

Semana 9 & 11

Fase 3 - Piernas

CIRCUITO 1

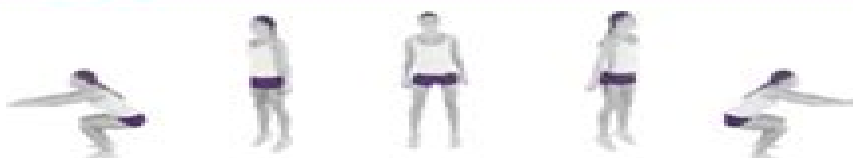
50 REPS Abalanzarse y saltar



20 REPS Sentadilla con división



20 REPS Sentadilla con salto de 180



15 REPS Sentadilla y presionar con pelota medicinal



CIRCUITO 2

20 REPS Saltitos X



30 REPS Rodillas hacia arriba (15 x pierna)



15 REPS Salto con dos bancos



24 REPS Rodillas hacia arriba con salto instantáneo (12 x pierna)



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Siddappa N.Byrareddy



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