

AERÓBICO:
20 MINUTOS CAMINADOR
10 DE ELIPTICO

RETO 13
DÍA 1



1 min a max velocidad



+ 10 REP

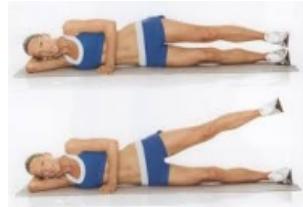
4 VECES



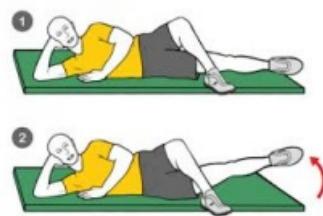
4 SERIES 10 REP



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



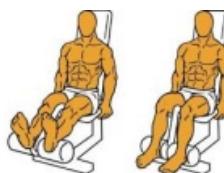
40 SEG TRABAJO 20 SEG DESCANSO 3 VECES

AERÓBICO: 20 MINUTOS CAMINADOR 10 DE BICICLETA

DÍA 2



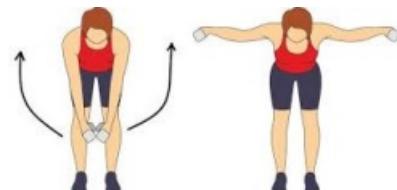
4 SERIES 10 REP



4 SERIES 10 REP



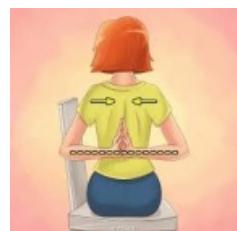
3 SERIES 10 REP



3 SERIES 8 REP



3 SERIES 10 REP



Aguanto 5 o 10 seg 2 series 3 rep



Aguanto 5 o 10 seg 2 series 5 rep



3 SERIES 15 rep



3 SERIES 15 rep



35 SEG TRABAJO 20 SEG DESCANSO 3 VECES

COMENZAR 2 SERIES DE 8 E IR AUMENTANDO