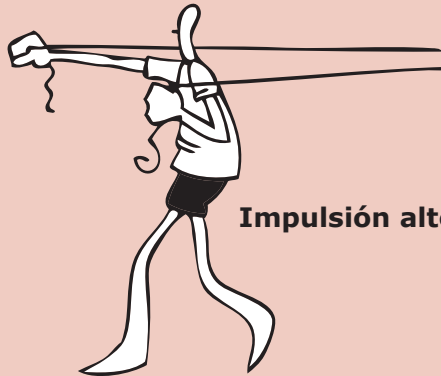


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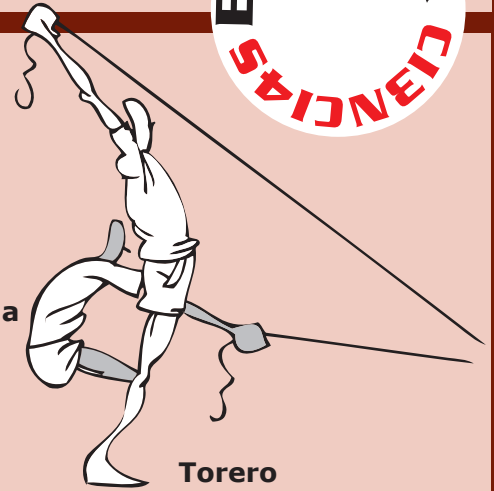
Circuito Iniciación a fuerza con elásticos.



Tracción alterna



Impulsión alterna



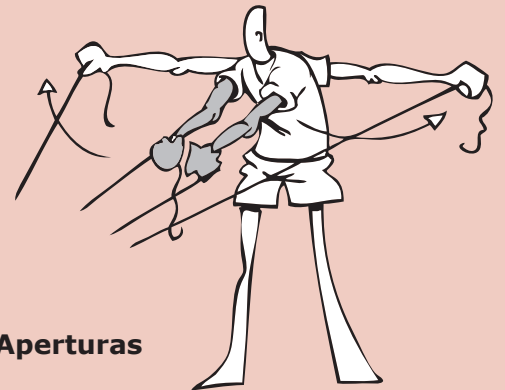
Torero



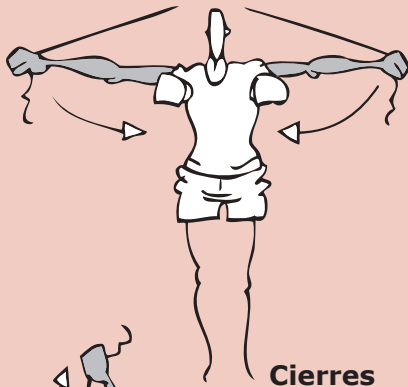
Saque de banda



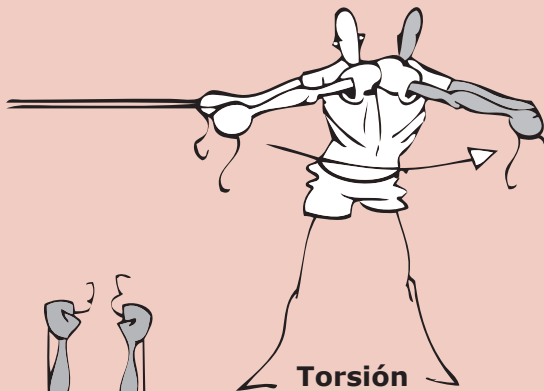
El Hacha



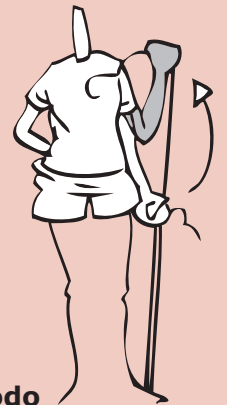
Aperturas



Cierres



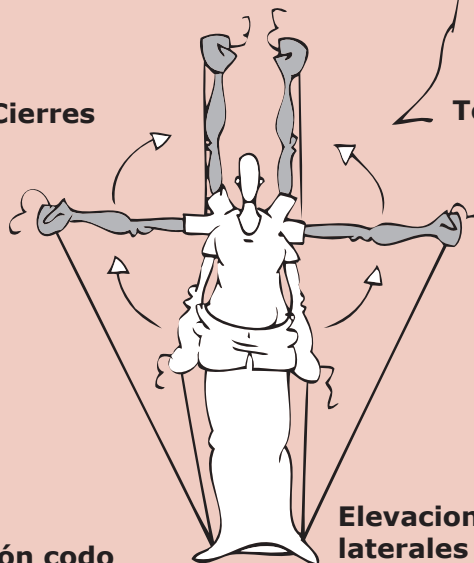
Torsión



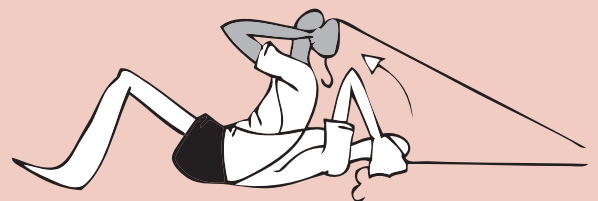
Flexión codo



Extensión codo



Elevaciones laterales



Abdominales

