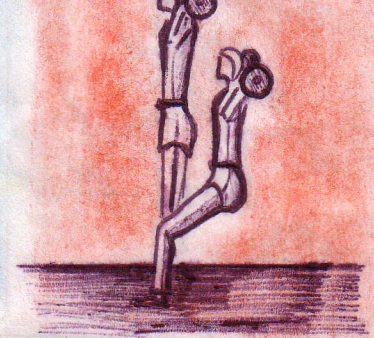


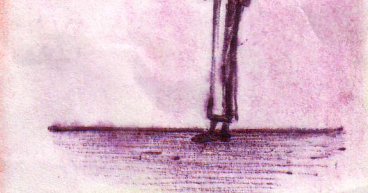
3 de 50
Pantocilla



Sentadilla 3 de 20



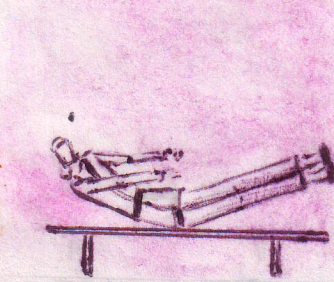
Movimiento del Tronco 3 de 20



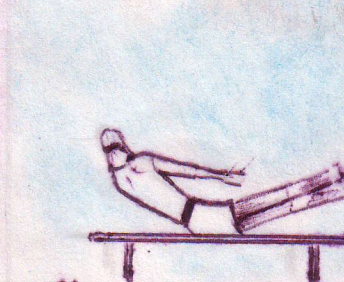
4 de 15
Addominal Alto



4 de 15
A. lado izquierdo



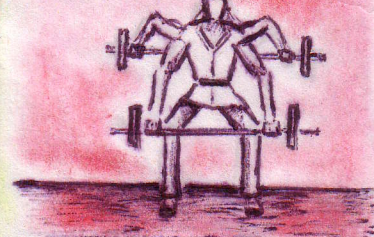
4 de 15
A. lado derecho



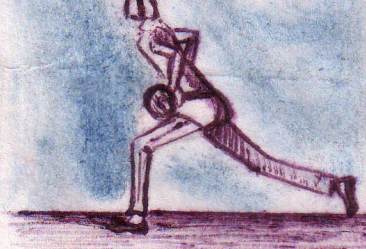
5 de 20
Addominal bajo



4 de 15
Remo



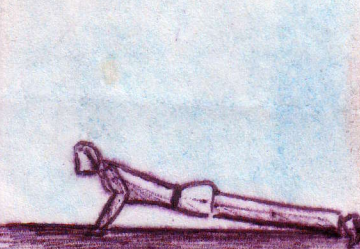
2 de 15
Remo con Mancuernas



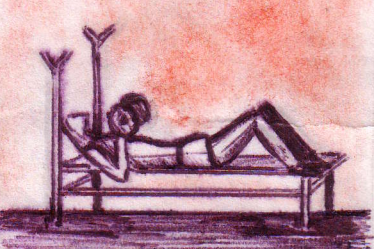
6 de 10

Varios Abdominales

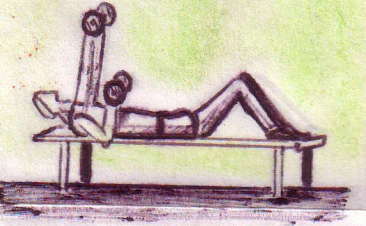
3 de 20
Remo Teta Padre



3 de 20
Pies de Vainco



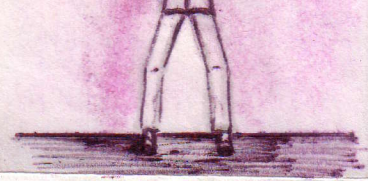
4 de 20
Pies de Vainco con Mancuernas



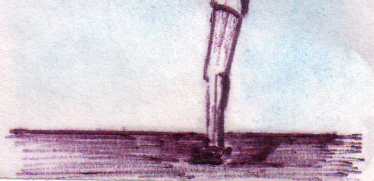
3 de 10

Deltoides

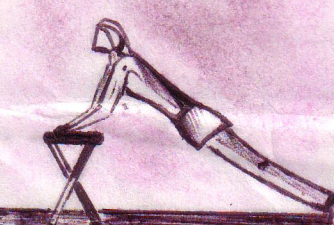
3 de 10
D. al frente



3 de 30
Cuello con Peso



4 de 10
Tríceps



4 de 10

Variante Kruel

4 de 10
Variante Kruel con Mancuernas



Vuena dienero
Vuena Salud

XX KRONOS ZEUS INOUBES