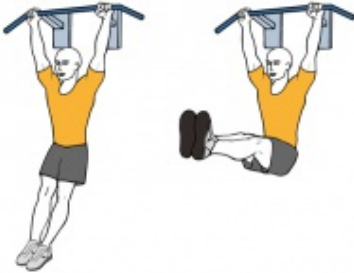


calistenia básica

40 min

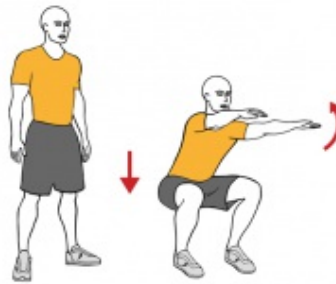
ganar fuerza para realizar entrenamientos de calistenia mas avanzados

Elevación de piernas estiradas en suspension



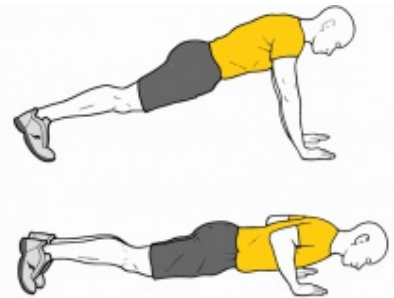
5 Series 8 reps

Media sentadilla elevando brazos



5 Series 6 reps

Flexiones de brazos



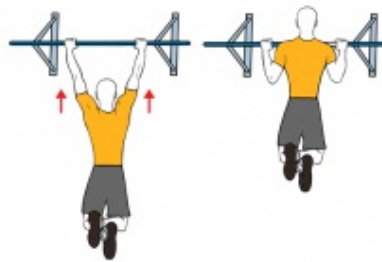
5 Series 8 reps

Zancada



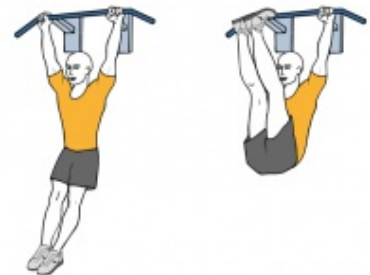
5 Series 8 reps
con salto!

Dominadas



5 Series 8 reps

Elevación total de piernas estiradas en suspensión



5 Series 5 reps

Extension de brazos apoyado en banco plano



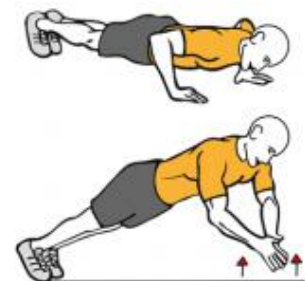
5 Series 8 reps

Media sentadilla y salto vertical con manos en la nuca



5 Series 6 reps

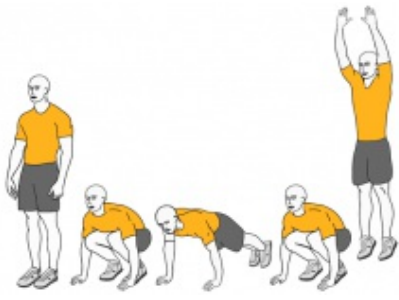
Flexiones de brazos con palmada



5 Series 8 reps

calistenia básica

Burpee



5 Series **6** reps