




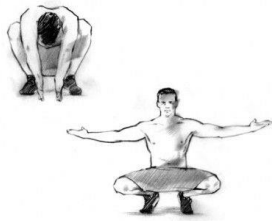





CALENTAMIENTO

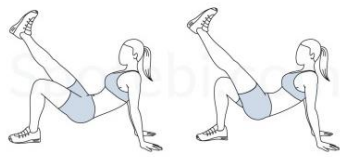
<p>1' comba. https://www.youtube.com/watch?v=RqTq4fpX0Zs</p> 	<p>1' (30" con cada pierna) balanceo frontal https://www.youtube.com/watch?v=1X7Nlp00KRI</p> 
<p>Lying leg crossover https://www.youtube.com/watch?v=TtTkNuscb5U</p> 	<p>Patada al lado-patada atrás (30" con cada pierna) https://www.youtube.com/watch?v=jFQIewEEf9o</p> 
<p>2x20" abdominales isométricos https://www.youtube.com/watch?v=Hzbeh6DURx8</p> 	<p>10 Sentadillas mono https://www.youtube.com/watch?v=FsgJr-fyhpl8</p> 
<p>Escorpión Reach/switch (ver video) https://movemoresitless.wordpress.com/2018/09/16/animal-flow-scorpion-exercise/ https://www.youtube.com/watch?time_continue=16&v=GjyjSeRs2N4&feature=emb_logo</p> 	<p>10 pasos de conejo adelante/atrás https://www.youtube.com/watch?v=71iCYOH5Q8</p> 

PARTE PRINCIPAL

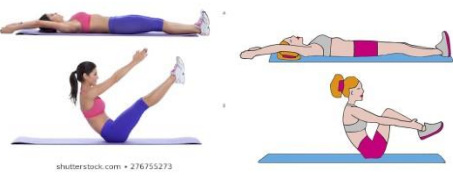
Realizar cuatro veces cada ejercicio pausando 40'' entre ellas. Cuando se cambie de ejercicio corre en el terreno 1'. Realizar los ejercicios con ritmo

	<p>EL RETO. Haz el mayor número de repeticiones en 3'. Este ejercicio no se repite 4 veces, solo una.</p> <p>Sentadillas sin peso.</p> <p>https://www.youtube.com/watch?v=a_fb6Kz7FQg</p>
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1' carrera en el sitio

	<p>30-40 PATADAS DESDE CANGREJO (mitad con cada pierna).</p> <p>https://www.youtube.com/watch?v=d_57140plEE</p> <p>Desde cuadrupedia invertida dar patadas al aire alternativamente con una y otra pierna.</p>
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1' carrera en el sitio

	<p>10 V sit ups.</p> <p>https://www.youtube.com/watch?v=c6pnqpVg_58</p> <p>https://www.youtube.com/watch?v=Jl1rVi0OhS0</p> <p>Sustituir por el segundo incluso apoyando manos a la altura de las caderas (sin banco o con él)</p>
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1' carrera en el sitio

	<p>10 zancada lateral</p> <p>https://www.youtube.com/watch?v=r_i7chC1r2M</p> <p>https://www.youtube.com/watch?v=c9ntDZvxQKM</p>
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1' carrera en el sitio

	<p>20 saltitos laterales desde posición de flexiones.</p> <p>Podéis usar un "obstáculo" tipo toalla o colchoneta como referencia.</p>
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1' carrera en el sitio

	<p>10 Puente de glúteos cada pierna</p> <p>https://www.youtube.com/watch?v=byGJqCFEZNs</p>
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ESTIRAMIENTOS (30" CADA EJERCICIO)



VIDEO RECOMENDADO. Autoaceptación Elsa Punset

https://www.youtube.com/watch?v=_g9mPNCBst0

BONUS TRACK: TABATA CORE

<https://www.youtube.com/watch?v=JxQNZ-5ZHmA>

 <p>Two line drawings showing a person in a seated position performing ankle taps. The top drawing shows the person sitting on the floor with knees bent and feet flat on the floor, tapping one foot to the side. The bottom drawing shows the person lying on their back with knees bent and feet flat on the floor, tapping one foot to the side.</p>	<p>Toques al tobillo https://www.youtube.com/watch?v=VnMXdc85vgA</p>
 <p>Two photographs of a woman in a yellow top and black leggings performing dynamic side planks. Image A shows her in a side plank position with her right arm extended and left arm bent. Image B shows her in a side plank position with her right arm extended and left arm bent, but with her right leg lifted and bent at the knee.</p>	<p>Planchas laterales dinámicas. Se sobreentiende que 10 por cada lado.</p>
 <p>Three photographs of a man in a blue shirt and shorts performing bicycle abdominals. The top photo shows him lying on his back with his hands behind his head and legs extended. The middle photo shows him with his knees bent and feet flat on the floor, lifting his head and shoulders. The bottom photo shows him with his knees bent and feet flat on the floor, lifting his head and shoulders, with his hands near his knees.</p>	<p>Abdominales bicicleta. https://www.youtube.com/watch?v=IQ76ehxls3c</p>
 <p>Two photographs of a woman in a red top and black shorts performing lying leg raises. The top photo shows her lying on her back with her legs extended and feet flat on the floor. The bottom photo shows her lying on her back with her legs extended and feet flat on the floor, lifting her legs straight up.</p>	<p>Lying leg raises https://www.youtube.com/watch?v=j_clh4m000w</p>