

C.F.MAYORES



Concejalía de deportes
Ayto. Casabermeja

TABLA 5



3x1' (desc 45")



3x1' (desc 45")



3x16rept (30"desc)



3x8rept (20"desc)



3x8rept (20"desc)



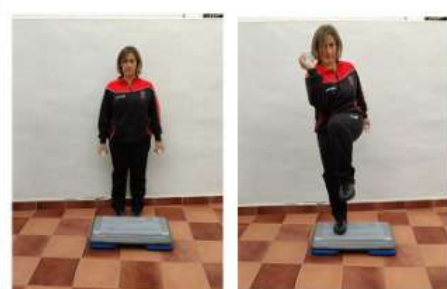
3x8rept (20"desc)



3x16rept (30"desc)



3x16rept (30"desc)



3x16rept (30"desc)



3x8rept (20"desc)



3x8rept (20"desc)



3x8rept (20"desc)

IMPORTANTE REALIZAR CALENTAMIENTO Y ESTIRAMIENTOS

C.F.ADULTOS



Concejalía de deportes
Ayto. Casabermeja

TABLA 5



3x1' (desc 45")



3x1' (desc 45")



3x1' (desc 45")



3x10rept (20"desc)



3x12rept (20"desc)



3x12rept (20"desc)



3x16rept (30"desc)



3x16rept (30"desc)



3x16rept (30"desc)



3x12rept (20"desc)



3x12rept (20"desc)



3x12rept (20"desc)

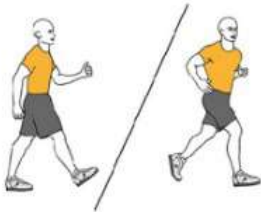
IMPORTANTE REALIZAR CALENTAMIENTO Y ESTIRAMIENTOS

MUSCULACIÓN



Concejalía de deportes
Ayto. Casabermeja

TABLA 5



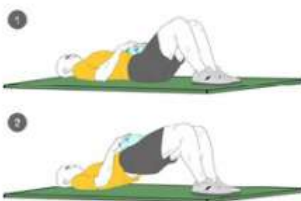
10min



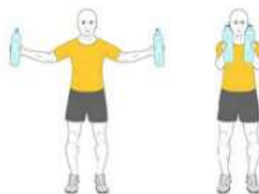
3x10 (30"desc)



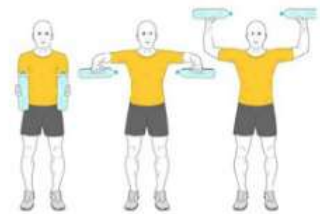
3x25 (30"desc)



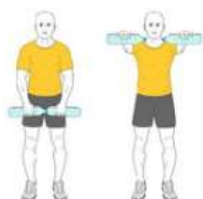
3x30 (30"desc)



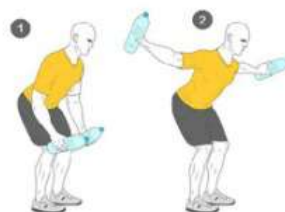
3x20 (40"desc)



3x20 (40"desc)



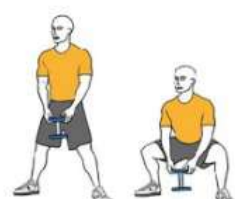
3x20 (40"desc)



3x15 (40"desc)



3x15 (45"desc)



3x30 (40"desc)



3x30 (40"desc)



3x45 (15"desc)

MUSCULACIÓN



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Ayto. Casabermeja

TABLA 5.1



3x30 (40"desc)



3x30 (40"desc)



3x 30 (40"desc)

Peso muerto a una pierna con botellas



3x 30 (40"desc)



3x20"



3x20"



3x20"



3x20"