

CALENTAMIENTO

1' carrera rodillas al pecho en el sitio
<https://www.youtube.com/watch?v=WofWmk-4qU4>



1' talón al culo en el sitio
<https://www.youtube.com/watch?v=eZ3EPatwxDc>



1' (30'' con cada pierna) balanceo frontal
<https://www.youtube.com/watch?v=1X7Nlp00KRl>



1' (30'' con cada pierna) balanceo lateral
<https://www.youtube.com/watch?v=4aoUZEZFJF8>



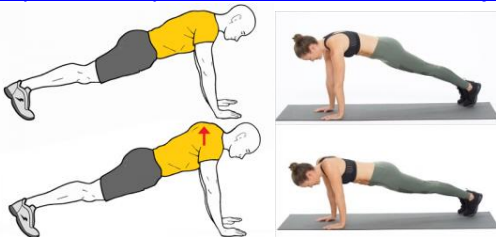
1' (30'' dos veces) deslizamiento escapular
<https://www.youtube.com/watch?v=XwN3hXN4ZZE>



6 veces perro boca abajo-cobra
 Quedándose en cada posición 3-4''



Flexiones escapulares
<https://www.youtube.com/watch?v=huGj4aBk9C4>



10 dominadas escapulares (el que no tenga barra bajo una mesa con los pulgares por dentro)
<https://www.youtube.com/watch?v=pE8PJsWEV7k>



1' paseo del gusano (andar sucesivamente primero con manos y después con pies)
<https://www.youtube.com/watch?v=v5Pww0kDIGw>





Paseo del mono 1' (5-6 para cada lado)
<https://www.youtube.com/watch?v=sHYZWxUyBOY>





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.

	<p>5 escalada a pared. https://www.youtube.com/watch?v=S1PcwSNkMtE https://www.youtube.com/watch?v=TU8QYVW0gDU subir hasta donde se pueda ...</p>
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	<p>10 Squats + reverse lunges https://www.youtube.com/watch?v=8n9rziUf-sw</p>
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	<p>10 Knee crunches https://www.youtube.com/watch?v=cE85YAFMUr4</p>
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	<p>5 dominadas supinas en barra (pueden hacerse sin-con salto)/7 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</p>
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	<p>8 puente de glúteos con cada pierna. https://www.youtube.com/watch?v=byGJqCFEZNs Aguantar 1" arriba</p>
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ESTIRAMIENTOS (30" CADA EJERCICIO)



VIDEO DEL DÍA. El escarabajo verde: Economía circular.

<https://www.youtube.com/watch?v=sSRUwdWo47I>

BONUS TRACK: TABATA CORE

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

 <p>Two illustrations showing a person performing bicycle crunches. In the first, the person is lying on their back with knees bent and feet flat on the floor, lifting their head and shoulders. In the second, they have rotated their torso to the right, bringing their right elbow towards their left knee.</p>	<p>abdominales bicicleta. https://www.youtube.com/watch?v=IQ76ehxls3c</p>
 <p>Two illustrations of a person in a plank position on their forearms. The top illustration shows the person in a standard plank. The bottom illustration shows the person tilting their hips forward and backward, indicated by a double-headed green arrow. The word 'shutterstock' is overlaid on the image.</p>	<p>Body saw planks (plancha dinámicas) https://www.youtube.com/watch?v=ZTN2mCuYi2Y Basculando el peso adelante y atrás ...</p>
 <p>Two illustrations of a person lying on their back with knees bent and feet flat on the floor. In the first, they are lifting their hips and tapping their right heel with their left hand. In the second, they are tapping their left heel with their right hand. The text 'WorkoutLabs.com' is visible at the bottom left.</p>	<p>Toques al tobillo https://www.youtube.com/watch?v=VnMXdc85vgA</p>
 <p>Two illustrations of a person in a plank position on their forearms. The top illustration shows the person dipping their hips down towards the floor. The bottom illustration shows the person lifting their hips up. The text 'Spotebi.com' is overlaid on the image.</p>	<p>Hip dip planks https://www.youtube.com/watch?v=kLlGJTd8n4</p>