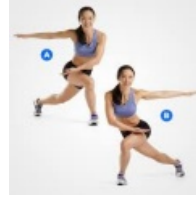




10 REP



10 REP

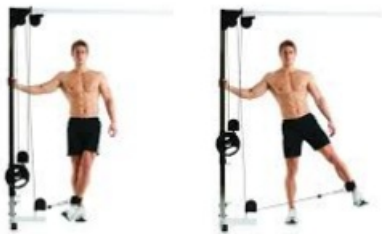
4 VECES



4 SERIES 10 REP



4 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 10 REP



4 SERIES 10 REP



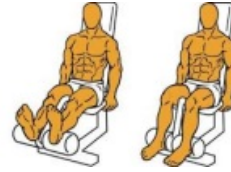
15 SEG 2 VECES PARA CADA LADO



35 SEG TRABAJO 20 SEG DESCANSO 3 VECES



4 SERIES 10 REP



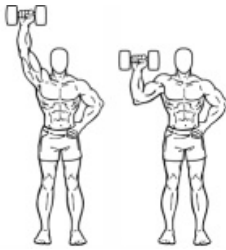
4 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 8 REP



3 SERIES 10 REP

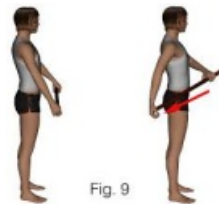
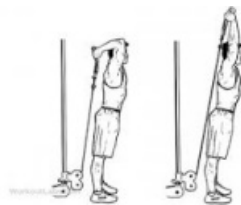


Fig. 9

3 VUELTAS PARA CADA LADO



3 VUELTAS PARA CADA LADO



3 SERIES 10 REP



3 SERIES 8 REP



35 SEG TRABAJO 20 SEG DESCANSO 3 VECES