

The background is a dark blue gradient with a starry pattern. On the left side, there are several circular elements: a large scale with numbers from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise rotation.

CALENTAMIENTO GENERAL

10 A 15 MINS.
DE CARDIO AL 60%

CAMINADORA



MÀXIMA INCLINACIÒN - 15

VELOCIDAD DE 4 A 5

***ojo checar rango FREC. CARD.
de 120 min a 140 max BPM**

COOL DOWN (enfriamiento)
5.00 MINUTOS

The background is a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circles and arcs scattered across the background, some with arrows indicating direction.

ESTIRAMIENTO

1 MINUTO SIN MOVERTE EN
CADA POSTURA

UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



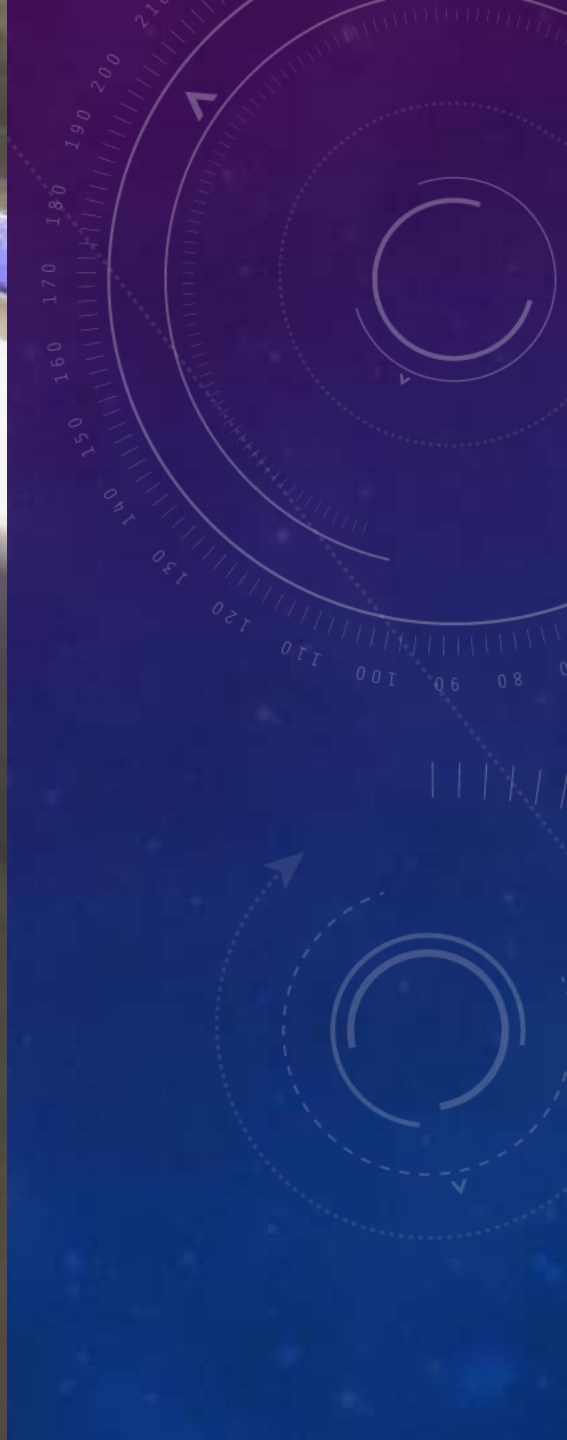
UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



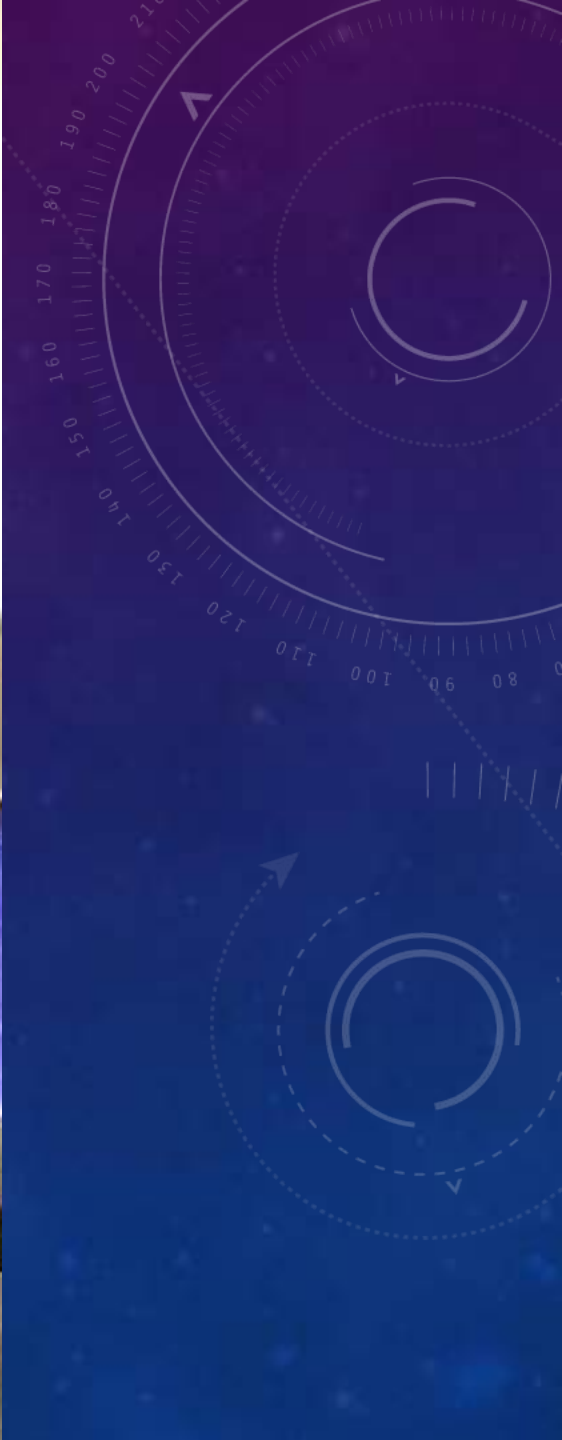
UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO



UN MINUTO

