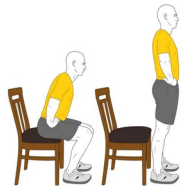




FUERZA GENERAL CASA

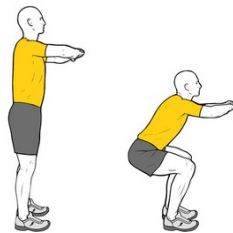
PREVENGOL

SENTADILLAS SILLA



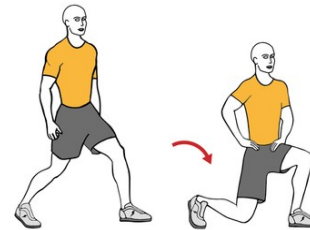
4X20 REC. 20"

SENTADILLA



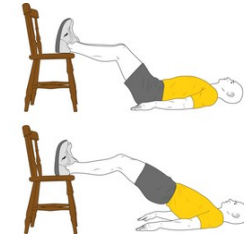
4X20 REC. 20"

ZANCADA



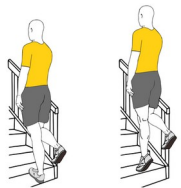
4X12 CADA LADO, REC. 20"

ISQUIOS SILLA



4X20 REC. 20"

GEMELOS



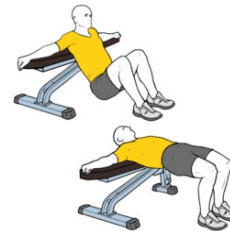
4X12 CADA PIERNA, REC.
20"

ADUCTORES



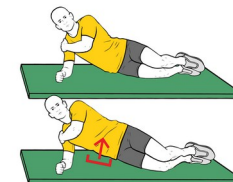
4X20 REC. 20"

EXTENSORES CADERA



4X20 REC. 20"

GLÚTEO MEDIO



4X12 CADA LADO, REC. 20"