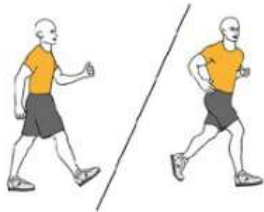


MUSCULACIÓN

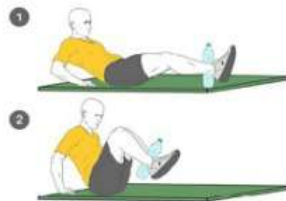


Concejalía de deportes
Ayto. Casabermeja

TABLA 15



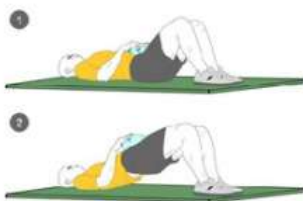
10min



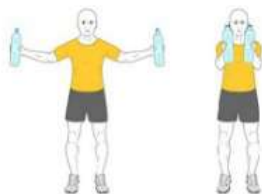
3x10 (30"desc)



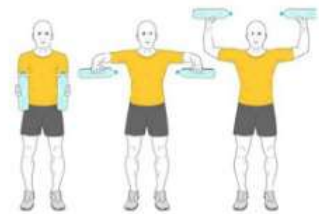
3x25 (30"desc)



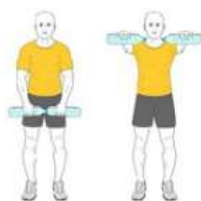
3x30 (30"desc)



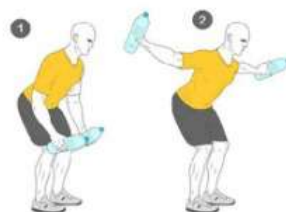
3x20 (40"desc)



3x20 (40"desc)



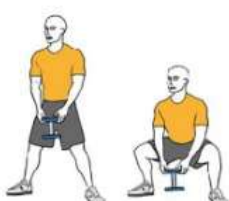
3x20 (40"desc)



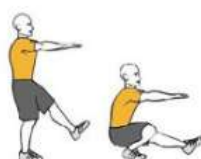
3x15 (40"desc)



3x15 (45"desc)



3x30 (40"desc)



3x30 (40"desc)



3x45 (15"desc)

MUSCULACIÓN



Concejalía de deportes
Ayto. Casabermeja

TABLA 15.1



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"

C.F.ADULTOS



Concejalía de deportes
Ayto. Casabermeja

TABLA 15



3X20REPT (20"DESC)



3X20REPT (20"DESC)



3X16REPT (20"DESC)



3X20REPT (20"DESC)



3X20REPT (20"DESC)



3X16REPT (20"DESC)



3X20REPT (20"DESC)



3X20REPT (20"DESC)



3X16REPT (20"DESC)



3X20REPT (20"DESC)



3X20REPT (20"DESC)



3X16REPT (20"DESC)

IMPORTANTE REALIZAR CALENTAMIENTO Y ESTIRAMIENTOS

C.F.MAYORES



Concejalía de deportes
Ayto. Casabermeja

TABLA 15



3X16REPT (20"DESC)



3X16REPT (20"DESC)



3X12REPT (20"DESC)



3X16REPT (20"DESC)



3X16REPT (20"DESC)



3X12REPT (20"DESC)



3X16REPT (20"DESC)



3X16REPT (20"DESC)



3X12REPT (20"DESC)



3X12REPT (20"DESC)



3X12REPT (20"DESC)



3X16REPT (20"DESC)

IMPORTANTE REALIZAR CALENTAMIENTO Y ESTIRAMIENTOS