

CALENTAMIENTO

<p>1' carrera rodillas al pecho en el sitio https://www.youtube.com/watch?v=WofWmk-4qU4</p> 	<p>1' talón al culo en el sitio https://www.youtube.com/watch?v=eZ3EPatwxDc</p> 
<p>1' (30'' con cada pierna) balanceo frontal https://www.youtube.com/watch?v=1X7Nlp00KRI</p> 	<p>1' (30'' con cada pierna) balanceo lateral https://www.youtube.com/watch?v=4aoUZEZFJF8</p> 
<p>1' (30'' dos veces) deslizamiento escapular https://www.youtube.com/watch?v=XwN3hXN4ZZE</p> 	<p>6 veces perro boca abajo-cobra Quedándose en cada posición 3-4''</p> 
<p>Flexiones escapulares https://www.youtube.com/watch?v=huGj4aBk9C4</p> 	<p>10 dominadas escapulares (el que no tenga barra bajo una mesa con los pulgares por dentro) https://www.youtube.com/watch?v=pE8PJsWEV7k</p> 
<p>1' paseo del gusano (andar sucesivamente primero con manos y después con pies) https://www.youtube.com/watch?v=v5Pww0kDIGw</p> 	<p>Paseo del mono 1' (5-6 para cada lado) https://www.youtube.com/watch?v=sHYZWxUyBOY</p> 

PARTE PRINCIPAL (AMRAP)

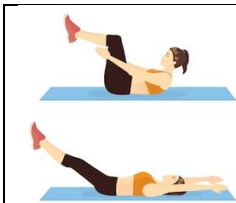
Este entrenamiento se llama AMRAP (As Many Rounds As Posible) Realizar durante QUINCE-VEINTE (yo haré 20') MINUTOS el circuito. Intenta no descansar.



8 Hand over hand push ups
<https://vimeo.com/212917762>



10 zancada frontal (alternando pierna).
<https://www.youtube.com/watch?v=oCgU1kL7Ri0>



Knee crunches
<https://www.youtube.com/watch?v=cE85YAFMUr4>



4 dominadas supinas en barra (pueden hacerse sin-con salto)/6 en **mesa**
<https://www.youtube.com/watch?v=P68KkJU-mnA>
<https://www.youtube.com/watch?v=IZvwDq9nY7U>
Supinas es con los pulgares hacia fuera. Se activa más el bíceps



6 puente de glúteos con cada pierna.
<https://www.youtube.com/watch?v=byGJqCFEZNs>
Aguantar 1" arriba

ESTIRAMIENTOS (30" CADA EJERCICIO)







VIDEO DEL DÍA. Dietarquía y azúcar.

<https://www.youtube.com/watch?v=838Ql8mKyIY>

BONUS TRACK: TABATA CORE

<https://www.youtube.com/watch?v=0kvEW688XG4>

 An illustration showing two phases of a bicycle crunch. In the first phase, a person is lying on their back with knees bent and feet flat on the floor, lifting their head and shoulders. In the second phase, they have rotated their torso to the right, with their right elbow reaching towards their left knee.	<p>abdominales bicicleta. https://www.youtube.com/watch?v=IQ76ehxls3c</p>
 An illustration of a pivot plank. The top part shows a person in a standard plank position on their forearms. The bottom part shows the person pivoting their hips to the side, with one foot lifted and the other foot on the floor, forming a bridge shape.	<p>Plancha pivote https://www.youtube.com/watch?v=XnqBPsMUjhU</p>
 A photograph of a woman performing Russian twists. She is sitting on the floor with her feet flat and knees bent, twisting her torso from side to side. The text 'RUSSIAN TWISTS' is visible in the top left corner of the image.	<p>Russian twists https://www.youtube.com/watch?v=JyUqwkVpsi8</p>
 An illustration of a hip dip plank. The top part shows a person in a plank position with their hips dipping down towards the floor. The bottom part shows a side view of the same plank position. A watermark 'Spotebi.com' is visible across the illustration.	<p>Hip dip planks https://www.youtube.com/watch?v=kILGJTd8n4</p>