

**AERÓBICO:**  
**20 MINUTOS CAMINADOR**  
**10 DE ELIPTICO**

**RETO 12**  
**DÍA 1**



10 REP

+



10 REP

4 VECES



4 SERIES 10 REP



4 SERIES 10 REP



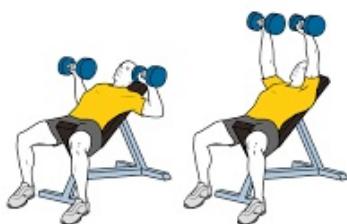
3 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 10 REP



4 SERIES 10 REP



15 SEG 2 VECES PARA CADA LADO



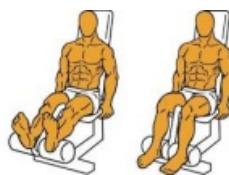
35 SEG TRABAJO 20 SEG DESCANSO 3 VECES

**AERÓBICO:**  
**20 MINUTOS CAMINADOR**  
**10 DE BICICLETA**

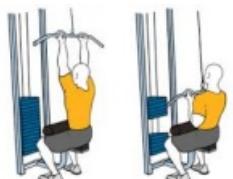
**DÍA 2**



4 SERIES 10 REP



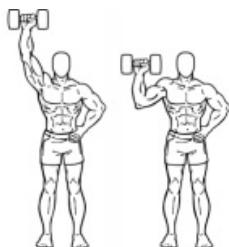
4 SERIES 10 REP



3 SERIES 10 REP



3 SERIES 8 REP



3 SERIES 10 REP

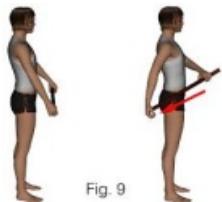
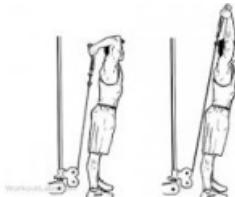


Fig. 9

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