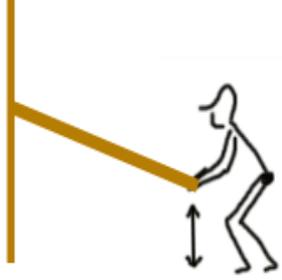
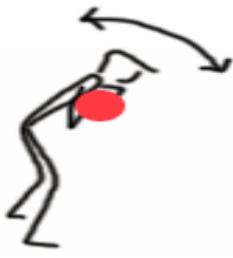
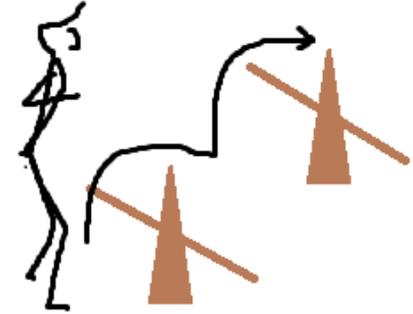
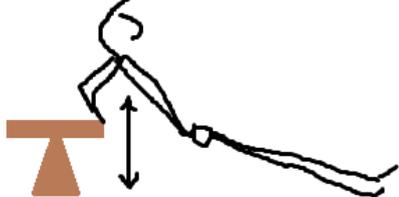
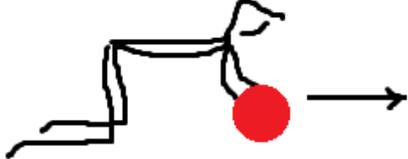


CIRCUITO DE FUERZA-1

4º ESO

Material: Bancos suecos y balones medicinales

1 Dorsales	2 Lumbares	3 Saltos piernas juntas. Cuádriceps
		
4 Triceps	5 Test de velocidad	6 Abdominales
		
7 Saltos por encima del banco.	Abdominales inferiores y aductores	
