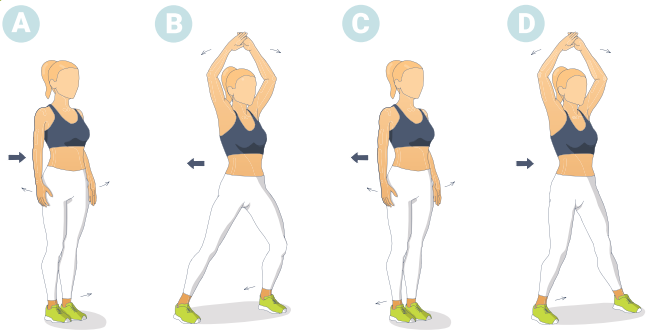


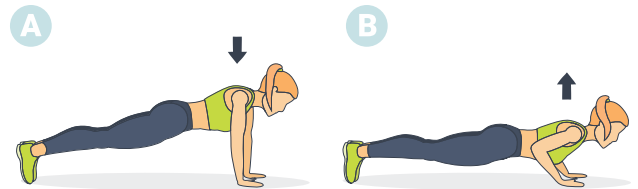
Ejercicios de Fortalecimiento y Cardio de 20 Minutos

UN MINUTO POR EJERCICIO | DESCANSO | REPETIR X3

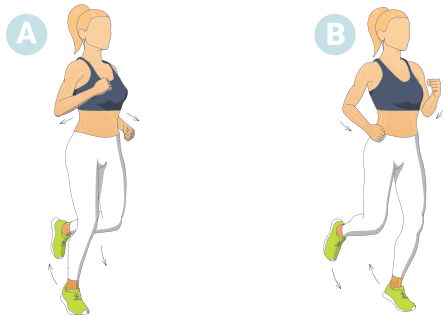
1 CAMINATA DE TIJERAS



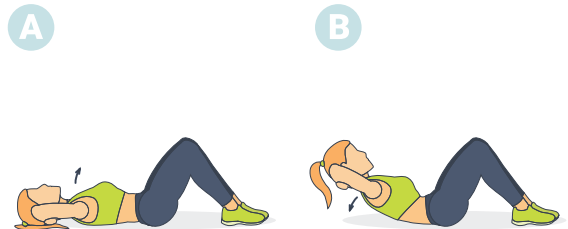
4 LAGARTIJAS



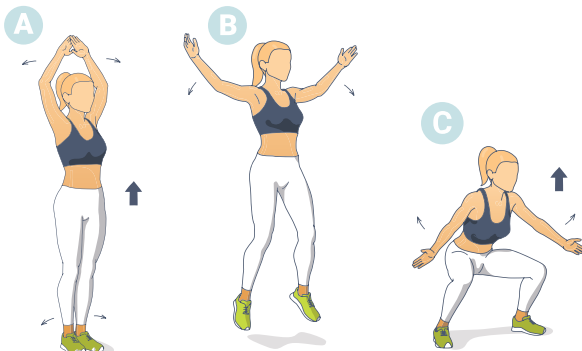
2 CORRER EN LUGAR



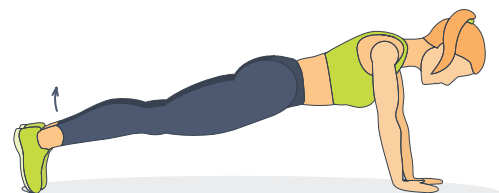
5 ABDOMINALES



3 TIJERAS DE PODER



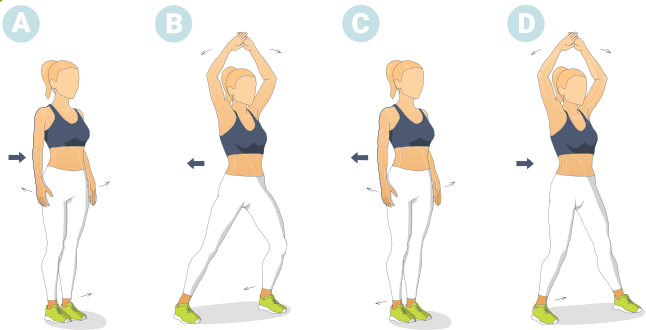
6 TABLON ALTO



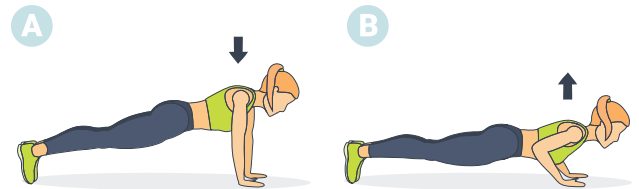
20 Minute Cardio & Strength Workout

1 MINUTE PER EXERCISE | REST | REPEAT X 3

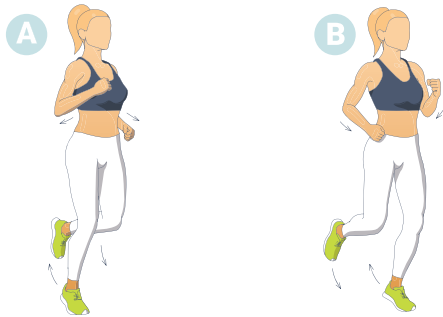
1 WALKING JACKS



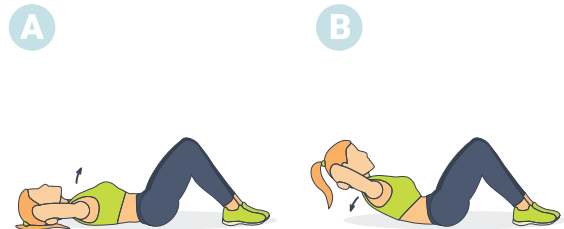
4 PUSH-UPS



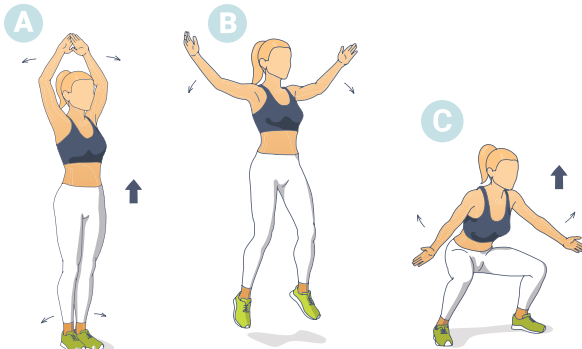
2 RUN IN PLACE



5 CRUNCHES



3 POWER JACKS



6 HIGH PLANK

