

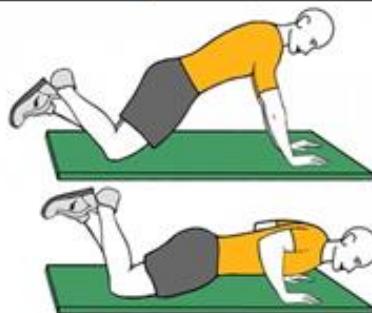
SUPERIOR 1

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



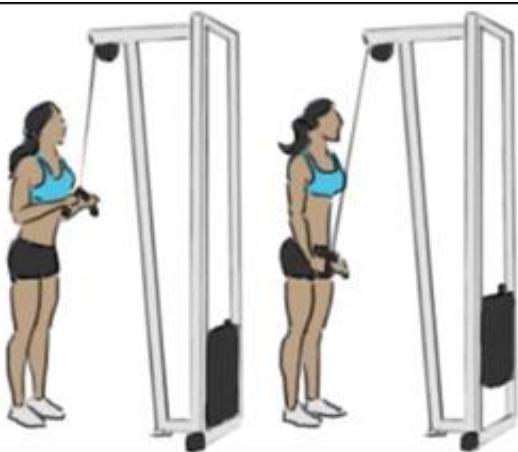
4 X 10 - 12

6



4 X 10 - 12

7



4 X 10 - 12

8



4 X 10 - 12

9



4 X 10 - 12

10



4 X 10 - 12