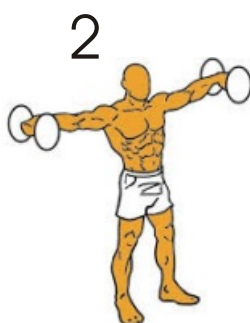
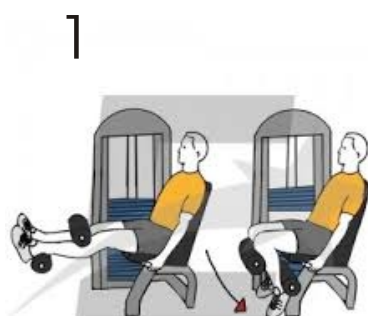
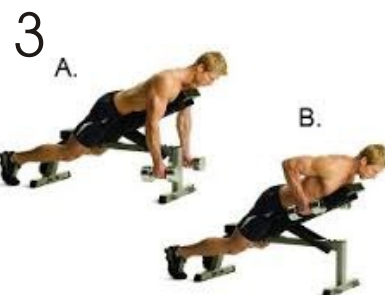


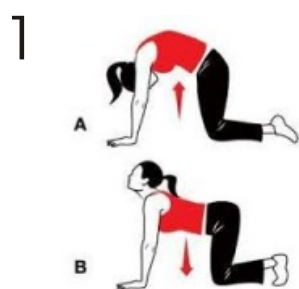


FICHA 3

AL COMIENZO
15 MIN CAMINADOR



TRABAJO 30 SEG DESCANSO 25 SEG REPITO 3 VECES



MANTENGO 10 SEG REPITO 5 VECES