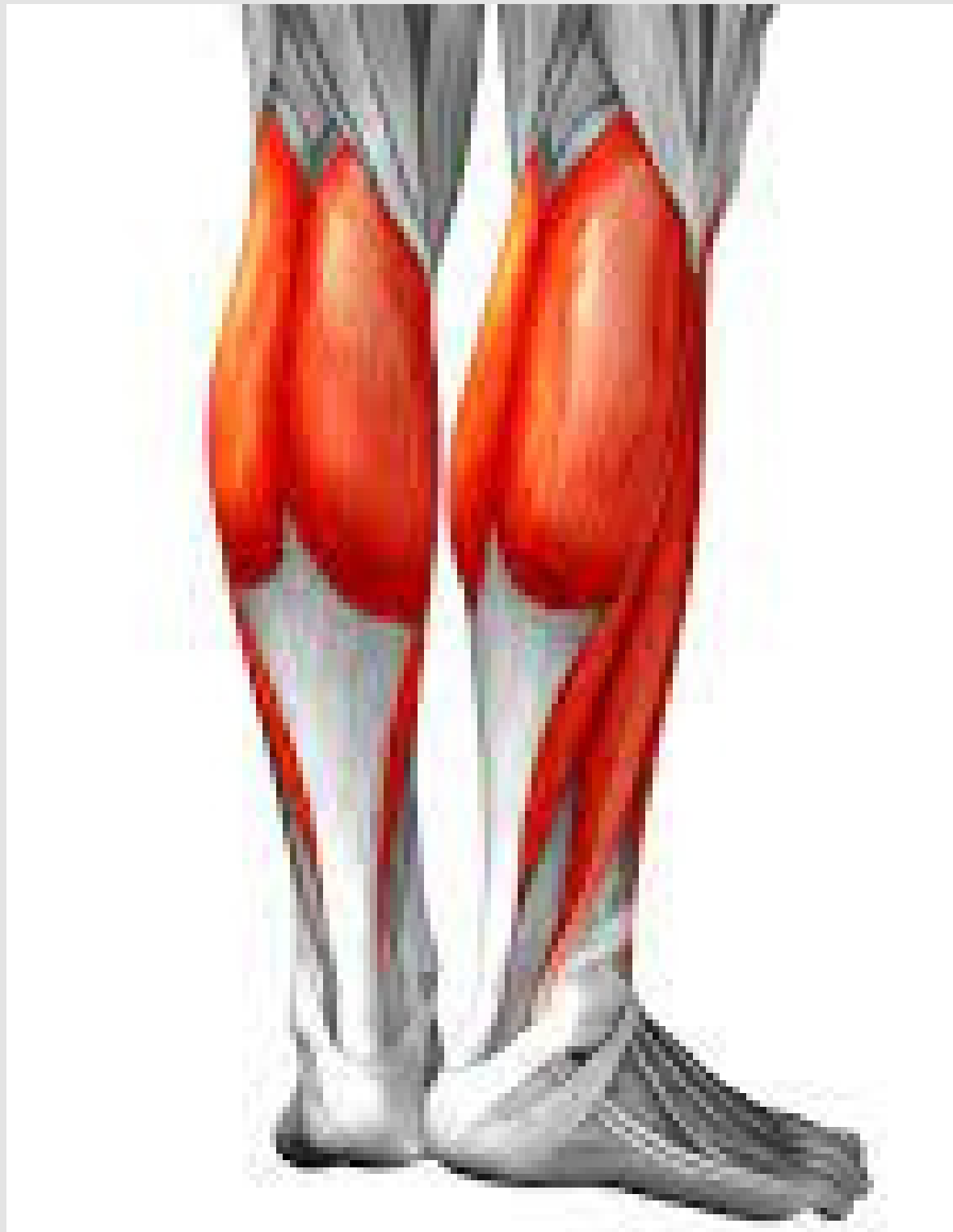
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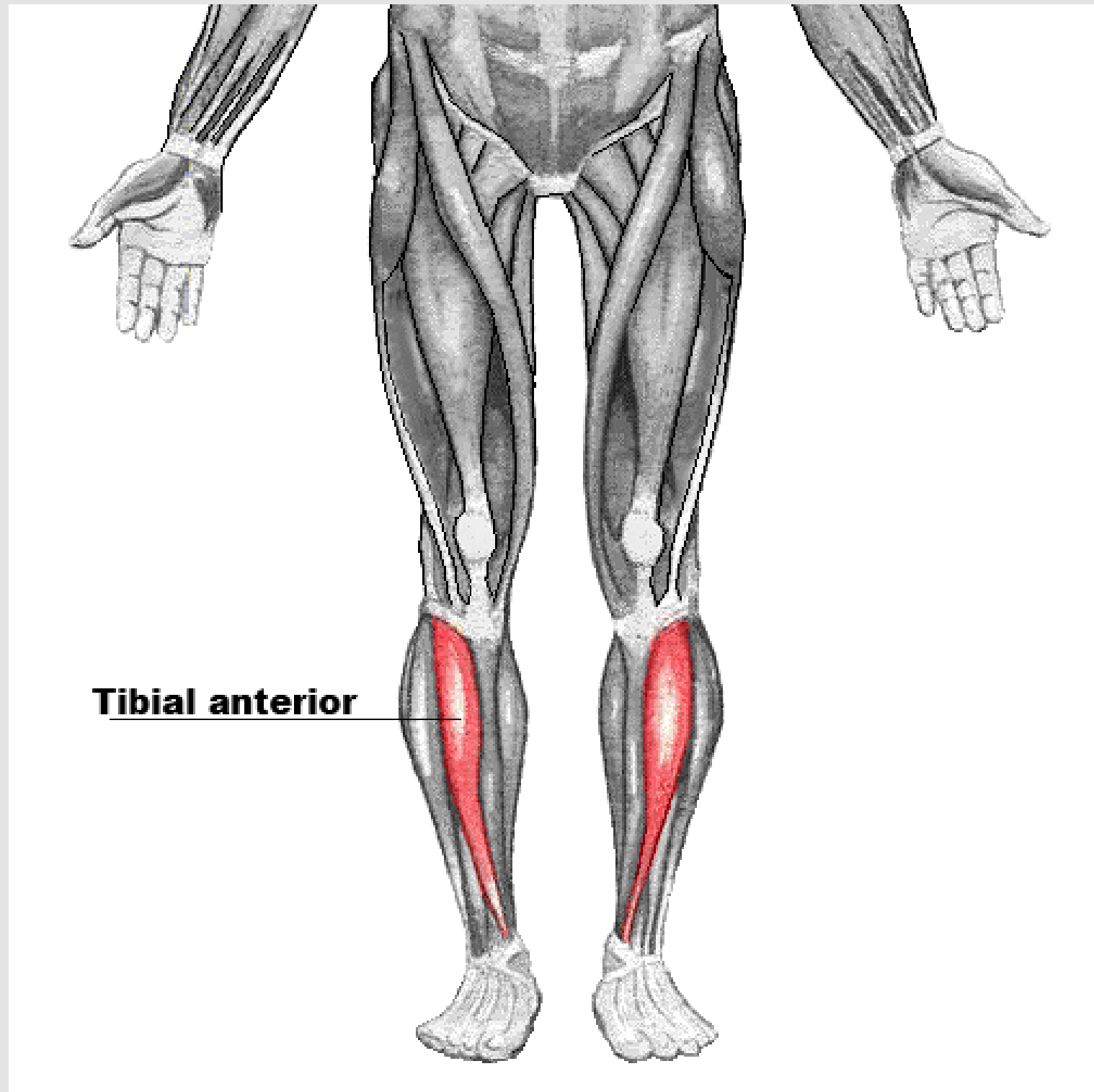
POSTERIORES Ó BICEP FEMORAL



GEMELOS Y SÓLEO



TIBIAL ANTERIOR

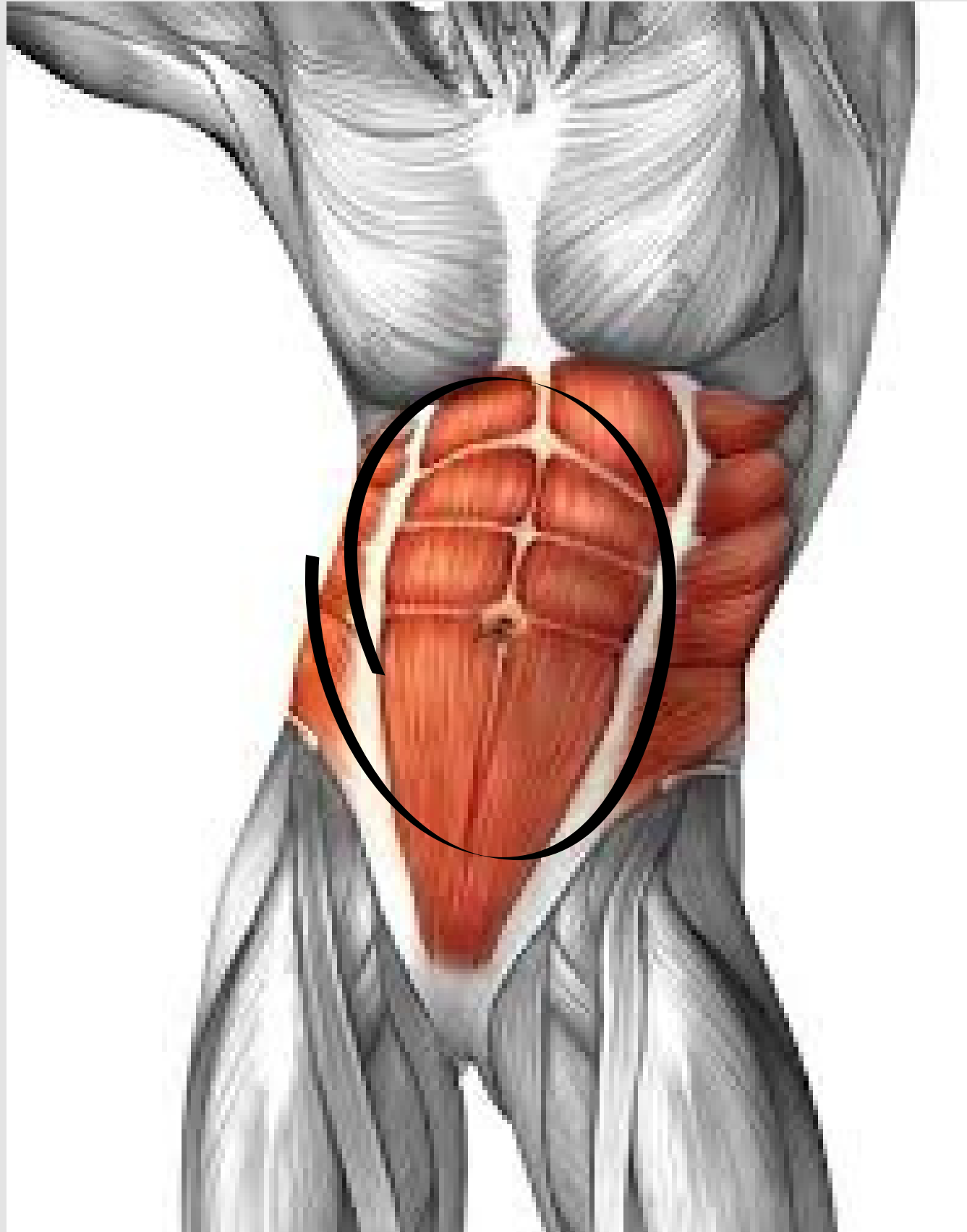


TRONCO



**ABDOMINALES
OBLICUOS**

ABDOMINALES EJERCICIOS



DESCANSOS:
10 SEG.
ENTRE EJERCICIOS
1 MIN.
ENTRE VUELTAS



➕
Nos vemos
En la Sala



OBLICUOS

