Leones Football Prueba Física

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| Información Personal | | | | | | | | | | | | | | |
| Nombre: | |  | | | | | | Teléfono: | |  | |  | Trabaja |  |
| Email: | |  | | | | | | Dirección: | |  | |  | Estudia |  |
| Dirección: | |  | | | | | | Años: | |  | |  |  | |
| ¿Experiencia en el deporte? (indicar años) | | | | | |  | |  | | | | | | |
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| Información Física | | | | | | | | | | | | | | |
| Altura |  | | Cm | Algún padecimiento | | | | |  | | | | | |
| Peso |  | | Kg | Toma algún medicamento | | | | |  | | | | | |
| Lesiones |  | | | | | | | | | | | | | |
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| Prueba Física | | | | | | | | | | | | | | |
| Drill | | | | | Rendimiento | | Rendimiento 2 | | | | Notas | | | |
| Velocidad en 40 yardas | | | | |  | |  | | | |  | | | |
| Lagartijas | | | | |  | |  | | | |  | | | |
| Ejercicio de 20 yardas | | | | |  | |  | | | |  | | | |
| Ejercicio de 60 yardas | | | | |  | |  | | | |  | | | |
| Sentadillas | | | | |  | |  | | | |  | | | |
| Ejercicio de tres conos | | | | |  | |  | | | |  | | | |
| Salto al frente sin imp. | | | | |  | |  | | | |  | | | |
| Abdominales | | | | |  | |  | | | |  | | | |
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