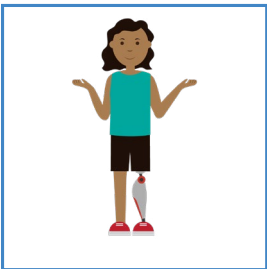
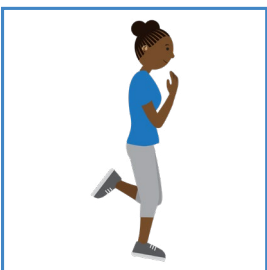


**1. Saltos de tijera: 30 segundos**



**2. Saltar la cuerda: 30 segundos**



**3. Patadas de glúteos: 15 segundos**



**4. Saltos verticales: 5-10**

# Motor Grueso

## Rutina de Cardio 2

