

Balance Lunge

ESTOCADA EN EQUILIBRIO



High Knees

ELEVACIÓN DE RODILLAS



Star

SALTO ESTRELLA



Squat

SENTADILLA



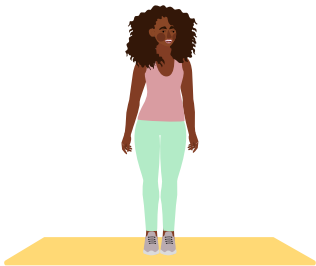
Mountain Climbers

ESCALADOR



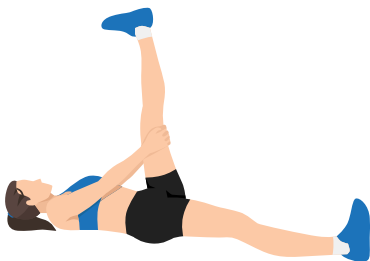
Jumping Jack

SALTO DE TIJERA



Hamstring Stretch

ESTIRAMIENTO
ISQUIOTIBIAL



Backward Lunge

ESTOCADA INVERSA

