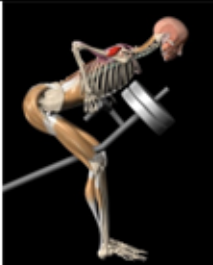
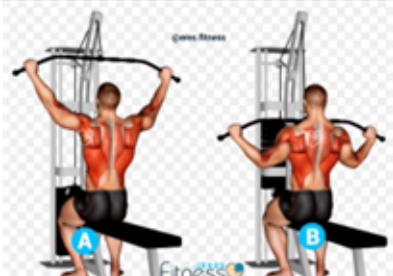


ESPALDA 1

CALENTAMIENTO: REMO EN MAQUINA 5 MINUTOS

Ejercicio		Observaciones
1	 4 X 10 -12	
2	 4 X 10 -12	
3	 4 X 10 -12	
4	 4 X 10 -12	
5	 4 X 10 -12	