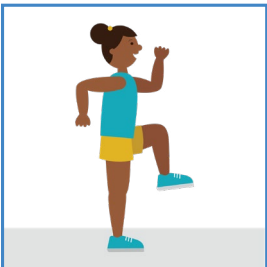
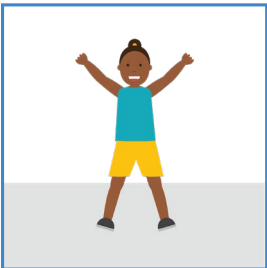


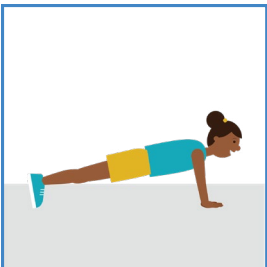
1. Correr en el lugar: 30 segundos



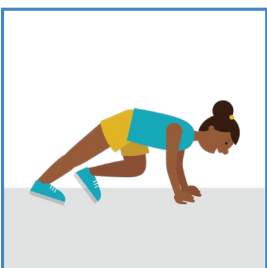
2. Rodillas altas: 30 segundos



3. Jumping jacks: 15 segundos



4. Burpee: 5-10



5. Escaladores de montaña: 10-15

Motor Gueso

Rutina de Cardio

