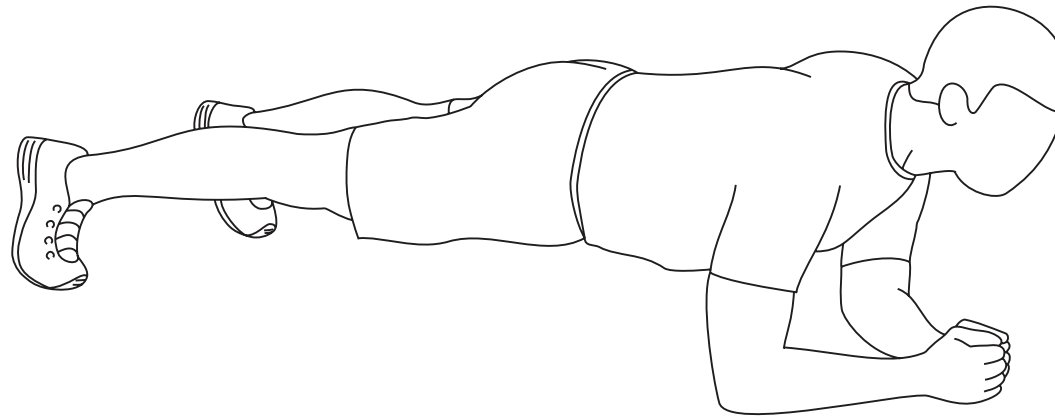




Planks/Plancha



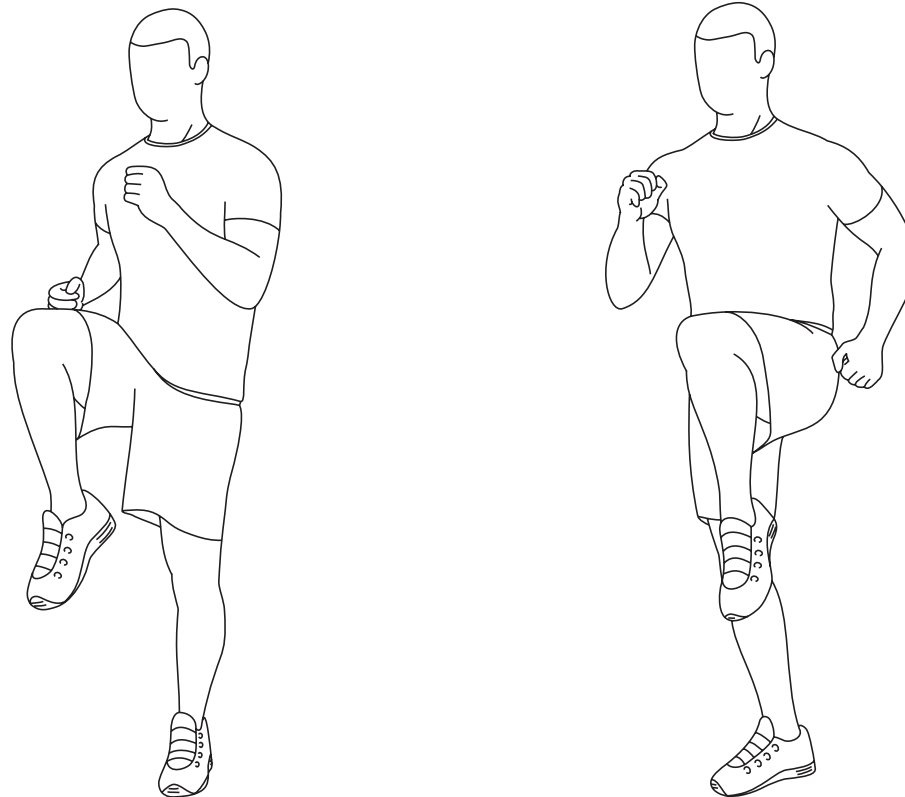
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Standing Knee Raises

Rodillas Altas

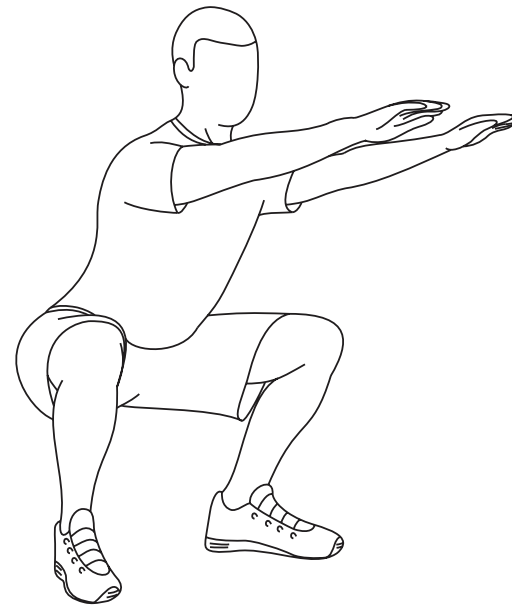
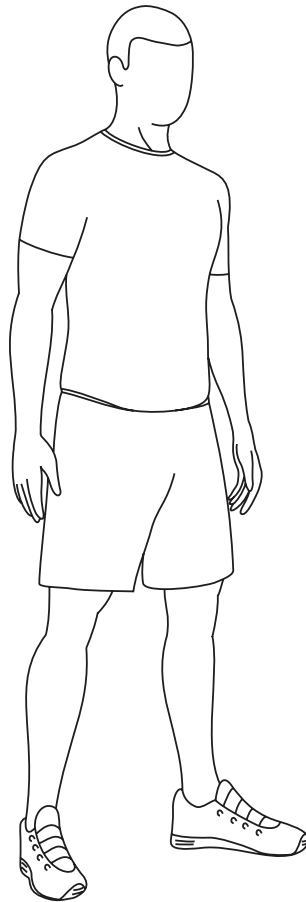


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Squats/Sentadillas



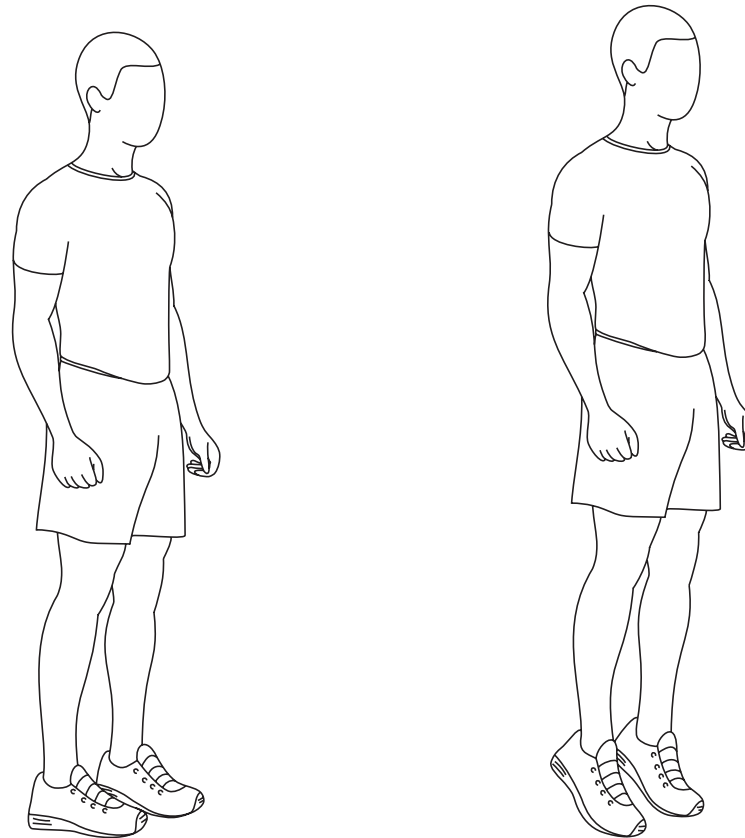
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Calf Raises

Pantorrillas Arriba



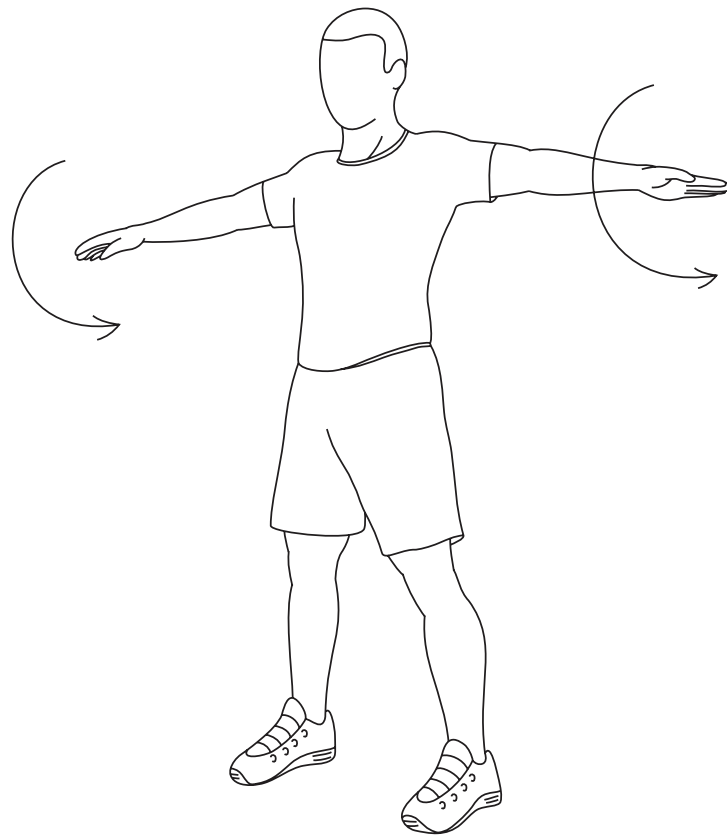
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Arm Circles

Círculos de Brazo



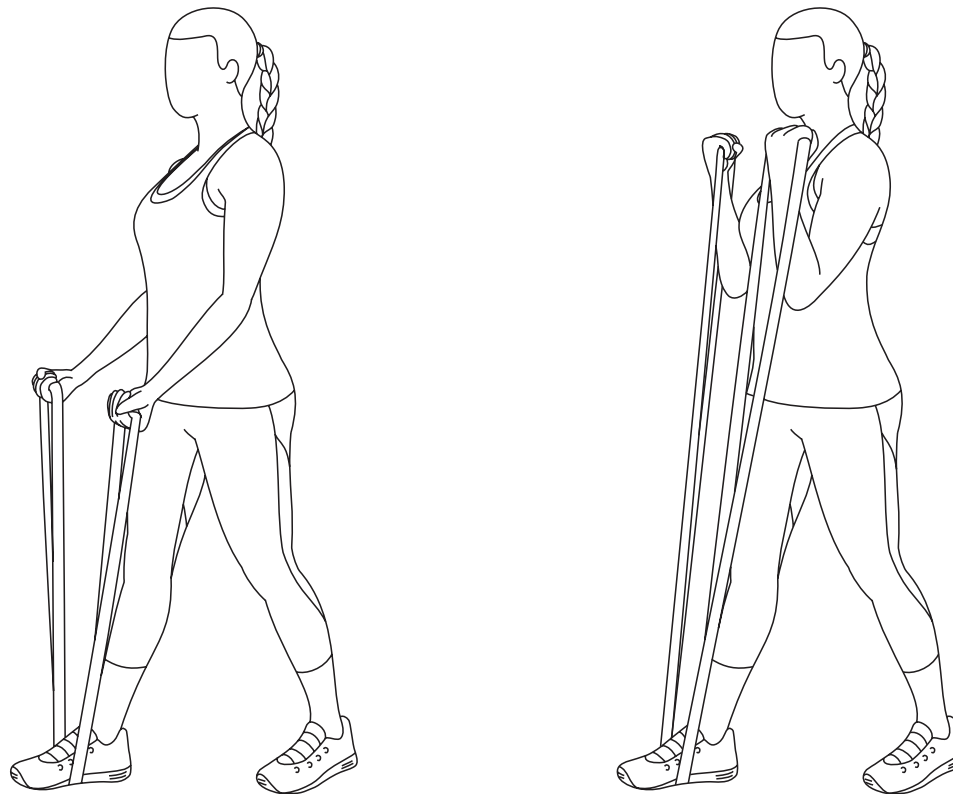
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Bicep Curls

Flexión de Bíceps



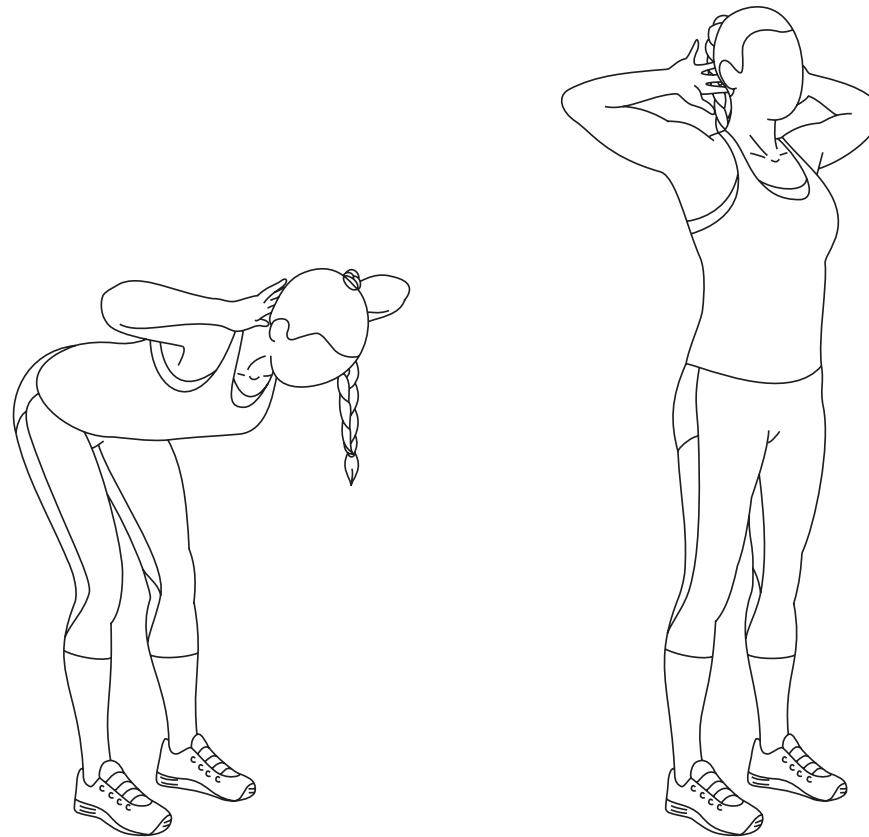
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Good Mornings

Buenos Días



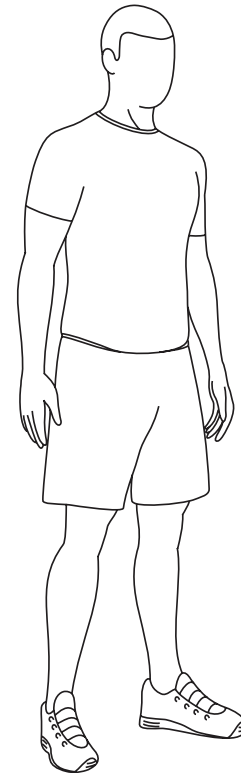
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Jumping Jacks

Saltos de Tijera

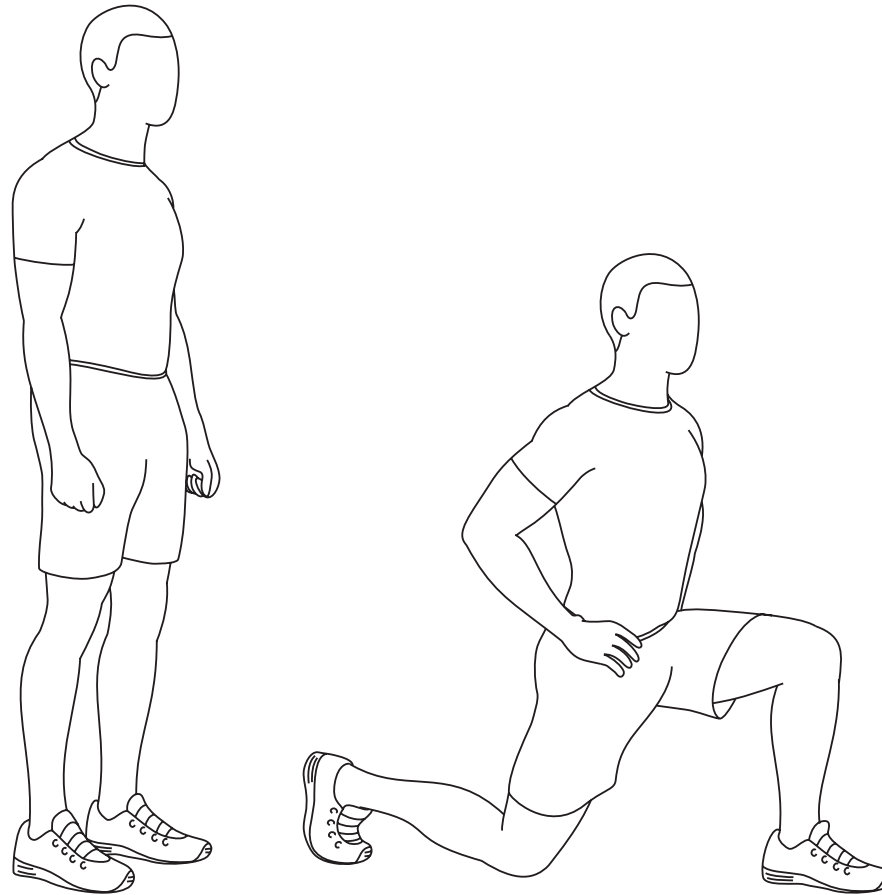


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Lunges/Desplantes



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