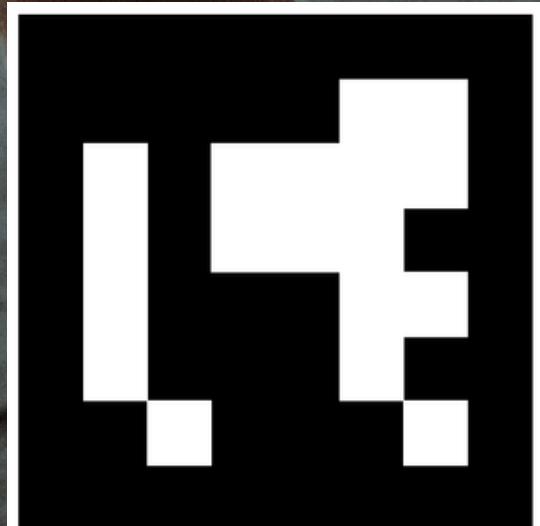


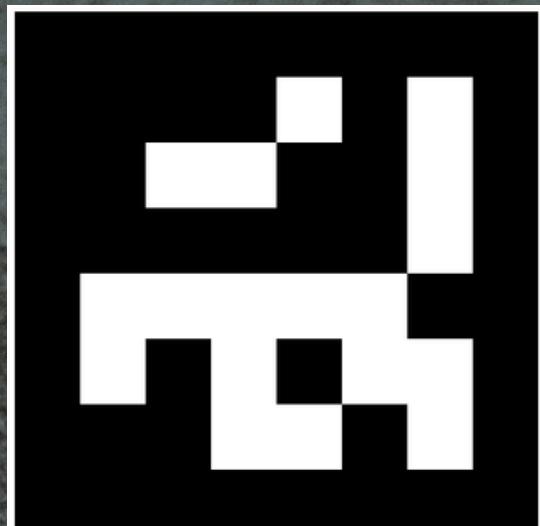
ENTRENO AUMENTADO

GUÍA DE EJERCICIOS



ARUCO
DICTIONARY: 6X6
MARKER ID: 1
MARKER SIZE: 100

FLEXIONES



ARUCO
DICTIONARY: 6X6
MARKER ID: 2
MARKER SIZE: 100

GLÚTEOS



ARUCO
DICTIONARY: 6X6
MARKER ID: 3
MARKER SIZE: 100

PLANCHA



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