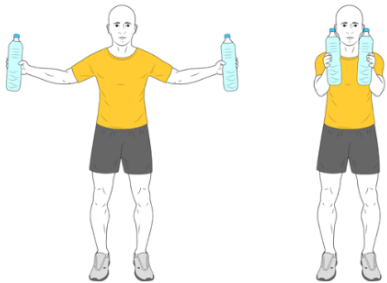


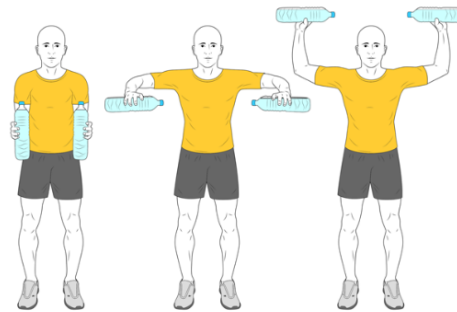
EJERCICIOS CON BOTELLA Y LIGAS

① APERTURAS HORIZONTALES CON BOTELLAS DE AGUA



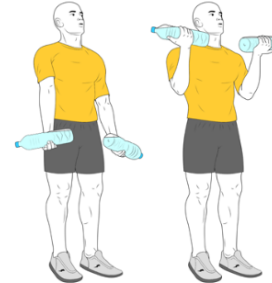
3 series 20 reps 60 kg

① APERTURAS Y ROTACIÓN DE HOMBROS CON BOTELLAS



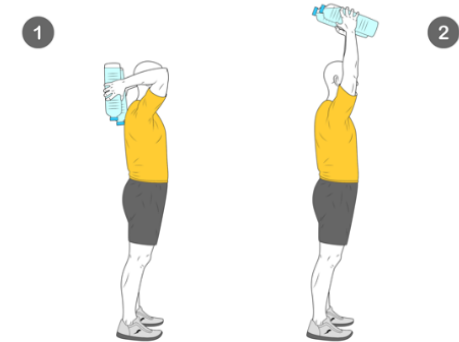
3 series 20 reps 60 kg

① CURL DE BICEPS CON BOTELLAS



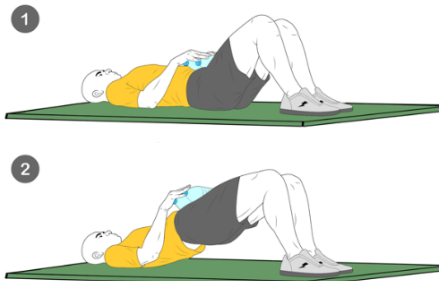
3 series 20 reps 60 kg

① EXTENSIÓN TRÍCEPS DE PIE CON BOTELLAS DE AGUA



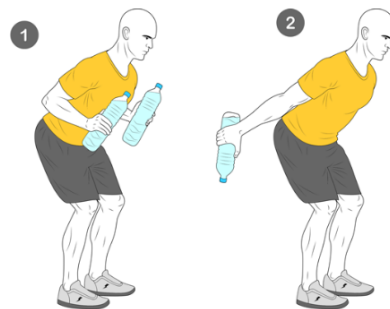
3 series 15 reps 60 seg desc

① PUENTE DE GLÚTEOS CON BOTELLA DE AGUA



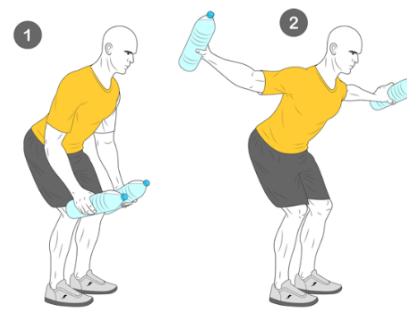
3 series 30 reps 30 seg desc

① EXTENSIÓN DE TRICEPS CON BOTELLAS DE AGUA

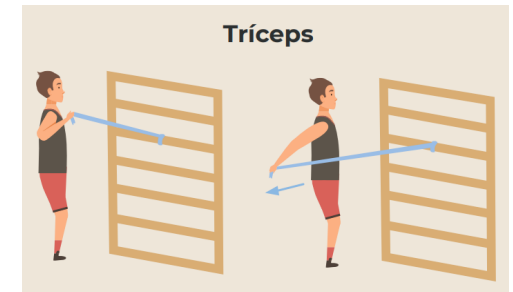


3 series 15 reps 60 seg desc

① PÁJAROS CON BOTELLAS DE AGUA



3 series 15 reps 60 seg desc



2 SERIES DE 10 REPETICIONES, PROGRESAR A TOLERANCIA
BANDA SUAVE O NIVEL 1 O COLOR MAS CLARO SEGÚN LA MARCA.